



Newsletter of the  
Idaho Falls  
Unitarian Universalist  
Church



All Services  
10:30 a.m.

Meeting Place  
555 "E" Street

Address  
P.O. Box 50376  
Idaho Falls, Idaho 83405-0376  
Web Site: [www.idahofallsuu.org](http://www.idahofallsuu.org)

Minister  
Rev. Lyn Stangland Cameron

Office Administrator  
Theresa Gerstner  
522-8269 or by appointment  
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Exploration Administrator  
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Executive Board  
President: Kristi Brower  
Past President: Hank Boland  
President Elect: Alan Jines  
Treasurer: Kay Vahalik  
Secretary: Karen Schaefer  
Members-at-large:  
Jeff Leuschen  
Ronda Knudson

For more information,  
leave a message at 522-8269  
or contact us via e-mail at  
[minister@idahofallsuu.org](mailto:minister@idahofallsuu.org)



Services Schedule for February 2009

*February*

Sunday Services, 10:30 am

**February 1**  
***Play It Again Sam!***

Sometimes it seems that we humans are programmed to petty conflict. Let us look at how we might re-learn what it means to be in community. Let's look at how we develop "right relationship" with one another.

**February 8**  
***Evolution Sunday***

The 12th of February 2009 will be the 200th anniversary of the birth of Charles Darwin and 2009 is the 150th anniversary of the publication of his seminal *On the Origin of Species*. Let us celebrate "religiously" this important scientific work and the man whose discoveries have been the focus of so much anger and misinformation.

**Second Sunday Potluck**

**February 15**  
***The Many Faceted President Jefferson***

Jefferson was no saint but he sure was a brilliant mind! Let's learn why we UU's claim him as one of our spiritual ancestors.

**February 22**  
***Mardi Gras? What's to Celebrate?***

Why would we want or deserve Mardi Gras if we don't honor lent? Might the "Christian" calendar patterns actually reflect a human need?

**March 1**  
***Insight and Courage: Facing the Inevitable***

Donna Nelson and Annette Lovell share their portrayal of a dialogue between two women against the backdrop of the holocaust.



# Snake River Rev-flections

by Lyn Stangland Cameron



## Minister's Hours

This is a general guideline. The nature of ministry means that I may be called away for meetings and pastoral visits and may not be in the office even during announced times. Please know that I can be reached by phone message or email and that I will respond as soon as possible. In event of an emergency you may call my home phone, 523-1531 or Richard Wilde of the Committee on Ministry who will nearly always know how to reach me.

Monday  
no regular hours

Tuesday  
by appointment

Wednesday  
10:00 am – 5:00 pm

Thursday  
10:00 am – 5:00 pm

Friday  
Writing

Saturday  
by appointment

Sunday  
10:30 – 2:00

The IFUUF Website is:  
[www.idahofallsuu.org/](http://www.idahofallsuu.org/)  
Take a look and  
checkout the links!

## Right Relations

Just this past Sunday I closed our worship service, where the sermon/ message had been, “My God is Better than Your God” by reading from Sophia Fahs’ *It Matters What We Believe*. These past few weeks I have also been reminded that, **it matters how we behave.**” In a free church like ours, the way we treat one another and speak to one another are important aspects of the ways we create and sustain our beloved church community,

Last year we spoke about the fact that ours is a “covenantal” church. Like the early Pilgrim churches in New England, we UU congregations in the west form when people who choose to walk together in spiritual community form individual fellowships and churches in “association” with one another. Each congregation operates individually. We here at UUCIF create our own by-laws, call our minister, and establish policies that we believe are fair and that conform to our by-laws, our mission and our covenant. The Unitarian Universalist Association’s “Principles and Purposes,” which we often use as guidelines, which we have hanging in our lobby and are printed in the front of the Hymnal and a variety of other places, were drawn up to guide the churches and fellowships in our Association of Congregations. The UUA by-laws require that they are reviewed every fifteen years to determine whether they might need to be adjusted. (If you recall that folks from here met last spring and held an interesting debate and then sent off some suggestions, because this has been a year when all the congregations were asked to review the UUA Principles and Purposes.)

Here at UUCIF we have a “Mission Statement” that describes the goals of our congregation. It reads,

***We are a loving and caring religious community that affirms the sacredness and mystery of all life. We provide a spiritually nourishing and intellectually stimulating environment with respect and acceptance for each individual. We encourage exploration and growth in a spirit of fellowship and love for seekers of all ages. With an attitude of cooperation, we will be a catalyst for religious freedom, social justice, peacemaking, and responsible stewardship of the Earth.***

Our Governing Board often reads a “Board Covenant” before their meetings to remind the members that while we want to accomplish our business and get the work of the church done, **we also want to always do so in a respectful and caring way.** In our Unitarian Universalist Churches we call this being in “**Right Relations.**” It means that we not only wish to be free as individuals to explore our own sense of the holy, and that we want to work together in democratic fellowship, but that the “way” we do this matters as well. We want to be respectful toward each other, and to diligently try to follow processes that allow people with dissenting voices to be heard. We seek to reach out to those who might otherwise be marginalized and in our language and demeanor we are respectful of the rights of others.


Our congregation has been here in Idaho Falls for more than fifty years, and

*(Rev-flections continues on page 6)*

*“These past few weeks I have also been reminded that, it matters how we behave.”*



## On the Calendar for February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Service, 10:30 am Tea & Theology 3:00 pm	<b>2</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm Queen of Heaven 7:00-9:00 pm	<b>3</b>	<b>4</b> Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm Volun. Simp. 7:00 pm	<b>5</b>	<b>6</b> Hatha Yoga 8:30-9:45 am Basement Clean-up Day 4:00-6:00 pm	<b>7</b>
<b>8</b> Service, 10:30 am Potluck Sunday	<b>9</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm Queen of Heaven 7:00-9:00 pm	<b>10</b>	<b>11</b> Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm Rune Study, 7:00 pm	<b>12</b> Social Justice Caring Congregation Workshop #3 6:30 pm	<b>13</b> Hatha Yoga 8:30-9:45 am Men's Group 5:30 pm	<b>14</b> Social Justice Committee Meeting 2:00 pm
<b>15</b> Service, 10:30 am Social Justice during coffee hour Forum, noon Tea & Theology 3:00 pm	<b>16</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm	<b>17</b>	<b>18</b> Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm	<b>19</b> 	<b>20</b> Hatha Yoga 8:30-9:45 am Family Fun Night Mid-Winter Beach Bash 6:00-10:00 pm	<b>21</b> Soup Kitchen, 11:30 am
<b>22</b> Service, 10:30 am	<b>23</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm Queen of Heaven 7:00-9:00 pm	<b>24</b>	<b>25</b> Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm	<b>26</b> Social Justice Caring Congregation Workshop #4 6:30 pm	<b>27</b> Hatha Yoga 8:30-9:45 am	<b>28</b>
<b>March 1</b> Service, 10:30 am	<b>March 2</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm Queen of Heaven 7:00-9:00 pm	<b>March 3</b>	<b>March 4</b> Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm	<b>March 5</b>	<b>March 6</b>	<b>March 7</b> New UU Brunch 9:30am - 12:30 pm

### Calendar "Highlights" for February

- 1 Tea & Theology — 3:00 pm
- 2 Queen of Heaven class — 7:00-9:00 pm
- 4 Voluntary Simplicity Mtg — 7:00 pm
- 6 Basement Clean-up Day—4:00-6:00 pm
- 8 Potluck Sunday
- 9 Queen of Heaven class — 7:00-9:00 pm
- 11 Rune Study — 7:00 pm
- 12 Caring Congregation Workshop #3 — 6:30 pm
- 13 Men's Group Mtg —5:30 pm
- 14 Social Justice Com. Mtg. —2:00 pm
- 15 Social Justice — during coffee hour  
Forum — 12:00 noon  
Tea & Theology — 3:00 pm
- 20 Mid-Winter Beach Bash — 6:00 pm-10:00 pm
- 21 Soup Kitchen — 11:30 am
- 23 Queen of Heaven class — 7:00-9:00 pm
- 26 Caring Congregation Workshop #4 — 6:30 pm



### Ongoing — See Calendar for details

- Hatha Yoga  
Mondays 5:00 - 6:15 pm  
Wednesdays 11:30 am - 12:45 pm  
Fridays 8:30-9:45 am
- Recorder Practice  
Mondays from 3:00 - 5:00 pm
- Meditation Group  
Wednesdays 4:00 - 5:00 pm
- Wednesdays Together  
Every Wednesday at Noon  
(Bring Brown Bag Lunch)

### GENERAL ASSEMBLY IS JUNE 24-28, SALT LAKE CITY

**FEATHER REMINDER:**  
When you see the "feather" displayed on the calendar, it is a reminder to send in your Horizon news by the end of the weekend.

The next newsletter deadline is  
**February 23rd**  
Please send your items to  
[minister@idahofallsuu.org](mailto:minister@idahofallsuu.org) and to  
[kpschaef@datawav.net](mailto:kpschaef@datawav.net)

Watch for changes or additions to this schedule in the Sunday Orders of Service



## Board Notes

### Introducing Your 2009 Board Members

**Hank Boland** is (happily) now the **Past -President**. She is one of the founders of Parents, Families, Friends, of Lesbians and Gays that meets monthly at the church. As a part time musician for the congregation she may be at the piano or playing the recorder on Sunday. In her "spare time" she skis, bikes, plays bridge, and reads books. Also she has been head cook for our turn at the IF Soup Kitchen with her husband in support.

**Kristi Brower** our **President** has been active in this congregation primarily as a member of the Worship Associates and occasionally graces us with her lilting soprano in duets and trios with her sister Kara Burrows and our music director D'Yanna Amrito. Professionally Kristi is a social worker and she and her partner Ronda Knudson share a large family of humans and cats and dogs and have a reputation for helping to rescue many pets. She and her sisters own the *Healing Hands* Reikki and Massage studio.

**Alan Jines, President-elect** has been a leader in the I. F. Earth Day celebrations and is a member of Civitens. He enjoys most anything on two wheels, snow sports, skiing, scuba diving, and shooting pool. He has been a volunteer, teaching in the UUCIF Religious Education and Exploration program and was featured as one the narrators during the Holiday pageant, *Three Miraculous Births*. His partner Wendy Bauer and her children also participate in UUCIF activities.

**Karen Schaefer**, who transitioned from "member at large" to **secretary** during this election, is also our respected newsletter editor. She also represents us at the national association UU-United Nations Office as Envoy for the purpose of promoting peace building activities. She was raised in the Congregational and UU traditions. She and her husband Bob enjoy outdoor sports and Norwegian Folk Dance almost as much as they love to travel.

**Kay Vahalik**, our talented **treasurer** brings her considerable skills as a long time account specialist for the US government to her position. Kay and her husband Floyd are both natives of Texas where they enjoyed motor cycling, scuba diving and traveling. Kay loves to read and cook and is an avid movie fan and one of the leaders of the UUCIF Women's Group.

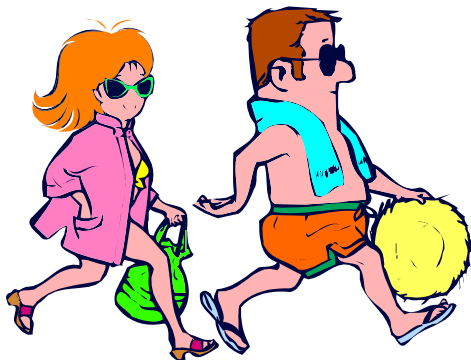
**Ronda Knudson** our newest "**member at large**" is also the chair of the Worship Associates. She has an interest in theology that dates back to her LDS church history that is very useful in her sermon –writing. Like her partner Kristi Brower, Ronda is also a licensed Social worker. Ronda specializes in working with young people. She has been known to play the clarinet beautifully for a service.

**Jeff Leuschen** is a returning **member-at-large** and chairman of the Building & Grounds Committee, a Worship Associate, and he teaches the Northern Spirituality/Runes class. He also helps teach the pre-teens in R.E. Although a member of this fellowship/ church for almost 4 years, he had not been a member of any religious institution for roughly 30-some years previously. His religious affiliation is Asatru, the pre-Christian religion of the Germanic tribes. He also writes poetry and you can find some examples of his work on our UUIF website.

## Annual Mid-Winter Beach Bash

February 20th  
(3rd Friday Family Fun Night)  
6:00-10:00 pm

*Great fun for all! Ages 0-100! Bring a finger food!*



FOOD  
GAMES

PRIZES  
COSTUMES

DANCING TO  
A LIVE BAND





## Religious Education



Thank you for helping with our program this past month: Mary Gehrke, Elizabeth Cogliati, Alan Jines, Paullette Lym, Lessie Brown, Jennifer Ruski, Hollis Henry, Sariah Aldona, Teresa Gerstner, Lala Chambers, Jeff Lueschen, Lara Shropshire, Kim Ragotzkie, Adrian Ashworth, and Ann Sorenson. *Our Religious Exploration program is growing and worth while because of terrific Volunteers like you!*

If you are in the mood to paint or organize let me know (Diane) there are always things to be done with our walls and closets.

### Items we could use

If you have any of these items and would like to donate them just drop them off upstairs or contact Diane Harding 528-8779. Please do not purchase anything on this list, we prefer to collect used or stored item from many sources.

- clothesline rope
- holiday and seasonal decorations for bulletin boards and hallways
- cassette or CD players – 2

Thanks to many of you as our list is short.

### Things we could always use

Stickers, yarn, unique or colored paper, glue, sequins, glitter

***If you would like more information concerning our program or Volunteer opportunities please contact Diane Harding 528-8779 [Rebuild4RChildren@gmail.com](mailto:Rebuild4RChildren@gmail.com)***

## Cakes for the Queen of Heaven In Ancient Times Volume 1

*Led by Molly Brinkerhoff and Robin Hunt*

This class will be held at the Church in the Willard Room, Mondays, February 2, 9, 23, March 2, and 9 from 7:00 to 9:00 pm. This program is for women only to explore the pre-patriarchal Goddesses of prehistoric and early historic times, their early power, and their ultimate loss of power as patriarchy became the established social structure.

For more information please pick up a sheet about the Author's Introduction in the Foyer. Then sign up on the sheet provided.

## Tea and Theology

The Sunday afternoon *Tea and Theology* program will meet again on Sunday Feb.1 and Feb. 15 at 3:00 pm to view the next sessions in the video lecture series about Hinduism, the world's oldest living religion, and enjoy a light snack and discussion following. All are welcome.

## Got Runes?

An Introduction to Northern Spirituality, or a glimpse into the beliefs and practices of the Germanic tribes. Next class, Wednesday, February 11, at 7:00 pm. For information call Jeff Leuschen, 200-7496

# GREETINGS, FRIENDS!

## The New UU Brunch

**If you are "new" here or simply want to learn more about UUCIF, you're sure to enjoy The New UU Brunch. This Spring's "New UU Brunch" will be Saturday March 7, 9:30 am until 12:30 pm. Coffee, tea, juice, fruit and a light "brunch" provided!**

The "New UU" hosted by the minister and our leadership is a quick introductory program designed to give people a chance to meet one another, to get to know a bit about the history of our congregation here in Idaho Falls and a great way to find out more about the rich history of our Unitarian and Universalist heritage and more about the way our congregation works.

Please "sign-up" on the clip board in the Willard (coffee) Room. Let us know as soon as possible if you will need child care! If you want to know more please contact Rev. Lyn at 522-8269, or, [minister@idahofallsuu.org](mailto:minister@idahofallsuu.org)

**Horizons by email!** For those receiving Horizons in hard copy and are able and willing to receive via e-mail (blind carbon copy), please call Karen Schaefer at 208.522.6654 or e-mail her at [kpschaef@datawav.net](mailto:kpschaef@datawav.net). Let her know your email address. This will save \$1.00 an issue a month that could be used to help pay our membership fees to UUA.



## Gathering Together

### Men's Discussion Group

The Men's Group will meet at on Friday, at Steve Watts house, at 5:30 pm. Refreshments will be provided. Please come and bring a church friend who has not attended before. Call Richard Wilde at 522-6910 for information.

### Voluntary Simplicity Group

The Voluntary Simplicity Discussion Group will meet Wednesday, February 4th at 7:00 pm in the Jefferson Room. The discussion will focus on the last topic, "Living Simply on Earth". We are following the course outline developed by the Northwest Earth Institute and will be using the book (\$18.00 plus shipping) that supports this five session course. If you are interested in learning a little about this subject, please come.

Clean water, one our most important and essential resources, is increasingly becoming scarce, but we continue to use it as though it will last forever.

#### Here is a tip to conserve water:

*Run your washing machine and dishwasher only when they are full and you could save 1000 gallons a month.*

### Soup Kitchen

Soup kitchen went well thanks to all the good workers who were Lloyd, Bob, Bill, Alex, Steve, Joe, Catherine, Marian, Cindy, Larissa, and Alex. We served 64 people including 5 children. One little girl was eating her cake first and Cindy told her she should eat her plate of food before her cake and the little girl did with no objections. There has been a glitz in getting the teams for Sundays but it is still being worked on. The next soup kitchen will be Feb. 21 so call Robin Hunt if you want to help.  
— Marilyn Watts

*(Rev-flections continued from page 2)*

unfortunately, though the congregation has found that it needed a policy that identifies procedures to be followed when an individual could be asked to leave the church because of their "threatening, disruptive or offensive" behaviors, we have not yet written a "**Covenant of Right Relations**" that articulates what kinds of expectations we have of one another. We do not yet have a document that describes how we hope to be together in this church community; how we hope to interact in healthy and safe and respectful ways and how we hope to be open, loving and compassionate people honoring our deepest values even though we may not always be in agreement.

If you google, "**Right Relations**," you will discover that many UU congregations have their "Right Relations Covenants" on their websites sharing their promise to one another so that everyone can understand that UU's have the highest regards for both the individual and for the community as a whole. During the next months the UUCIF Governing Board, the Committee on Ministry, the minister and the congregation will engage in an exploration of how we can nurture "**Right Relations**" in all that we do as the Unitarian Universalist Church in Idaho Falls.

Being authentic and caring and respectful in community is not always easy, and we may not have much experience living in "right relations" so let us walk together in love and hope and commitment. — Rev. Lyn

### Social Justice Committee News

What is the Social Justice committee? We identify areas of social injustice and ways in which we can help rectify those injustices. That may sound daunting, but our actions are all taken in the spirit of 'every little bit helps. Each individual action may seem tiny, but tiny actions can add up to big results.

The Moving Towards a Caring Congregation workshop series continues. On February 12 at 6:30 pm will be the third workshop entitled, "Depression, Anxiety, and Self-Medication" and we will also cover developmental issues and dementia/Alzheimer's. On February 26 at 6:30 pm will be the fourth workshop on, "Behavioral Guidelines and Legislative Issues" in which we will create behavioral guidelines for all church attendees, and also discuss legislation affecting individuals with mental illness and what you can do in the community.

The Social Justice committee will also meet on February 14 at 2:00 pm to discuss our next big project. Please attend or email Elizabeth Cogliati [morganna1812@yahoo.com](mailto:morganna1812@yahoo.com) with ideas.

The February mini-meeting of the committee will take place February 15 during coffee hour.

Please attend any or all of the meetings, you and your input are welcome.

**Social Justice Action Item for February: Contact your elected representatives and ask them to enact a law that would adjust the minimum wage every five years based on the rate of inflation.**

If you have questions or comments, please call or email Elizabeth Cogliati at 522-5752 or [morganna1812@yahoo.com](mailto:morganna1812@yahoo.com).



# Around the Church, the Community and the World

## Chalice Assistants

The Worship associates would like to ask members of the congregation to be "Chalice Assistants". You will not need to be on the Worship Associates team, but be available to help light and extinguish the chalice, say some opening words, just get involved with the service. I think this is a great opportunity to help without having to sign up for a committee if you don't want to. Thanks, Ronda

## Could UU Donate ?

Currently I know of two folks in this community who could use good, reliable donated computers.

- One individual could use a fairly new reliable computer suitable for writing and work on the internet. Preferably one with "Micro Soft Word."
- Another individual is going "back to college" and would benefit from having a good used lap-top for research and homework assignments.

If you have machines that you would like to donate please contact Rev Lyn at 522-8269



## Want Some Exercise, Some Good Company and a Great Sense of Accomplishment?

**Can you offer 2 quick hours to tackle the Dungeon? Friday Afternoon Feb. 6, from 4:00-6:00PM**

Are you aching to get through a job where you can see results? Right here in this wonderful old building we have a basement that could use some cleaning and reorganizing! Toss your work clothes in the car and bring your gloves and some tools, (for shelf- building.) We will clean out the furnace room and coal bin, the washroom and the "dungeon" and then if you like grab a bite and enjoy our sense of accomplishment. Be here on Friday Feb.6 at 4:00PM. For details call the office 522-8269. Or speak with Jeff Leuschen for more information.

## Forum, Sunday February 15, 12 noon

We will show a short video presentation by a woman brain scientist who describes her experience of a stroke which shut down the left side of her brain. This remarkable story vividly illustrates the miraculous properties of our human mental makeup. The video will be followed by discussion of her story and related information on human consciousness and mental phenomena. Call Richard Wilde (522-6910) or Karen Shropshire (552-1321) with any questions.

## Summary of January Forum Discussion

The forum on January 18 was based on Gandhi's wise advise that "We must become the change we wish to see in the world". Change was the central theme of the presidential election and President Obama's inaugural speech. Heaven knows that America is in deep doo doo and we need substantive change in almost every major institutional infrastructure. In our discussion we focused on what we can do here in Idaho Falls to contribute to the seemingly overwhelming needed restructuring of our economy and repairing of our national self esteem. What America needs is healing which is a move toward greater wholeness.

Now to the details of our discussion.

Lala Chambers gave an overview of what the Voluntary Simplicity group has been doing and the ideas they have generated. Elizabeth Cogliati discussed the Social Justice Comm. work and goals. These valuable inputs primed the pump to energize the ensuing discussion. For the sake of brevity I will merely summarize the main ideas that were ably recorded by our volunteer scribe, Molly Brinkerhoff.

- Produce food locally, personal and community gardens were mentioned. Town and Country Gardens offers classes on gardening.

*(Forum Discussion continues on page 8)*

## Thanks to All Who Helped with the "National Green Jobs" Booth at 2008 CommUNITY Fest

We have received a "certificate of appreciation" from LaDonna Foster, CommUNITY Festival Chair, for our participation in this past September's CommUNITY fest where we provided information about the 1Sky national program promoting Green Jobs. I am very proud of our congregation's leadership at this event. Special thanks to Elizabeth Cogliati and Lala Chambers for their planning and research and to Dan Henry and the "Drinking Liberally" crowd for their support as well. If you missed our booth and would like to learn more, Van Jones has a best seller on the new Green movement and there are terrific materials available at [www.greenjobsnow.org](http://www.greenjobsnow.org).

(Forum Discussion continued from page 7)

- Research and educate local community on appropriate household chemical use and disposal methods. Prescription drug proper disposal methods are also very important;
- Create a guide on 'green' alternatives to traditional practices. Try to get Chamber of Commerce involved;
- Include financial incentives for going green in guide comparing the cost of current practices to proposed green alternatives;
- Create networks with government and other groups pursuing similar agendas;
- Promote water conservation through xeriscaping and other low water use methods;
- Promote water meter installation by city and charge according to usage;
- Send representatives to City Council and Planning Board meetings to promote green;
- Start a publication and solicit green ads to pay for printing and distribution costs and create a link with the Salt Lake publication, *Catalyst*;
- In addition to creating a better future for our children and grand children we might think of a better future for our future selves after we reincarnate—the long, long, view;
- Individually we should speak up on social, economic and environmental concerns;
- Encourage city to adopt curbside recycling program ([visit greenguys@gmail.com](mailto:visit_greenguys@gmail.com));
- Support Idaho Falls Community Pathways;

Last and of great importance—how do we get started to make it all happen? Lala and Elizabeth met after the meeting and decided to start a group to implement many (hopefully all) of these good ideas. They decided on the name **“Southeast Idaho Citizens for a Sustainable Future”** which will be open to all interested persons in our region. Please consider signing up to do whatever suits your interests and abilities.

Contact Richard Wilde (522-6910) or Karen Shropshire (552-1321) with questions or suggestions.

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