



North Mesa Senior Recreation Center 1112 N. Mesa St. 575-885-6487  
 NMSR Hours Monday - Friday 7:00am - 9:00pm Saturday & Sunday Closed

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**M**others have sayings that inspire, motivate, and/or humble us. One of the “Momisms” is “work hard, so that everyone around you will think your job is easy”. Well, part of that may be true, but let me tell you a huge part is that we rely on volunteers to make North Mesa activities and events successful. As you know, we are adding more activities and events, sometimes on a daily basis, and though we have some great volunteers, we need more! There is so much preparation behind the scenes for our events, but we can always use help throughout the week from open to close to make sure we can prepare rooms or assist members.

Our volunteers do so many diverse things. We have a new volunteer recruitment, Cheryl Todd, that you may have seen help us behind the desk. There are many members that help with so many things, and we thank you so much and could not do this without your help! If you want to join in the behind the scene fun, come let the office staff know. We will walk you through all the things we need assistance with, and will come up with an itinerary that works with you and your schedule.



## Special Monthly Events

### NMSRC ADVISORY BOARD MEETING

Second Wednesday on the month at 2:30pm in the Library.

Next Meeting:

Wednesday July, 12th at 2:30pm



### AARP MEMBER MEETING

will be cancelled during the month of July. Meetings will resume in August

### AARP DEFENSIVE DRIVING

\$20 for member

\$25 for non-members

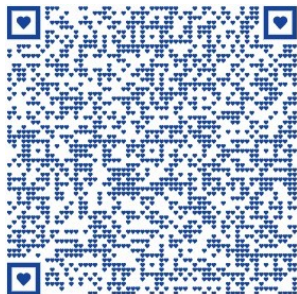
There will be **NO DEFENSIVE DRIVING** class in July. Classes will resume in August.



Blood Pressure, Pulse, Oxygen  
Tuesday in the Library  
10:00—11:00



Blood Glucose  
Thursday in the library  
10:00-11:00



QR code for the  
NMSRC Activity Calendar.

# Manger's Memo



*Members,*

Before I get into any of the exciting news this month, I want to apologize for the tardiness of this newsletter issue. We are working hard to redesign the newsletter to include much more of what happens here at the center including spotlighting more of our members, introducing new activities, as well as bringing you articles that will entertain, inform and educate you on the many ways we can improve our quality of life. Of course, making the changes and improvements are taking more time than we hoped, but we should have a schedule and layout finalized very soon!

North Mesa and Alejandro Ruiz have been awarded a grant in the amount of \$100,000(\$50k for each) from the department of Aging and Long-Term Services for needed equipment. It will allow us to purchase new and replace some of the much needed equipment for many of our groups and activities.

Medicare open enrollment will be here soon so if you are planning on filing for, or changing your current Medicare coverage, start getting your medical history and medication list ready so you can compare available options. Medicare Open Enrollment is October 15<sup>th</sup> through December 7<sup>th</sup>.

Thank you all for your patience as we go through the process of procuring a replacement air conditioning unit for the auditorium. We know it can get really uncomfortable, but rest assured City Administration is working hard to get it done as soon as possible. In this busy season for HV/AC companies we hope the wait isn't too long.

I want to ask all of you for your help in keeping this facility looking good. Anna, is the best there is but she is not here for all the hours we are open, so I must ask you to do your best to put the rooms back in the order you found them. If you require a broom or mop to pick up spills just ask staff to point you in the right direction. Tables should be completely cleared and wiped down if necessary because very often we barely have time to break-down one group before the next one show up. We appreciate your consideration.

Finally, I hope everyone had a safe and enjoyable 4<sup>th</sup> of July this year and I look forward to staff and myself planning a big fourth of July luncheon next year!

In Appreciation,

*Dina*

# What's Going On Around the center...



## Christmas in July

Delores Hutcheson will be teaching this project on July 19th from 9AM-12PM. All supplies provided. \$5 donation is appreciated.

Learn to paint  
**FLOWERS**  
with  
**SHERRY PRINCEN!**  
**August 16th**  
10-12  
**Or**  
6-8:30



Juanita will show you how to decorate this darling sign July 20th at 1:00PM or July 25 at 6:00PM. Check in at the front desk to sign up.



## DANCE

First Friday of every month  
6:30 PM- 9:00 PM

Bring your favorite finger food to share with others while you enjoy the music



Friday, July 21st  
at noon

Bring your favorite dish and join us for some food and laughter!

# What's Going On Around the center...

Guess WHAT?!?!?

## Line Dancing

Is inviting anyone interested in signing up for the beginners' class!!

If you have been wanting to join in on the fun, well now is the time.

The beginners' class will be every Tuesday from 9:00AM-10:00AM in the Yucca Room



## BRIDGE

Come join ACBL Bridge

They get together every Wednesday from 12:30 to 4:30 and every Thursday from 12:30 to 4:30.

Don't know how to play and want to learn? Contact Regina Ballard at 575.200.8446

Are you a musician?

Are you looking for a place to jam out?

Well you are in luck!

Every Thursday night from 6:30 to 8:30 in the Mesa Room we have a jam session.

Not a musician but still love music?

You are more than welcome to come sit in and listen to them jam out!



Morning Yoga

With Carrie

**Morning Yoga Classes**

Join Carrie Perkins

Mondays and Fridays

9:00AM– 10:00AM

Start your day with peace and tranquility and improve balance, strength and stability.



**PICKLEBALL**

**P**ickleball is the fastest growing sport in the country and now is your chance to learn! Every Wednesday from 3:00 –6:00 you can join a great group of beginners. Don't worry about buying any equipment –we have all the equipment needed to try your hands at this great sport.

# What's Going On Around town...



Join Artesia Chamber hosting the 78th Annual Eddy County Fair from July 25th through 29th!

Events happening at the Eddy County Fair:

- Daily Livestock Shows
- Vendors Open Daily
- Faith and Family Night Concert
- Bull Riding
- Friday Concert
- Cornholer Tournament
- Chili Cook-off
- Ice Cream Competition
- Jack Rauch Anvil Toss

For more information or to buy tickets for your entertainment please visit [eddycountyfair.com](http://eddycountyfair.com)

## LIVE AT THE EDDY COUNTY FAIR

### WEDNESDAY JULY 26

7:15– The Dirty River Boys

9:00– Uncle Cracker

### THURSDAY 27

7:00– Cochren & Co.

### FRIDAY JULY 28

7:15– Tell Runyan

9:00– Kyle Park



## Largest Sunflower Contest

Do you think your sunflowers have what it takes to win the largest sunflower contest?

Winner is the Largest Diameter Seed head

Must have been grown in 2023 by an amateur gardener residing in Eddy County, any Master Gardner, or Garden Club Member.

**First Place Adult- \$50 gift certificate to Heirloom Acres**

**First Place Youth- \$50 gift certificate to Heirloom Acres**

Enter at the Eddy County Fair Flower Show  
Wednesday July 26th 10AM-4PM  
Thursday July 27th 8AM-10AM

## FREE SUMMER KIDS SERIES

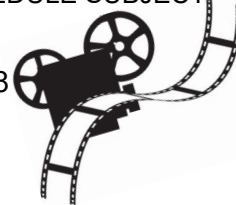
9AM, 11:20AM, 1:40PM

### ALLEN THEATRE

FREE FOR ALL AGES SEATING LIMITED TO THEATRE CAPACITY; TICKETS ISSUED ON FIRST COME FIRST SERVED BASIS; SCHEDULE SUBJECT TO CHANGE.

“Kuba and the Two Strings” July 18

“The Secret Life of Pets” July 25



## Farmers' Market

Every Thursday

5:30-7:30PM

Eddy County Courthouse Lawn

Make sure to join in the fun every Third Thursday when there is live music and food vendors



## SUMMER CONCERT SERIES

Saturdays– 7 to 9PM

At the new gazebo

Near the waterpark

**Free admission**

Bring the whole family & your lawn chairs

**2023 Schedule**

**July 22 Gil Karson & Jon Adams**

**Future concerts tbd**

\*schedule subject to change\*

## Pied Piper

The Musical



With our own Linda Servold as Musical Director! CCT's ever popular Summer Musical Fundraiser opens July 28th! All proceeds go to support the ongoing efforts and future performances at CCT.

July 28-7:30

August 4-7:30

July 29-7:30

August 5-7:30

July 30-2:00

August 6-2:00



## Spotlight



The wonderful and super talented Marilyn Tackett is this month's Spotlight. This seamstress has graciously volunteered to teach members how to sew. Marilyn grew up

watching her mother and grandmother sew. At the age of sweet sixteen she started sewing in junior high. The class taught her the basics and Marilyn said when she got home, her mom would teach her the tricks. Her mom would sew her clothes, and once she was in high school, Marilyn started sewing her own clothes because the clothing from the store never fit correctly. Her mother taught her how to adapt a pattern to ensure the article of clothing fit her properly. Marilyn's grandmother also lived with her growing up. While her mom taught her how to quilt by machine, her grandmother taught her how to quilt by hand. One of the items Marilyn has to this day is a quilt that was made out of the clothes she made in high school. The first quilt Marilyn made was when she was 23 years old. It was a quilt that she made for a friend when she attended Texas Tech Medical and she is still quilting a little over fifty years later.



## Sewing Class

### *Marilyn Tackett*

After she retired, Marilyn started working at the Cotton Patch for ten years. During the time she was there, she held classes teaching the residence of Carlsbad how to sew. She has been a member since 2011 and involved in the Zia Quilting Guild showing numerous members how to quilt. Her objective is to

teach our members that may be intimidated of a sewing machine how to become confident and learn how to use their machine. One of the first things she would like to do is find out if the members have used a sewing machine before and their experience with sewing machines. When asked, Marilyn said she is hoping to have her class at least once a week so members will be able to retain the information learned each week.

We are absolutely thrilled and grateful that Marilyn has taken such a leadership role and the responsibility to teach our

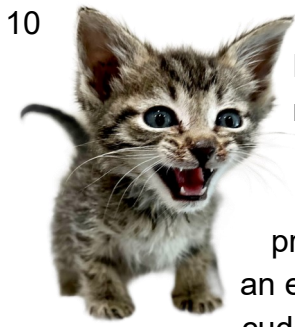
members such a great craft. Especially since she has so much experience and talented with the art of sewing. If you are interested in learning how to sew, we have a sign-up sheet at the front desk.



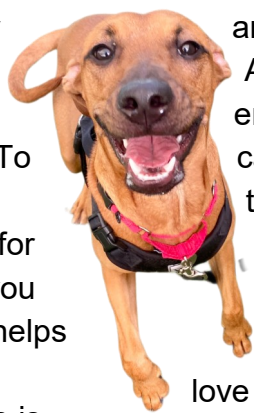


# CAN I CRASH YOUR COUCH...

...for a while?!?! Did you know that every hour in the United States more than 5,000 puppies and kittens are born, while only about 500 humans are born? To be able to care for all the puppies and kittens, each person would have to care for

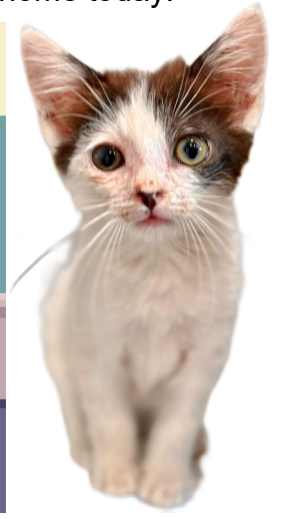
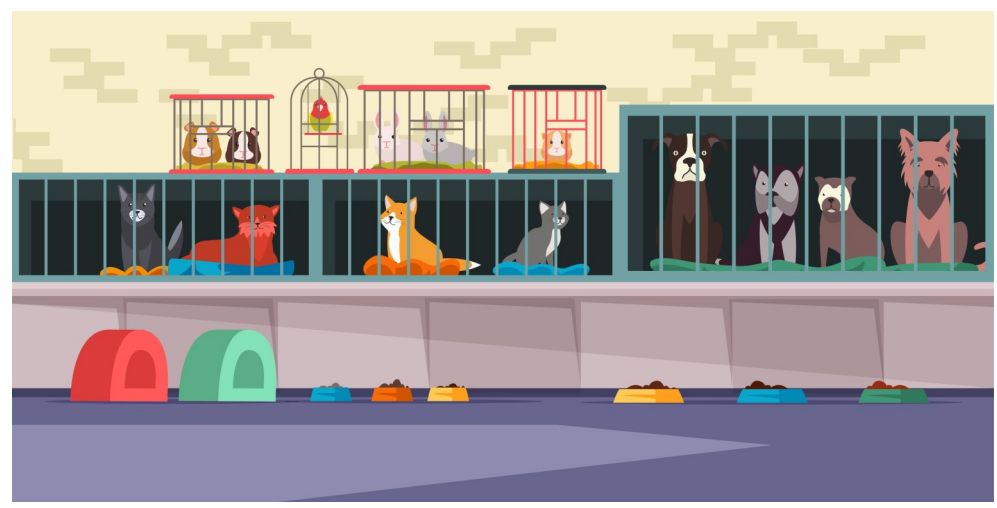


10 animals. Also did you know that fostering helps make animals more “adoptable”? There is definitely a need, and you can probably help. Fostering a pet is an easy way to love on a cute cuddly fur buddy without the longterm commitment. This is something Beth Ostrosky Stern is passionate about immensely. Though her name may not ring a bell her husband’s name might. She is married to satellite radio host Howard Stern. When her furbaby Bianca, a bulldog passed away, it left a great big hole in her heart. She decided to foster a litter of kittens and since then has fostered over 2,000 cats, obviously not all at the same time. She recently had an



article about her passion for fostering in the AARP Bulletin. Beth mentioned that retirees, empty nesters, and older adults are the perfect candidates for volunteering since they can focus their time and energy caring for these animals that need love and a safe space.

If this at appeals to you, Noah’s Ark is a great place to reach out to. Britnie or Jennifer would love to help set you up to foster one of many loveable fufriends. Britnie said they are in desperate need for foster parents. You can do long term or short term fostering, and they will supply everything you need to foster! Britnie will even come to your house to help you and your pets get to know one another if need be. All you need to do is stop by Noah’s Ark at 5217 Buena Vista Drive Carlsbad and fill out an application. Don’t forget your ID because they will need that to set you up. If you have any questions, call 575.885.5769. These adorable pictures are pets ready to be fostered, so take one home today!



# "Picture This"

Learn to Paint  
With Sherry



Sherry Princen taught these ladies how to paint, and man oh man what a fabulous job Sherry did teaching them because their paintings were beautiful!!







**Garage Sale**  
Summer 2023



After a hiatus for a few years, the fundraiser for Relay for Life was back in full force with Prissy Salcido, Sue Veazey, and Margaret McClure at the helm. What a great job they did !



**Rock Show**  
2023

One of our very own groups hosted this incredible Rock Show during Father's Day weekend. Monique, who is the president of the Rock Club (which is a great job title to have) said if you are interested in anything to do with rocks or minerals it was the place to be

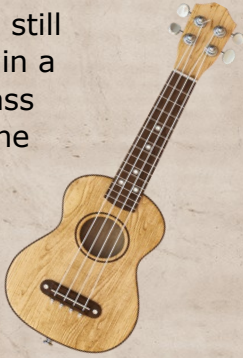


**ROCK SHOW**  
THIS FATHER'S DAY WEEKEND  
Looking for that special gift for Dad on Father's Day?  
Come to the Living Desert Zoo & Gardens in Carlsbad, NH  
GOODS, BEADS, MINERALS, FOSSILS, GEMS, METICRITES, CARVINGS, JEWELRY & MORE

# W A N T E D

## UKULELE

If you are still interested in a Ukulele class please let the front desk know. We need to get an accurate count of those still interested. Thanks!



## DISCUSSION GROUP

If you would like to participate in a discussion group please let the front desk know. The group members will gather to discuss a topic or problem and share their ideas and perspectives with one another. We will provide drinks and refreshments.



**If you have a talent and would like to share it with our members here at North Mesa, please let us know. Volunteers are the heartbeat of our center and we would love to include you!**

**Come see us at the front desk or call**

**575.885.6487**

## TABLE TENNIS



No experience necessary!

Come learn and enjoy friendly, low impact play every:

**Wednesday**

6PM—8:45PM

Friday 10AM—12PM



**City Voices Choir**

All are welcome!

PRACTICE every

Tuesday & Friday 2pm

See Staff or call



**Glow Miniature Golf  
Tournament**

July 2nd

**4th of July Parade and  
Firework Celebration**

July 4th

**78th Annual  
Eddy County Fair**

July 26th

**Rock Hard Comedy**

August 18th

**Zach Williams**

August 24th

**Cavern City  
Renaissance Festival**

September 29-30

**Garage Sale**

October 14

*We have been blessed and  
want to say*

*Thank  
you*

*for you for all the wonderful  
items that were donated to help  
us for the recent garage sale.  
You all are greatly appreciated.*

*Karen Fisher*

*Paula Autrey*

*Elodia Hernandez*

*Kay Kurkowski*

*Tony Evans*

*Sandra Vetter*

*Barbara Mendez*

*Anita Krueger*

*Lois Journey*

*Barbara Brown*

*Dina Howell*

*Juanita Jojola*



## Tips to stay safe in hot weather

### Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home. You may also contact your local health department or city to find out if they have air-conditioned shelters in your area.

If you need help getting to a cooler place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. Search the Eldercare Locator to find services in your area. You could also consider taking a taxi or other car service or calling your local government to see if they offer senior transportation. Don't stand outside in the heat waiting for a bus.

- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.

Ask your doctor if any of your medications make you more likely to become overheated or sunburned.

## Key points to remember about hot weather safety

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.

### To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

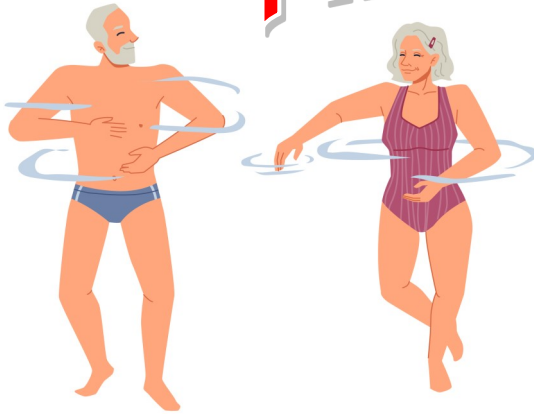
- Get out of the sun and into a cool, ideally air-conditioned place.
- Drink fluids but avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.

# Find Your Fitness

## POOL EXERCISES

The Center for Disease Control and Prevention (CDC) states, “As an older adult, regular physical activity is one of the most important things you can do for your health.” There are plenty of great ways you can stay active like walking and dancing but there’s something to be said about pool exercises. Not only can you get a full-body workout when exercising in the pool, but the buoyancy of the water also allows the workouts to be low-impact making it gentle on your joints and bones.

Better yet, the water provides more resistance compared to doing the same moves on land. Swimming workouts can be a safe option for seniors who want to increase their physical activity and for



people with arthritis, injury, or disability. That said, make sure you speak with your doctor before starting a new workout regimen. If you’re ready to enjoy effective and low-impact workouts, then check out these 10 pool exercises for seniors.

### Walking in Water

Get your heart rate up by walking in water! It’s a great cardio and resistance training exercise that will burn calories. Better yet, walking in water is much gentler on your joints than walking on land.

Beginners should start at a slower pace. You can increase your intensity as your endurance increases. Try walking for five to 10-minutes and start in shallow water around waist height. Make sure you engage your core and stand tall as you walk. Also, focus on pressing your heels first into the ground and then your toes and avoid walking on your tiptoes.

### Jumping Jacks in Water

Jumping jacks are another easy yet effective cardio exercise that you can do in the pool. During this exercise, you’ll be working the muscles in your upper and lower body.

Start by standing in the water at chest level with your feet together and arms at your sides. Next, jump and move your legs outward and at the same time, lift your arms and then jump again back to the starting position. Try to repeat for one to three sets with 10 repetitions in each set.

### Flutter Kicking

Flutter kicking is another excellent low-impact cardio exercise that will get your heart rate up. Using a kickboard, hold it in front of you and then flutter kick your legs to propel you around the pool.

If you don’t have access to a kickboard you can perform this exercise without it. Simply, begin by floating in the water on your belly and then kick your legs. Be sure to kick at a steady tempo to get your heart rate up!

### Back Wall Glide

The back wall glide exercise will help stimulate the muscles in your lower body and core. Begin by holding onto the pool ledge. Next, tuck your knees into your chest and press your feet into the wall.

Once you’re in position, push off from the wall and float on your back going as far as you can. Then bring your knees to your chest and push your feet down to the floor of the pool. Finally, run, jog, or walk (whatever you’re capable of doing) back to the wall. Repeat this exercise for five to 10-minutes.

These are just a few of the many exercises you can do in the pool to help strengthen your core, and many other parts of your body while staying cool in the summer. Here are some pools in our area you can check out and try these exercises.

Carlsbad High School Natatorium- 3000 W Church St. (575)234.3326

Carlsbad Waterpark– 708 Park Dr, (575)887.0349

CARC Pritchett Pool– 902 W. Cherry Ln (575)887.1570



# WELCOME New Members

Bob Kirby

Brenda Fox

Carmina Marin

Cathy Queen

Ed Queen

Gayle Huber

Gloria Rogers

Harvey Stockman

Jeff Drinovsky

Kendra Daniels

Leonard Runner

Leona Seidel

Manuel Parra

Margie Tavarez

Michelle Hernandez

Missy Schroeder

Norma McIntire

Norma Pack

Patty Seidel

Rachel Truby

Steven Schroeder



## BOOK NOOK

John Grisham's are probably our most checked out books, and we just got some more in! Come enjoy any of these new books from this #1 New York Times best seller that delivers on the edge of your seat legal thrillers.



# HAPPY BIRTHDAY

- 1) Karen Bock  
Connie Molinar  
Mike Lancaster  
Dennis Wathke  
Brenda Suggs  
Roberto Lara  
Joan Gilchrest
- 2) Bobby Nance  
Dick Isaboke  
Brenda Westfall
- 3) Pattie Pistole
- 4) Ron Cade  
Gloria Rodriguez  
Barbara Snow  
Bill Midgley  
Patricia Gilbert  
Lisa Self  
Daniel Mullins
- 5) Lubia Hernandez  
Pat Boulden  
Deebra London  
Rebecca Irvine
- 6) Marilyn Lewis  
Connie Aranda
- 7) Margie Hughes  
Gretchen Hoffman  
Deanna Kelley  
Eddie Rodriguez  
Mary Pat Jackson  
Patrick L. Matthews  
Kareen Pattison  
Shelly Hernandez  
Cipriano Nunez  
Blaine Hayes
- 8) Jose Aguilar  
Kay Gessel  
Teresa Navarrette  
Janice Wright
- 9) Barbara Robertson  
Chris Moore  
Patty Fugate  
Judi Waters  
Barry Brown  
Dr. Steve L. Wallen
- 10) Janice Stroble  
Marilyn Moore  
Diana Davis  
Glenell Peterson  
Felicitia Martinez  
Rufino Teope
- 11) Susan Porter  
Pat Laird  
Erin Zubia  
Dennis O'Leary  
Elsie Lara
- 12) Susan Clement  
Danielle Wilson  
Holly Gallegos  
Sherri Chandler  
Diane Vardy  
Lillian Rueda  
Folsom Linda
- 13) Paul Frier  
Olah Francz  
Frank Ybabon  
Ruby Snow  
Don Scarbrough  
Sulema Navarrete  
Gina Carrasco  
Rebecca Glore
- 14) Leemann Smith  
Molly Navarrette  
Bruce Yates  
Charlene Anderson  
Joann Taylor
- 15) Susan F. McGary  
Felix Ibe  
Anna Florez  
Angie Barrios-Testa  
Jeanette Bowers  
Joyce Lewis  
Gloria Fierro  
Debbie Murillo
- 16) Janice Ray  
Chris Owens  
Frank Buffington  
Edward Garcia  
Vickie Rich  
Scott Hamilton
- 17) Frank Noland  
Greg Bland  
Denise Madrid Boyea  
Angela Spark  
Carmen Smith  
Angela Chrestman  
Clara Vandyne  
Mackie Garringer  
Hobart Williamson
- 18) Mindy Taylor  
Judy Jones  
Mary Howell  
Kevin Miller  
David Herrell  
Doreen Moore
- 19) Trina Lee  
Marlene Mink  
Laverne Patterson  
Janie Coats  
Melinda Hamilton  
Gerri Villalpanda
- 20) Cordell Guillotte  
Jimmie Crumley  
Joy Turner  
Paris Hardy  
Dina Navarrette  
Barbara J. Brown  
Malinda Hendley  
Zosia Schlueter  
John Elston  
Katherine Allmon
- 21) Linda Lopez  
Paris Hardy  
Amanda Henry  
Mark Seidler  
Jessica Granger  
Jada Young  
Pearl Carrasco  
Williams Avery
- 22) Eddy Martinez  
Andy Graham  
Anita Kartchner  
Blaine Barnes  
Vicki Snow  
Cynthia Granger
- 23) Kathryn VanSoest  
Lucy Bernal  
Jennifer B. Avallone  
Cody Kessler
- 24) Felicia Ray  
Lewis Reeves  
Mike Aguilar  
Carmen Berdoza  
Patricia Hernandez  
Suzanne Carlsen
- 25) Sherry Eby  
Roy Cooper  
Gerri Lawson  
Pat Beason  
Sandi Krause  
Roy Cooper  
Teresa Lampros  
Michael Carrasco  
Gerri Lawson  
David Diaz
- 26) Joann Kelley  
Ana Hernandez  
Kathleen Clifton  
Charles Duff
- 27) Arleen Standiford  
Melissa Theragood  
Kay Youngman  
Jane Sanchez
- 28) Marty Fineran  
Ernie Endes  
Teresa Sparks  
Anne Strait  
Silverio Saiz
- 29) Denton McCullough  
Emily Hepler  
Greg Pate  
Patty Klaus  
Ofelia Huerta  
Patsy Eagle  
Darlene Smith  
Martha Munoz  
Andy Weisner
- 30) Trudy Gililand
- 31) Fredrick Ted Mize  
Ron Ward  
Regina Ramirez  
Sonja Hall

## The Friends of North Mesa Senior Recreation Center

Accepts donations to help with items for our center that are not in our budget. Memorials or honorarium gifts to the Friends of North Mesa Senior Recreation Center pay a lasting tribute to those who are important to us. Donations are tax deductible and are utilized to improve the center for our members!

Donations can be made at the Carlsbad Foundation:

114 S. Canyon Street  
 Carlsbad, NM  
 575-887-1131

## On the lighter side...



"My mom died when we couldn't remember her blood type. As she died, she kept telling us to "be positive," but it's hard without her."

"Today on a drive, I decided to go visit my childhood home. I asked the people living there if I could come inside because I was feeling nostalgic, but they refused and slammed the door in my face. My parents are the worst."

Why is it that if you donate a kidney, people love you, but if you donate five kidneys, they call the police?

You don't need a parachute to go skydiving. You need a parachute to go skydiving twice.

"As I get older, I remember all the people I lost along the way. Maybe my budding career as a tour guide was not the right choice."

*Remembering those we've lost*

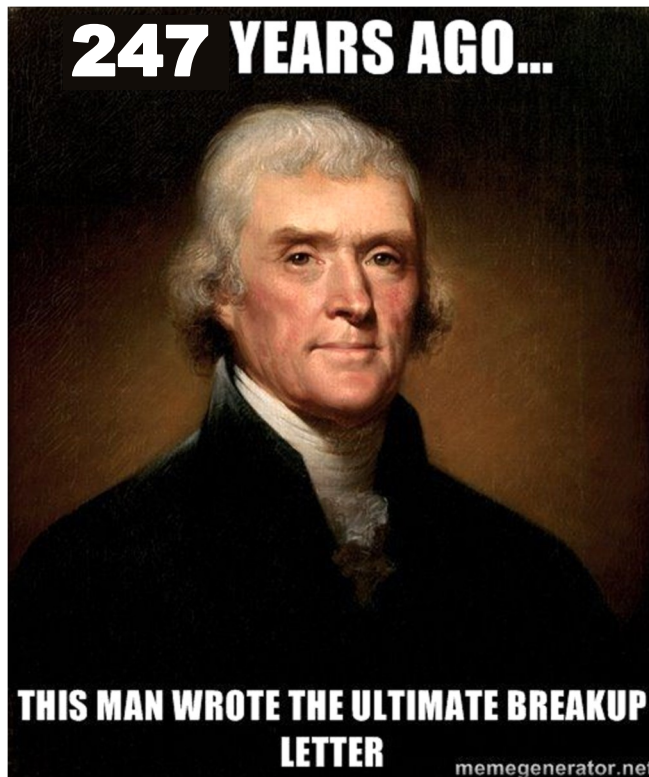


*Beckie Melvin*

*6/13/2023*

*Sulo Mattson*

*6/11/2023*



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