There is an old Chinese curse that goes like this: “May you live in interesting times.” I don’t know if it’s a curse or not, but “interesting times” are often filled with conflicting emotions. This is certainly true of the two months encompassed by this issue of “Seaside Currents.”

On June 1, we welcome our fifth ministerial intern in as many years. As a Duke Endowment eligible church, Seaside is blessed to be able to participate in the field education program at Duke Divinity School. We provide housing and a 10-week practical learning experience; the student gains valuable experience in ministry, and The Duke Endowment provides the student with a generous stipend to be used to offset the cost of their theological education. This year’s student is Elly Tilk of Quincy, Florida. Elly is a graduate of Wesleyan College in Macon, GA and is the daughter of a Methodist Minister. I met her last week and I know you will find her delightful.

At the end of June, we bid farewell to Carol and Paul Sigafoos as they move to Florida to care for Carol’s mother. Carol, as you all know, has been our Parish Nurse and Director of Health & Wellness Ministries since 2011. Under her able leadership the Health & Wellness Ministries at Seaside have truly come into their own. New programs have been added, existing ministries have been strengthened, and the H&W workgroup has developed a core of committed and gifted leaders. But in addition, Mary Jane and I (and many of you) have come to rely upon Carol as a key part of our pastoral care team at Seaside. Her gentle spirit, quiet competence and deep commitment will be sorely missed. In the weeks ahead, we, and the Staff Parish Relations Committee will be working diligently to assess the church’s staffing needs and available resources to find the right person so that we can effectively and efficiently move into the future.

June also marks the beginning of the sixth year of our ministry among you at Seaside. It hardly seems possible. But we look back with joy at the strides we have made over these years even as we anticipate with excitement the growth that is yet to come.

July marks the beginning of the 25th year of the ministry of Seaside United Methodist. We celebrate the anniversary of the first meeting of the church as a mission with a visit from Rev. Ruth Harper Stevens on July 20. Ruth was Superintendent of the Wilmington District at the time of the construction of our first building on Seaside Road. We look forward to her presence with us again.

And finally, July is the official Kick-off for the STARS program. You’ve heard much about STARS during our current preparation period and will see and hear even more as we host this six-week literacy and enrichment program.

It is an exciting time to be part of this church. Thank you for your support, which has helped us to come so far. Thank you in advance for the prayers and support that you will continue to offer. May God grant us grace that all who come behind us will find us faithful.

Scott
O radiant God, in the midst of tribulation, suffering, crippled hope and shattered dreams, stand by these Your servants until they are well once more.
**LECTIONARY BIBLE READINGS**

**June 1**
- Acts 1:1-11
- Psalm 47
- Ephesians 1:15–23

**June 8**
- Acts 2:1-21
- Psalm 104:24-34, 35b
- 1 Corinthians 12:3b-13
- John 7:37–39

**June 15**
- Genesis 1:1–2:4a
- Psalm 8
- 2 Corinthians 13:11–13
- Matthew 28:16–20

**June 22**
- Genesis 21:8-21
- Psalm 86:1-10, 16-17 or Psalm 17
- Romans 6:1b-11
- Matthew 10:24-39

**June 29**
- Genesis 22:1–14
- Psalm 13
- Romans 6:12–23
- Matthew 10:40–42

**July 6**
- Psalms 45:10–17 or 72
- Romans 7:15–25a
- Matthew 11:16–19, 25–30

**July 13**
- Genesis 25:19–34
- Psalms 119:105–112 or 25
- Romans 8:1–11
- Matthew 13:1–9, 18–23

**July 20**
- Genesis 28:10–19a
- Psalm 139:1–12, 23–24
- Romans 8:12–25
- Matthew 13:24–30, 36–43

**July 27**
- Genesis 29:15–28
- Psalm 105:1–11, 45b
- Romans 8:26–39
- Matthew 13:31–33, 44–52

---

**MEMORIALS & HONORARIUM**

**In Memory of:**
- Marvin Braddy
  **Given by:**
  - Bob & Carol Aspy
  - Lowell & Marie Wilcox
  - The Duffer’s Golf Group

**In Memory of:**
- Doug Hayes
  **Given by:**
  - Gerald & JoAnn Scott
  - Kathryn Scott
  - Gaylee & Florence Strickland

**In Honor of:**
- Ray & Wanda Wiltbank
  **Given by:**
  - Hazel Forlidas

---

**WORSHIP**

<table>
<thead>
<tr>
<th></th>
<th>8:00</th>
<th>9:30</th>
<th>11:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 6</td>
<td>142</td>
<td>159</td>
<td>191</td>
</tr>
<tr>
<td>April 13</td>
<td>163</td>
<td>259</td>
<td>179</td>
</tr>
<tr>
<td>April 20</td>
<td>273</td>
<td>428</td>
<td>323</td>
</tr>
<tr>
<td>April 27</td>
<td>156</td>
<td>195</td>
<td>140</td>
</tr>
<tr>
<td>Easter Cantata</td>
<td>593</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maundy Thursday</td>
<td>156</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good Friday Noon</td>
<td>81</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good Friday Tenebrae</td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunrise Included in 8:00 AM</td>
<td>61</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**ATTENDANCE**

**IN SUNDAY SCHOOL**

<table>
<thead>
<tr>
<th></th>
<th>April 6</th>
<th>April 13</th>
<th>April 20</th>
<th>April 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Sunday School</td>
<td>41</td>
<td>53</td>
<td>32</td>
<td>46</td>
</tr>
</tbody>
</table>

---

**A WARM SEASIDE WELCOME TO OUR NEW MEMBERS**

Bob and Debbie Kogler joined on Easter Sunday by transfer of membership from Mt. Carmel Roman Catholic Church, Medford, NJ and Calvary Baptist, Lovingston, VA.

You may contact them at:
8855 Radcliffe Drive NW 12A
Calabash, North Carolina 28467

Mel and Barb Cunningham joined on May 4th by transfer of membership from Zion United Methodist Church, York, PA.

You may contact them at:
3 Coffee Mill Creek Lane
Carolina Shores, NC 28467
Phone: 717-586-5252
Email: mcunningham@atmc.net.

Joe and Kathy Gentry who joined May 4th by transfer of membership from Matthews United Methodist Church, Matthews, NC.

You may contact them at:
65 Windsor Circle SW
Ocean Isle Beach, NC 28469
Phone: 910-579-6989
Email: dggentry@atmc.net.

---

**THANK YOU**

Dear Friends,

Thank you so much for all of your prayers for Ed. It was only because of your prayers that he is home again.

He is getting better slowly, still a few issues & weak from 45 days in the hospital.

We hope to see you all soon.

Love to all,

Ed & Carole Sheets

---

**ADULT SUNDAY SCHOOL CLASSES**

**Sunday’s at 9:30 am**

**Cross Talkers**
- Led by Ron Klein
- Room 210

**Navigators**
- Led by Jim Story
- Room 222

All are welcome!
Summer is finally here and our choirs and ensembles are taking a much-needed break! Thank you to all who participate in our Music Ministry and to those of you who support us! We use these summer months to refresh, rejuvenate and make plans for the fall and spring. And while we may not be rehearsing, please know that there will be wonderful music on Sunday mornings either by the choir or soloists/ensembles. Lynn and I will continue to lead you in worship each week along with our wonderful pastors!

Thank you to everyone who celebrated the 25th Anniversary of Music Ministry at Seaside with us! What a wonderful event! Because we have chosen to concentrate our efforts to a year-long celebration of our 25 years, there will be no "Red, White & Blue" this year, but it is in my plans for next year!

These summer months will be filled with Vacation Bible School and STARS! What a great summer! Make plans to join us this fall.

With a voice of singing,
Kathryn

THANK YOU TO OUR CHURCH FAMILY

Thank you so very much for surrounding and embracing our family with love and support during Marvin’s illness, death, and the aftermath that includes dealing with the grief process itself. The outpouring of cards, food, memorial gifts to our church and other charities, the telephone calls, rides to the hospital in Wilmington (for Marvin and me), prayer shawl ministry, and emails from our Seaside brothers and sisters in Christ was astounding to our family and me. Thanks also to those who made Marvin’s service so meaningful to us. The choir sounded like angel voices as they sang Marvin’s favorite song—and thanks to Katie Sorie whose voice touched us to the point of tears. The organ, piano, hymns, and the eloquent messages from Pastors Mary Jane and Scott will always be heard in the minds of all our family. Now I see from a very different perspective what it means to be a member of the Body of Christ at Seaside United Methodist Church. Thanks and God Bless you all.

Dina A. Braddy
UMM GOLF TOURNAMENT

The UMM golf tournament on May 3rd, was a huge success. We made approximately $10,000 after expenses. This is a record! We would like to thank everyone who made it possible. Included are those who were hole sponsors and donated door prizes, the volunteers who solicited the sponsors and worked the day of the tournament, and the golf committee who started working on the tournament in February. We would also like to thank all church members who played in the tournament and brought neighbors and friends. All proceeds go to local charities, including our church food pantry and the STARS program. We, all of us, are making a difference in the lives of those in need. We look forward to seeing you next year. Mark your 2015 calendar for Saturday May 2nd.

GriefShare

Cycle 4 of GriefShare concluded on May 16th. We had some very dedicated participants. One person came to a session the day after surgery, another travelled a long distance so she wouldn’t miss a session. Some of the comments we heard from cycle 4 participants are: “My family notices a big difference in my attitude,” “I wish I had come to GriefShare sooner,” and “I feel like I can handle anything now.”

If you have lost a loved one and are struggling with your grief, we hope you will prayerfully consider joining us on September 5th when we will be starting Cycle 5 of GriefShare.

More information about GriefShare can be found on our church website. Or, you may call Milly Houger at 910 579-2603 or Jim McNeill at 910 579-2405.

FOOD PANTRY REPORT & UPDATE

Our totals for April are:
Seniors— 134
Adults— 350
Children— 241
Total served— 725

Serving an average of 211 families each week in April.

UMW READING PROGRAM

I hope you ladies have been busily reading books from the UMW shelf! This is your reminder that your book forms will be due to me by August 1st. I know that sounds like a long time away but this newsletter covers the months of June and July. You have plenty of time to finish!

Forms may be given to me or put in the UMW box in the copy room. My goal again this year is to have 20 participants. Any questions? Call me! Marie Wilcox (575-1076)
From the Desk of....

The Health and Wellness Director

This is going to be a very hard article to write, as it will be my last one as Seaside’s Director of Health & Wellness. As you all know by now, I am leaving at the end of this month to move to Florida. It is with a very heavy heart that I say goodbye and thank you to all of my friends and church family. The love and support you have given me is so much more than I could have imagined and I couldn’t have done this job without all of you! I ran across this poem that helps me express what I feel in my heart for you...

Cherished Friends
Unknown Author

God must have known there would be times
   We’d need a word of cheer,
   Someone to praise a triumph
   Or brush away a tear.

He must have known we’d need to share
   The joy of "little things"
   In order to appreciate
   The happiness life brings.

I think He knew our troubled hearts
   Would sometimes throb with pain,
   At trials and misfortunes,
   Or goals we can’t attain.

He knew we’d need the comfort
   Of an understanding heart
   To give us strength and courage
   To make a fresh, new start.

He knew we’d need companionship,
   Unselfish... lasting... true,
   And so God answered the heart’s great need
   With cherished friends... like you!

Thank you for the gift of your friendship!
Please keep our family in your prayers as we continue on our journey, and know that you will be in ours . . . till we meet again.

With Love and a Grateful Heart,
Carol Sigafoos

June Schedule:

June 2, 9, 16, 30
   Straighten Up Exercise Class—with Nicole Depauw
       3:30PM in Fellowship Hall

June 5
   "What’s in Your Wallet?"—Fraud & Scam Alert Program—presented by Jane Jones from the Area Agency On Aging
       2PM in Fellowship Hall

June 11
   Health & Wellness Committee Mtg. 3PM in Room 222

June 23-27
   Vacation Bible School

July Schedule:

July 7—31
   STARS Program

   • Alzheimer and Grandparents’ Support Groups will continue to meet at their usual times.

   • Blood Pressure checks the second Sunday of the month.

   • Yoga with Marc will meet on Mondays and Fridays, at 10AM, and Wednesdays at 3PM in the Fellowship Hall.

What’s in Your Wallet?

Seaside United Methodist Church and the Health and Wellness Committee presents “Fraud and Scam Prevention for Seniors.”

What’s in Your Wallet? will be held on June 5th at Seaside UMC, in the Fellowship Hall, at 2PM. Registration is required. Please call the church office or send an email to: csigafoos@seasideumc.org to register. There will be refreshments and door prizes. There are a number of scams hitting our area recently and we’re trying to alert people what to do to avoid these scams and what to do if you have been the victim of one. Jane Jones, from the Area Agency on Aging, Elder Abuse Prevention, will speak on this serious and disturbing crime. It is free of charge. Please join us and bring your friends so you don’t fall victim to this terrible criminal act!

This will be our last program for the summer. The programs will resume in the fall and winter months. If there’s a topic or health issue that you’re interested in hearing more about, please contact Nancy McKeever at: (nymckeever@gmail.com).
ANEURYSMS

An aneurysm occurs when part of a blood vessel (artery) or cardiac chamber swells—either the blood vessel is damaged or there is a weakness in the wall of the blood vessel. As blood pressure builds it balloons out at its weakest point. The swelling can be quite small or very large. When large, it tends to extend along the blood vessel. As the aneurysm grows there is a greater risk of rupture. This can lead to severe hemorrhage, and other complications, including sudden death.

An aneurysm can occur in any part of the body. They tend to most commonly occur on the wall of the aorta—the large trunk artery that carries blood from the left ventricle of the heart to branch arteries. The aorta goes down through the chest and into the abdomen, where it divides into the iliac arteries (two branches). There are two main types of aneurysms:

- **Aortic aneurysm** - occurs in the aorta. Can be abdominal, or thoracic (higher up)
- **Cerebral aneurysm** - occurs in an artery in the brain

People of any age and either sex can have an aneurysm, although they are more common in men and people over 65 years of age.

"Good cholesterol" blocks the development of aneurysms. Scientists from the University of London reported that high-density lipoproteins (HDL), also known as "good cholesterol," might combat aortic abdominal aneurysms. Symptoms are linked to how big the aneurysm is, how fast it is growing and its location. Very small aneurysms which do not grow may go completely unnoticed. A large cerebral aneurysm (in the brain) may press on nerve tissue and trigger numbness in the face, or problems with the eyes.

Cerebral (brain) aneurysm symptoms
The following symptoms may be experienced before a cerebral aneurysm ruptures:
- Very severe headache that occurs suddenly
- Nausea
- Vomiting
- Eyesight problems
- Seizures
- Loss of consciousness
- Confusion
- Drooping eyelid
- Stiff neck
- Light sensitivity

If the cerebral aneurism bursts, it will cause bleeding in the brain and hemorrhagic stroke - it can also cause intracranial hematoma (blood leaks into the area surrounding the brain causing a blood clot in the skull).

Abdominal Aortic aneurysm symptoms
The vast majority of aortic aneurysms occur in the patient's abdominal aorta. It is not uncommon for a patient to have an aneurysm and experience no symptoms for several years. Many of them are difficult to detect because of this. Some aortic aneurysms will never rupture. It is hard to predict which ones will never grow, which grow slowly, and which ones grow rapidly. When symptoms occur, they tend to include:
- A throbbing sensation in the abdomen
- Back pain
- Abdominal pain - this pain frequently spreads towards the back

If the aneurysm continues to grow and presses on the spine or chest organs the patient may experience:
- Coughing
- Loss of voice
- Breathing difficulties
- Problems swallowing

Sometimes an aortic aneurysm can be discovered by a GP (general practitioner, primary care physician) when performing a routine examination of the abdomen. He/she may detect a lump that pulses at the same rate as the patient's heartbeat. It is often located high up in the abdomen, slightly to the right.

Brain (cerebral) aneurysm causes:
- Weakness in the artery wall (usually present since birth)
- Hypertension
- Arteriosclerosis
- Age at menopause influences cerebral aneurysm risk - a study published in the Journal of NeuroInterventional Surgery found that early menopause raises the risk of cerebral aneurysm.

Abdominal aortic aneurysm causes:
- Atherosclerosis - accumulation of fatty deposits (cholesterol) on the artery walls.
- Smoking
- Vasculitis (infection in the aorta).
- Genetic link

The aim is to prevent the aneurysm from bursting. There are usually two choices: 1. Watch and wait. 2. Surgery. How big the aneurysm is, how fast it's growing, and sometimes its location are vital factors in determining what treatment to use. Surgery is usually required as soon as the aneurysm reaches a diameter of 2.2 inches (5.5 cm).

Most abdominal aortic aneurysms are discovered when doctors are examining a patient for some other reason, such as during a chest X-ray or ultrasound. If an aortic aneurysm is suspected some specific tests will be ordered, they include: abdominal ultrasound, CT scan, MRI, and regular screening for those at risk.
STARS MISSION AND SEASIDE

STARS
July 7th-August 15th
Monday through Friday
8:30 AM-5:30 PM
Breakfast and Lunch & Two Healthy Snacks Daily
16-20 Rising Second Graders from Jessie Mae Monroe Elementary
Recommended by Jessie Mae based on literacy needs

SUPPORT A STUDENT
STARS is being offered with only a small nominal tuition cost to the family to allow students in need of this program to attend, regardless of economic circumstances. The ability to donate online at seasideumc.org is available by clicking on the About Us tab, Online Giving. More information to follow regarding how you can sponsor a STAR.
For more information or if you have questions, please call Meg Good at 579-5753

FUN STUFF FOR STARS
If you would like to help by donating some “fun stuff” for Seaside’s STARS program, following are items on our shopping list. If you have either gently used items, or love to shop for “fun stuff”, donations are being accepted. There is a donation box in the Fellowship Hall gathering area.

- Balls (to be used for Four Square game)
- Hoola-hoops
- Cornhole Game
- Jump Ropes
- Outdoor Chalk
- Bubbles
- Kites
- Children’s Board Games
- Children's DVDs
- Children's Books (new or gently used)
- Art Supplies (crayons, paper, glue, magic markers, etc.)
- School Supplies (Pencils, paper, etc.)
- Kleenex
- Hand Sanitizer

Thanks for your generosity!

SEASIDE UNITED METHODIST ANNOUNCES COMMISSIONS OF STEPHEN MINISTERS

Ten individuals were commissioned as Stephen Ministers on Sunday, April 27, 2010. They were Bob Bell, Jack Borders, Marvin Braddy, Rumel Bradt, Mike Carper, Vivian Ward Carper, Victor DeLaCruz, Mary Lou Farr, Pat Linnell and Ron Melvin. They join a group of 25 Stephen ministers who have also spent over 50 hours in special training to provide one-to-one Christian care to people in Seaside United Methodist Church and to those in the local community experiencing grief, loneliness, divorce, hospitalization, disability, job loss and many other of life’s difficulties.

Stephen Ministry began in 1975 in St. Louis, Missouri and is now in more than 11,000 congregations, from more than 160 Christian denominations, in all 50 states, 10 Canadian provinces and 24 other countries. More than 600,000 people have trained as Stephen Ministers (laypeople who provide care to those who are hurting) in their congregations. More than one-and-a-half million people have received care from a Stephen Minister in a formal one-to-one Stephen Ministry caring relationship and millions more have been touched by Stephen Ministry in informal ways.

SUNDAY SCHOOL TEACHERS NEEDED

FOR MORE INFORMATION OR TO VOLUNTEER
CONTACT MYRT KLEIN
SUNDAY SCHOOL COORDINATOR 579-1354
**SCHOOL KITS FOR UMCOR TO BE COLLECTED AT ANNUAL CONFERENCE**

During Annual Conference, June 11-14, in Greenville, the NC Conference United Methodist Women will be collecting school kits for UMCOR. Half of the kits will remain in our Annual Conference and half will be sent to worldwide mission sites. We invite all members of our congregation at Seaside to help collect the school supplies needed for these kits. There is a container in the foyer near the Fellowship Hall to collect your items. We need to provide the precise supplies as listed. Each school kit will contain the following supplies:

- 1 pair blunts scissors; rounded tip only; no plastic scissors please
- 3 pads of paper; spiral or top-bound pads; (150 sheets or less of loose-leaf paper may be substituted for 1 pad)
- 1 hand-held pencil sharpener; must be at least 1” long
- 1 30-centimeter ruler; hard or flexible; cartoon characters acceptable but no advertising
- 6 unsharpened pencils with no ads, religious, patriotic, military or camouflage symbols; cartoon characters acceptable
- 1 24-count box of crayons (only 24-count please)
- 1 14” x 16” cloth bag; (homemade or purchased bags are acceptable); heavy-duty fabric only (such as denim, corduroy, drapery fabric, etc.); no advertisements, religious, patriotic, military or camouflage symbols; closures are optional but must be buttons, snaps, or Velcro sewn in middle of opening

For more information or questions, please call Pat Melvin, 287-7090

**DO YOU HAVE A CDL?**

We are considering future transportation needs and related resources at Seaside and would like to know who has a current Commercial Driver's License with a passenger endorsement. If you have a current CDL, or if you have a clean driving record and would consider being trained, please email scottwp@seasideumc.org.

**SEVENTY SUMMERS**

Another summer is upon us—and depending on your point of view, this is a lively time or a quiet one. It will be lively if family or friends visit, quiet if you choose to step back from activities and just relax. It occurred to me that during our brief lifetimes we might get to see seventy, eighty or ninety summers. That certainly doesn't seem like enough, does it? I can remember as a child thinking that summer would last forever, a limitless blue sky and the warmth of the sun forever. Many folks see summer as a time for a "vacation" from church. I have had friends in the past who have said that they have so much going on, they had to eliminate something so they decided that attending church had to go. Wow! Talk about your priorities.

For me, raised Catholic and taught by strict nuns, you went to Church every Sunday or you would go to hell. I no longer believe that; however, I do believe that being in church on a regular basis enriches us beyond measure. Worshipping together as the family of Christ ennobles us—it takes us to a place of value and grace. This hour of prayer, hymns and receiving the word of God is a vital part of our spiritual and physical existence. We receive the message and leave the building renewed in faith and in purpose. Do we not need this in the summertime? So, here is the deal: no matter how many summers (or winters, etc.) we have, we need God in our lives to get us through to the next season. God’s beautiful summer waits!

Pat Linnell
Lay Leader

**UPPER ROOM PUBLICATION**

Christian Formation Committee would like to bring this wonderful Christian publication to your attention. This devotional booklet is designed to enhance your daily walk with God through reading scripture and uplifting commentary.

The Upper Room is published 6 times a year. You will find them on the table in the Gathering Room, outside of the Fellowship Hall. We encourage you to pick one up and add it to your daily devotions or begin this wonderful practice. There is a jar available to make a donation to help offset the cost, if you so desire.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Worship Serv. 8, 9:30, 11 am</td>
<td>Worship Serv 8, 9:30 &amp; 11a</td>
<td>9a VBS</td>
<td>9a VBS</td>
<td>Yoga</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>3p Sarah Justice Mem.</td>
<td>7p AA</td>
<td>10a Yoga</td>
<td>9a VBS</td>
<td>9a &amp; 5p GED</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>5:30pm UMYF</td>
<td>9a/5p GED</td>
<td>9a Yoga</td>
<td>9a VBS</td>
<td>10a Staff Mtg</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>7pm AA</td>
<td>10a Yoga</td>
<td>11am SBL Gp</td>
<td>9a VBS</td>
<td>10a Staff Mtg</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>10a Staff Mtg</td>
<td>2p CPR/AED</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>9a/5p GED</td>
<td>1:30p Mid-Ser Choir</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>6:30p 8 &amp; 11 Choirs</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>6:30p Boy Scouts &amp; UMM</td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>1:30p Tutoring</td>
<td>6:30p 8 &amp; 11 Choirs</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>3:30p Stephen Min</td>
<td>3:30p Stephen Min</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>1:30p Tutoring</td>
<td>10a Staff Mtg</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>5:30pm UMYF</td>
<td>5:30pm UMYF</td>
<td>12p Al Anon</td>
<td>1:30p Tutoring</td>
<td>5a &amp; 5p GED</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>7pm AA</td>
<td>7pm AA</td>
<td>5p Comm. Mtg</td>
<td>3p Yoga</td>
<td>10a Staff Mtg</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>6:30p AA</td>
<td>6:30p AA</td>
<td>6p Stephen</td>
<td>5p Ellie Tilk</td>
<td>5p Mid-Ser Choir</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>6:30p Divorce Care, Sharing God's Word</td>
<td>6:30p Divorce Care, Sharing God's Word</td>
<td>6:30p Divorce Care, Sharing God's Word</td>
<td>6:30p Praise Team</td>
<td>6:30p Praise Team</td>
<td>Yoga</td>
</tr>
<tr>
<td>8</td>
<td>Worship Serv 8, 9:30, 11 am</td>
<td>Worship Serv 8, 9:30, 11 am</td>
<td>9a/5p GED</td>
<td>9a/5p GED</td>
<td>9a/5p GED</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>9am Blood Pressure Cks.</td>
<td>9am Blood Pressure Cks.</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>5:30pm UMYF</td>
<td>5:30pm UMYF</td>
<td>11am SBL Gp</td>
<td>11am SBL Gp</td>
<td>11am SBL Gp</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>7pm AA</td>
<td>7pm AA</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>3:30p Stephen Min</td>
<td>3:30p Stephen Min</td>
<td>3:30p Stephen Min</td>
<td>3:30p Stephen Min</td>
<td>3:30p Stephen Min</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>5:30pm UMYF</td>
<td>5:30pm UMYF</td>
<td>5:30pm UMYF</td>
<td>5:30pm UMYF</td>
<td>5:30pm UMYF</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>7pm AA</td>
<td>7pm AA</td>
<td>7pm AA</td>
<td>7pm AA</td>
<td>7pm AA</td>
<td>Yoga</td>
</tr>
<tr>
<td>15</td>
<td>Worship Serv 8, 9:30 &amp; 11a</td>
<td>Worship Serv 8, 9:30 &amp; 11a</td>
<td>9a/5p GED</td>
<td>9a/5p GED</td>
<td>9a/5p GED</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>7p AA</td>
<td>7p AA</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>9a VBS</td>
<td>9a VBS</td>
<td>11am SBL Gp</td>
<td>11am SBL Gp</td>
<td>11am SBL Gp</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>11a SBL Gp</td>
<td>11a SBL Gp</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>6:30p Boy Scouts</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>9a/5p GED</td>
<td>9a/5p GED</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>1:30p Tutoring &amp; Worship Plan</td>
<td>1:30p Tutoring &amp; Worship Plan</td>
<td>1:30p Tutoring &amp; Worship Plan</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>12p Seekers Cir</td>
<td>12p Seekers Cir</td>
<td>6:30p Divorce Care, Sharing God's Word</td>
<td>6:30p Divorce Care, Sharing God's Word</td>
<td>6:30p Divorce Care, Sharing God's Word</td>
<td>10a Yoga</td>
</tr>
<tr>
<td>22</td>
<td>Worship Serv 8, 9:30, 11 am</td>
<td>Worship Serv 8, 9:30, 11 am</td>
<td>9a VBS</td>
<td>9a VBS</td>
<td>9a VBS</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>7p AA</td>
<td>7p AA</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>9a VBS</td>
</tr>
<tr>
<td></td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>11am SBL Gp</td>
<td>11am SBL Gp</td>
<td>11am SBL Gp</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>11a SBL Gp</td>
<td>11a SBL Gp</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>11a SBL Gp</td>
</tr>
<tr>
<td></td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>12p Al Anon</td>
</tr>
<tr>
<td></td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
<td>4:30p Girl Scouts</td>
</tr>
<tr>
<td>29</td>
<td>Worship 8, 9:30 &amp; 11a</td>
<td>Worship 8, 9:30 &amp; 11a</td>
<td>10a Yoga</td>
<td>10a Yoga</td>
<td>9a VBS</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>7p AA</td>
<td>7p AA</td>
<td>11a SBL Gp</td>
<td>11a SBL Gp</td>
<td>11a SBL Gp</td>
<td>10a Yoga</td>
</tr>
<tr>
<td></td>
<td>12p Al Anon</td>
<td>12p Al Anon</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>3:30p Straighten up</td>
<td>12p Al Anon</td>
</tr>
</tbody>
</table>

**JUNE 2014**

- Worship Serv. 8, 9:30, 11 am
- 3p Sarah Justice Mem.
- 5:30pm UMYF
- 7pm AA
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4 (OFFICE CLOSED)</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Christ Art, G-parent supp.</td>
<td>9a &amp; 5p GED</td>
<td>9a Prayer Warriors</td>
</tr>
<tr>
<td>5:30</td>
<td>9a</td>
<td>10a Fd Pantry &amp; Staff Mtg, Crafts</td>
<td>1p/3p Tutoring &amp; Worship Plan</td>
<td>1p/3p Tutoring &amp; Worship Plan</td>
<td>Dr Hudgins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10a</td>
<td>5p Comm. Mtg.</td>
<td>6p Stephen Min</td>
<td>6p Stephen Min</td>
<td>4p SPRC</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>11a</td>
<td>6:30p Divorce Care, Sharing God's Word, set up for concert</td>
<td>7:30 Concert 9p Break down</td>
<td>7:30 Concert 9p Break down</td>
<td>7:30 Concert 9p Break down</td>
<td>7:30 Concert 9p Break down</td>
</tr>
<tr>
<td>5</td>
<td>12p</td>
<td>7pm AA</td>
<td></td>
<td>6:30p Praise Team</td>
<td>6:30p Praise Team</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Christ Art, G-parent Sup.</td>
<td>Writing Your Story</td>
<td></td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>11a SBL Gp</td>
<td>12p Al Anon</td>
<td>1 &amp; 3p Tutoring</td>
<td>4p Worship</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>6:30p Boy Scouts &amp; UMM</td>
<td>7p Outreach &amp; Trustees</td>
<td>6:30p Praise Team</td>
<td>6:30p Praise Team</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>8:30a STARS</td>
<td>10a Staff Mtg</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td></td>
<td>19</td>
<td>9a Blood Pressure Cks</td>
<td>10a Yoga</td>
<td>Writing Your Story</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>5:30pm UM¥F</td>
<td>5:30pm UM¥F</td>
<td>10a Staff Mtg</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7pm AA</td>
<td>7pm AA</td>
<td></td>
<td>10a Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>26</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>8:30a STARS</td>
<td>10a Yoga</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td></td>
<td>31</td>
<td>8:30a STARS</td>
<td>9a/5p GED</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>9a/5p GED</td>
<td>10a Staff Mtg</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>10a Staff Mtg</td>
<td>10a Staff Mtg</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
<tr>
<td></td>
<td>31</td>
<td>10a Staff Mtg</td>
<td>10a Staff Mtg</td>
<td>10a Staff Mtg</td>
<td>1:30p</td>
<td></td>
</tr>
</tbody>
</table>
### June Birthdays and Anniversaries

<table>
<thead>
<tr>
<th>June 1</th>
<th>Birthdays: Randy Thompson Joe Adams Barb Bernauer Susan Morrison Kathy Duckworth Vincent Worth Brian Woodley Kimberly O'Dwyer</th>
<th>Anniversaries: Trip &amp; Jackie Purcell</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 2</td>
<td>Birthdays: Jason Clagett</td>
<td>Anniversaries: Michael &amp; Sherri Shytle Michael &amp; Martha Hetrick Richard &amp; Betty Donovan</td>
</tr>
<tr>
<td>June 3</td>
<td>Birthdays: Florence Strickland Helma Zukas</td>
<td>Anniversaries: Roger &amp; Sharon Terry John &amp; Carol Sloper</td>
</tr>
<tr>
<td>June 4</td>
<td>Birthdays: Mary Snyder Teddy Acton Lillian Bentley</td>
<td>Anniversaries: Dick &amp; Freddy Tatum</td>
</tr>
<tr>
<td>June 5</td>
<td>Birthdays: Hugh Munday Richie Dillon Lonnie Howard Tom Prawley Terry Featherstone Guy Camino Lorrie Rigby Tom Grammen</td>
<td>Anniversaries: Dave &amp; Pat Mowery</td>
</tr>
<tr>
<td>June 6</td>
<td>Birthdays: Danielle Porter Allison Dozier Judy Christenbury Jill Ellringer</td>
<td>Anniversaries: Oliver &amp; Julia Bagwell</td>
</tr>
<tr>
<td>June 7</td>
<td>Birthdays: Shirley Keistler Morgan McGlennan</td>
<td>Anniversaries: Tom &amp; Melanie Grammen Charles &amp; Dell Little David &amp; Lynn Colson Larry &amp; Ruthie Cramer</td>
</tr>
<tr>
<td>June 8</td>
<td>Birthdays: Nicholas Strickland Linda Thole</td>
<td>Anniversaries: Gerry &amp; Diana Strickland Bryon &amp; Betsey Wauters Frank &amp; Margie Daniels</td>
</tr>
<tr>
<td>June 9</td>
<td>Birthdays: Gwen Wiseman Jayde DiLouie Sara Moore Stephen Harris Justin Klein Bobby Clagett</td>
<td>Anniversaries: Tim &amp; Janet Cate</td>
</tr>
<tr>
<td>June 10</td>
<td>Birthdays: Ralph &amp; Donna Gardner Richard &amp; Laurie Walker Ed &amp; Erdeen Zimmerlee</td>
<td>Anniversaries: Paul Miraglia &amp; Penny Sue Sphn Jim &amp; Helen Doeppeer</td>
</tr>
<tr>
<td>June 11</td>
<td>Birthdays: Nancy Apple Suzanne Sewell Dennis Randolph</td>
<td>Anniversaries: Don &amp; Pat Lehman Kim &amp; Fog Frankford Ray &amp; Carol Grace</td>
</tr>
<tr>
<td>June 12</td>
<td>Birthdays: Mary Lou Farr</td>
<td>Anniversaries: John &amp; Lynn Henkel</td>
</tr>
<tr>
<td>June 13</td>
<td>Birthdays: Suzanne Sourwine Nicole Forrest Jerry Baum</td>
<td>Anniversaries: Ted &amp; Carol Loop</td>
</tr>
<tr>
<td>June 14</td>
<td>Birthdays: Debbie Sain-Bissett Kathryn Parker Linda Smith Michael Worth</td>
<td>Anniversaries:</td>
</tr>
<tr>
<td>June 15</td>
<td>Birthdays: William Maybry Victoria Walters</td>
<td>Anniversaries:</td>
</tr>
<tr>
<td>June 16</td>
<td>Birthdays: Crystal Huggett Betty Jane Pursey Nancy Verost Tim Parsons-Gilman</td>
<td>Anniversaries: Ted &amp; Lois Russell Jerry &amp; Priscilla Chambers</td>
</tr>
<tr>
<td>June 17</td>
<td>Birthdays: Christopher Kincaid</td>
<td>Anniversaries: Dean &amp; Phyllis Walters Donnie &amp; Ann Pike</td>
</tr>
<tr>
<td>June 18</td>
<td>Birthdays: Pedro Alvarez Jim Boone Kay Arace Joe Manza Rachel Dozier</td>
<td>Anniversaries: Tommy &amp; Kay Lloyd David &amp; Barbara Ayres Phil &amp; Kathryn Parker</td>
</tr>
<tr>
<td>June 19</td>
<td>Birthdays: Carol Aspy Ro Edwards Ed Goodale Sara Phillips</td>
<td>Anniversaries:</td>
</tr>
<tr>
<td>June 20</td>
<td>Birthdays: Tim Cate Ginger Obringer</td>
<td>Anniversaries: Harold &amp; Sherry Blalock Larry &amp; Dianne Jones</td>
</tr>
<tr>
<td>June 21</td>
<td>Birthdays: Art Ivey</td>
<td>Anniversaries:</td>
</tr>
<tr>
<td>June 22</td>
<td>Birthdays: Gene Steadman</td>
<td>Anniversaries:</td>
</tr>
<tr>
<td>June 23</td>
<td>Birthdays: Bert Frink Toby Brenizer</td>
<td>Anniversaries: Gil &amp; Kathrym Johnson Jay &amp; Gaye Kerr Barry &amp; Gerry Hartman</td>
</tr>
<tr>
<td>June 24</td>
<td>Birthdays: Buddy Russell Kathy Woodley Randy Bowling Linda Hedman Bev Williams</td>
<td>Anniversaries: Jamie Shoemake Leslie Floyd</td>
</tr>
</tbody>
</table>
| June 26 | Birthdays: Jesse Buell Ed Zimmerlee | Anniversaries:)

| June 27 | Birthdays: George Cotter Shirley Williams Jeff Oxnard Thomas Madison | Anniversaries: Lin & Linda Bradley |
| June 28 | Birthdays: Jeff Oxnard | Anniversaries: Lin & Linda Bradley |
Two keys to weather safety are to prepare for the risks and to act on those preparations when alerted by emergency officials.

Refer to the Federal Emergency Management Agency’s (FEMA) ready.gov/hurricanes for comprehensive information on hurricane preparedness at home and in your community.

**Gather Information**

Know if you live in an evacuation area. Assess your risks and know your home’s vulnerability to storm surge, flooding, and wind. Understand National Weather Service forecast products and especially the meaning of NWS watches and warnings.

Contact your local National Weather Service office and local government emergency management office to find out what type of emergencies could occur and how to respond.

**Contacts**—keep a list of contact information for reference.

- Local Emergency Management Office
- County Law Enforcement
- County Public Safety Fire/Rescue
- State, County and City/Town Government
- Local Hospitals
- Local American Red Cross
- Local TV Stations
- Local Radio Stations
- Your Property Insurance Agent

**Plan & Take Action**

Everyone needs to be prepared for the unexpected. Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electric or phone services are shut off?

**Basic Disaster Supplies**

A Basic emergency supply kit could include:

- **Water**, one gallon of water per person per day for at least 3 days, for drinking and sanitation
- **Food**, at least a 3 day supply of non-perishable food.
- **Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries**
- **Flashlight and extra batteries**
- **First aid kit**
- **Whistle to signal for help**
- **Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter in-place**
- **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- **Wrench or pliers to turn off utilities**
- **Manual can opener for food**
- **Local maps**
- **Cell phone with chargers, inverter or solar charger**

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- **Prescription medications and glasses**
- **Infant formula and diapers**
- **Pet food and extra water for your pet**
- **Cash or traveler’s checks and change**
- **Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.**
- **Emergency reference material such as a first aid book or free information from this web site.**
- **Sleeping bag or warm blanket for each person.**
- **Complete change of clothing including a long sleeved shirt, long pants and sturdy shorts.**
- **Household chlorine bleach and medicine dropper when diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color safe bleaches with added cleaners.**
- **Fire extinguisher**
- **Matches in a waterproof container**
- **Feminie supplies and personal hygiene items**
- **Mess kits, paper cups, plates, paper towels and plastic utensils**
- **Paper and pencil, books, games, puzzles or other activities for children**

Continued page 15
**JULY BIRTHDAYS AND ANNIVERSARIES**

**July 1**
Birthdays:
Anne Harris
Robert Neill
Elizabeth Roddy

**July 2**
Birthdays:
Lin Bradley
Carol Good
Louis Pesce
Cheryl Beck

Anniversaries:
Bob & Kay Arace
Jerry & Lin Baum
Lowell & Marie Wilcox
Corey Clagett

**July 3**
Birthdays:
Heather Culler
Callie Hucks
Ruby Trouw

Anniversaries:
Ken & Anne Doern
Gary & Sandy Kershner
Ray & Wanda Wiltbank

**July 4**
Birthdays:
David Meier
Wanda Wayne
Candie Macon
Jill Rosenbaum

**July 5**
Birthdays:
Lowell Wilcox
Steve Bostian
Michael Frink
Beth Frink
Donna Rettallack
Brandon Locklear

Anniversaries:
George & Ro Edwards
Richard & Tina Ward

**July 6**
Birthdays:
Dell Little
Bill McDonald
Nate Cantrell
Sandy DeLaCruz
George Matthews
Richard Carnevale
Kathy Thompson
Harriet Hemphill

**July 8**
Birthdays:
Preston Kelly
April Holleman
Amanda Wright
Tasha Allen
Alexandria Smith

**July 9**
Birthdays:
Margie Stone
Ron Kishbaugh
Deven Lee

**July 10**
Birthdays:
Ed Gore
Meagan Tew

Anniversaries:
Bill & Bernita McGee
Scott & Mary Jane
Wilson- Parsons

**July 11**
Birthdays:
Von Dyke
Larry Spanhour
Gil Johnson
Georgina Matthews

Anniversaries:
Terry & Sally Jones

**July 12**
Birthdays:
Chris Edwards

Anniversaries:
John & Kathy Scott

**July 13**
Birthdays:
Skipper Walters

Anniversaries:
Larry & Becky Spainhour

**July 14**
Birthdays:
Jack Davis
Tom Watson
David Mose
Jimmy Smith

**July 15**
Birthdays:
Margaret Jones
Randy Shuford
Adam Cardone

Anniversaries:
Carl & Harriet Gano
Mark & Pat Christy

**July 16**
Birthdays:
Bill Graves
Martha Eaton
Jacqueline Doby
Anniversaries:
Ron & Myrt Klein

**July 17**
Birthdays:
Carol Bachl
Kim Frankford
Larry Cramer

**July 18**
Birthdays:
Terry Radcliffe
Anniversaries:
Don & Eva Martin

**July 19**
Birthdays:
Frances Broome
John Payne
Nadine Patrick

**July 20**
Birthdays:
Shirley Vargas
Bill Kosanke
Jim Hardie
E Elliott Simmons
Eve Dowling Jacoby

**July 21**
Birthdays:
Paul Sigafoos
Terri Hamilton

**July 22**
Birthdays:
Larry Lintz
Ann Wiltbank
Dustin Richey
Steve Long

**July 23**
Birthdays:
Ed Gray
Chuck Scott
Neil Napolitano
Mark Benton
Doreen Watson
Logan Lombard

**July 24**
Birthdays:
Freddy Tatum
Dave Mowery
Margaret Holleman
David Hooks
Kimberly Welch
Evan Anderson

Anniversaries:
Reggie & Ann Hucks
Phil & Rosemary Connell

**July 25**
Birthdays:
Jim Smart
John Sparks
Karen Dombrowski
Matthew King
Reggie Hucks
Anniversaries:
Clay & Kay Swenson

**July 26**
Birthdays:
Ray Wiltbank
Vickie Starnes
Rachel Tyson

**July 27**
Birthdays:
Barbara Brown
Phillip Godfrey

**July 28**
Birthdays:
Sandy Kershner
Judy Davis
Jackie Purcell
Greg Bellamy
Lance Watts
Bob Lombard
Anniversaries:
Glenn & Brenda Hess

**July 29**
Birthdays:
Syliva Schwanke
Jan Small
Anniversaries:
Bill & Margaret Hawkins

**July 30**
Birthdays:
Ricky King
Anne Klein
Jessica Ruehle
Elizabeth Norfleet

**July 31**
Birthdays:
Roger Terry
Lynn Enzor
Hurricane Preparedness
(from pg 13)

In any emergency a family member or yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You May consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves, if you are allergic to Latex
- Sterile dressings to stop bleeding. Cleansing agent/soap and antibiotic towelettes
- Antibiotic Ointment
- Burn Ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Adults:
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

BEFORE I WAS MYSELF, YOU MADE ME, ME

By J Marques

Before I was myself you made me, me
With love and patience, discipline and tears,
Then bit by bit stepped back to set me free,

Allowing me to sail upon my sea,
Though well within the headlands of your fears.
Before I was myself you made me, me

With dreams enough of what I was to be
And hopes that would be sculpted by the years,
Then bit by bit stepped back to set me free,

Relinquishing your powers gradually
To let me shape myself among my peers.
Before I was myself you made me, me

And being good and wise, you gracefully
As dancers when the last sweet cadence nears
Bit by bit stepped back to set me free.

For love inspires learning naturally:
The mind assents to what the heart reveres.
And so it was through love you made me, me
By slowly stepping back to set me free.

HAPPY FATHER'S DAY

Thanks Dad!