

# THE PRIME TIMES

A publication of

The Center at *Spring Street*

**AUGUST 2015**

Phone: 610-367-2313 [lbernhard@boyertownareamulti-service.org](mailto:lbernhard@boyertownareamulti-service.org)

## DATE SAVER NOTICE

**Monday, August 3, 2015**

**Grandchildren's Day**

"Making Magical Memories"

1 p.m. – Magician Al Angelo

**Thursday, August 6, 2015**

12:45 p.m. – History Revisited

"Causes of the Civil War"

R.C. Youse

**Monday, August 10, 2015**

1 p.m. - "Gratitude"

Chestnut Knoll at Home

**Tuesday, August 18, 2015**

5:30 p.m. Supper Club @ TBA

**Thursday, August 20, 2015**

12:45 p.m. Trip to Longacre's Dairy

**Tuesday, August 25, 2015**

Cake Raffle

10:45 a.m. – Tuesday BINGO

**Friday, August 28, 2015**

3 p.m. - Center Closes

5 p.m. - Multi-Service Basket

Raffle @ Gilbertsville Fire Company

**Monday, August 31, 2015**

Birthday Party 1:00 p.m.

Musical Entertainment by

Johnny "Cash" Barnett

## From Lori's Desk....

The Center will be celebrating grandchildren on Grandchildren's Day – "Making Magical Memories" on Monday, August 3<sup>rd</sup>. Invite your grandchildren to join you for a day of fun games, a fun kid-friendly meal, and the wonderful world of magic by Magician Al Angelo. Come make magical memories with your family!

Do you feel in a stuck moment? Do you ever find it hard to see positive forces when obstacles are blaring and fears are looming? This is a good time to be grateful! Gratitude helps us see our situation in a way that can lessen panic, and could open up our thinking to new solutions. On Monday, August 10<sup>th</sup> at 1 p.m., Linda Detweiler from Chestnut Knoll at Home will be here to offer ways of "Practicing Gratitude".

On Wednesday, August 12<sup>th</sup> at 1 p.m., Monica Kozolowski from Keystone Villa at Fleetwood will be here to speak about Keystone Villa at Fleetwood. Keystone Villa offers Independent Living and Personal Care with options for studios and one or two bedroom apartments. Their month to month lease includes weekly housekeeping with linen service, hot and delicious meals prepared with the freshest ingredients, daily and monthly special activities and much more. If this all sounds interesting to you, please plan to be at the Center on the 12<sup>th</sup> at 1 p.m.

Beat the heat with a trip to Longacre's Dairy for an ice cream treat! On Thursday, August 20<sup>th</sup> at 12:45 p.m., the Center will be heading to Longacre's Dairy for some delicious, cold ice cream. Bus transportation will be available with a "free will" donation for the bus or you can meet us there. Ice cream will be "Dutch Treat" with each person paying their own. If you are interested in joining us for an ice cream treat, please sign up by August 17th at the Center or by calling 610-367-2313.

The Center will be closing at 3 p.m. on Friday, August 28<sup>th</sup> for the Boyertown Area Multi-Service Basket Raffle at Gilbertsville Fire Company. Doors will open at 5 p.m. to give everyone the opportunity to preview baskets, place raffle tickets, and vote for your favorite basket. For more details, please see the insert in this newsletter!

**The Center at Spring  
Street**

**is a service of  
Boyertown Area Multi-  
Service, Inc.**

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**Center Hours**

**9:00 A.M. to 4:00 P.M.**

**Monday thru Friday**

## “EARLY BIRD” BREAKFAST PROGRAM



### AUGUST 7, 2015

Scrambled eggs, scrapple  
OR

Pancakes, scrapple

### AUGUST 14, 2015

Croissant sandwich  
(egg, bacon, cheese)  
OR

Scrambled eggs, hash browns, bacon

### AUGUST 21, 2015

Creamed dry beef with toast  
OR

Vegetable scrambled eggs, bacon  
(peppers, tomato, onions)

### AUGUST 28, 2015

Ham and cheese omelet  
OR

French Toast, sausage

Served with fruit, muffins or pastry, toast,  
coffee, tea, juice, cereal – Cost - \$2.00

Breakfast served promptly at 8:00 A.M.

Please sign-up 2 days in advance.

Menu is subject to change.

\* \* \* \* \*

## The Return of the Coupon Diva

Be here when the “Coupon Diva”, Barb Bernier, returns to the Craft Room on Tuesday, August 4<sup>th</sup> at 10 a.m. with the “Coupon Divas in Training”! These ladies are honing their coupon clipping skills to get some great deals on low or no cost items to be used as door prizes for the Multi-Service Basket Raffle on August 28<sup>th</sup>. Come join the party! Check out the baskets of items they have already collected on display outside of Pat’s office. Help the cause by placing your unwanted coupons in the basket next to our display.

\* \* \* \* \*

## Energy Conservation

Too much day left at the end of your energy? Learn how to organize your daily activities without wearing yourself out in Mike Melnick’s “Energy Conservation” session on Tuesday, August 18<sup>th</sup> at 10 a.m. This is especially helpful for anyone dealing with cardiac or respiratory illness or disease.

## Beginner Line Dancing

Did you know that dancing is a unique form of exercise that provides heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity? Line dancing also stimulates the mind and can reduce the risk of Alzheimer’s disease and other forms of dementia. The Center provides a Beginner Line Dancing class every Wednesday at 2 p.m. If you are considering joining a line dancing class, here are some great reasons. Line dancing will teach you to dance, improve your balance, help you find the beat, teach you basic footwork, improve your confidence, provide you with a dance outlet whether you have a partner or not, and provide you a way to practice. For those of you already line dancing, know that you are doing one of the best activities you can for total body wellness. Let’s get dancing!!!

\* \* \* \* \*

## Safe Disposal of Unused Medications

Properly disposing of unused medications not only prevents accidental and intentional misuse, but it also helps protect the environment. Please plan to attend this presentation on Monday, August 24<sup>th</sup> at 1 p.m. by Multi-Service Board Member, Marilee Cassidy and Boyertown Area School District Assistant Superintendent, Rob Scoboria as they share the safe way to dispose of unused, unwanted or expired medications. Our community supports the safe disposal of medication. Please attend and learn what you can do to support this effort.

\* \* \* \* \*

## Ping Pong

The Ping Pong table will be available for use in the Craft Room on Thursdays from 9 a.m. to 3 p.m. beginning August 6<sup>th</sup>.

\* \* \* \* \*

## Friday Nite Dance

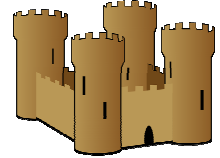
Enjoy a night of dancing on Friday, August 14<sup>th</sup>, from 7:30-10:30 p.m. with “The ChasBand” providing live music. Doors open at 6:30 p.m. with light refreshments available to purchase and complementary chips and pretzels. The admission fee is \$5 for members with your Center membership card and \$6 for non-members. Dance the night away at the Center on the 14<sup>th</sup>!

# Day at the Beach

Author Unknown



Ocean breeze blowing, feet kick and splash,  
 Ocean waves breaking, on rocks with a crash.  
 Boys finding seashells, girls sifting sand,  
 Friends building castles, as high as they can.  
 I stretch my arms out, fast as they'll reach  
 Oh, my what fun, on this day at the beach.



\* \* \* \* \*

## HAPPY BIRTHDAY TO OUR AUGUST CELEBRANTS!!!



- |                        |                       |                        |                             |                      |
|------------------------|-----------------------|------------------------|-----------------------------|----------------------|
| 01 Fay Slonaker        | 06 Nancy Smith        | 12 Fay Ludy            | 19 Andrew Kandrick          | 24 Marlene Zohe      |
| 01 Judy Albright       | 07 Winnie Pitzonka    | 12 Ilona Kauffman      | 19 Connie Shoemaker         | 24 Gladys Hollowbush |
| 01 Jean Ann Longacre   | 07 Jo Kircher         | 12 John Cooley         | 20 Phoebe Fagley            | 24 Victor Jacketti   |
| 01 Gloria Marriott     | 07 Becky Rothenberger | 13 Janet Loder         | 20 Hans Scherer             | 25 Roberta Lucarelli |
| 01 Erma Durante        | 07 Dolores Dunn       | 14 John Boyer          | 20 Shirley Batts            | 25 Doris Langan      |
| 02 Samuel Gaugler      | 08 John Pluto         | 14 Louella Garris      | 21 Allen Dyer               | 25 Elke Sibalic      |
| 02 Edward McCarty      | 08 Arlene Dewalt      | 14 Terry Shillady      | 21 Dallas Leister           | 25 Jane Starr        |
| 02 Patricia Mack       | 09 Katherine McGuire  | 14 Carol Baas          | 21 Janice Gamler            | 25 Jean Wiest        |
| 03 Robert Theisen      | 09 Nancy Foxhill      | 14 Jo Anne Hoey        | 22 Charline Milbourne       | 25 Earl Gamler       |
| 03 Betty Gilbert       | 09 Ginny Werstler     | 15 Betty Schittler     | 22 Edward Kerner            | 25 Barbara Neiman    |
| 03 Wayne Soles, Sr.    | 09 Hope Bernhard      | 15 Carlene Losch       | 22 Rita Kerstetter-Trythall | 26 Eva Kehler        |
| 03 Virga Brown         | 09 Ruth Gordon        | 16 Christine Stavinski | 22 Una Ann Godshall         | 27 Joanne Gallagher  |
| 03 Jennifer Swanson    | 10 Thelma Simmons     | 16 Anna Rhoads         | 22 Lynn Wolfgang            | 27 Donna Welder      |
| 04 Nevin Weil          | 10 Marie Day          | 16 Walter Eberhart     | 22 Merle Freese             | 27 LaRue Sheetz      |
| 04 Elaine Musser       | 10 Richard Stauffer   | 16 Marlene Smith       | 23 Rita Hartman             | 28 Elsie Boerner     |
| 04 Sandra Smith        | 11 Elva Bechtel       | 17 Shirley Reinert     | 23 Janice Evans             | 29 Marge Yanalavage  |
| 04 Betty Vonhohen      | 11 Jean Stauffer      | 18 Thomas Galloway     | 23 John Sorg                | 29 Aggie Lifka       |
| 05 Shirley Nagle       | 11 Alvin Behm         | 18 Peter Schnore       | 23 Dottie Roth              | 30 David Sterling    |
| 05 Bruce Blankenbiller | 12 Patricia Lamm      | 18 Carl Schott         | 24 Doug Oswald, Sr.         | 31 Joan Rightley     |
| 06 Lloyd Reinert       | 12 Nancy Klock        | 18 Ronald Cressman     | 24 David Yergey             | 31 Mary Perkins      |
| 06 Harold Moser        |                       | 19 George Mock         |                             | 31 Jean Dengler      |

\* \* \* \* \*

## THE CENTER AT SPRING STREET BULLETIN BOARD

### MEMBERSHIP

Please check your membership card for your renewal date!

### GET WELLS

Gordon Mack Fay Slonaker  
 Marie McCarter Elmer Hilbert  
 Mary Ann Galloway

### OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS

Ralph Ertman  
 John Malukas  
 Stan Sydlosky  
 Bill Berger  
 Mary Jane Lentz



### “INVITATION”

August celebrants are invited to celebrate their birthday at the Center on Monday, August 31, 2015

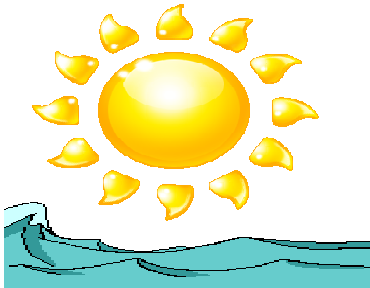
Entertainment by: Johnny “Cash” Barnett

R.S.V.P. (610) 367-2313, by Monday, August 24<sup>th</sup>.

Please bring your current membership card to receive a complimentary meal.

# The Center at Spring Street

Boyertown Area Multi-Service, Inc. is a member agency of the Boyertown Area United Way, and is also funded in part by the Pennsylvania Department of Aging through Berks County Area Agency on Aging, and the generosity of the individuals, churches and organizations of the Boyertown Area.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> <b>GRANDCHILDREN'S DAY</b> "Making Magical Memories" 8:30-4:30 Veteran's Assistance Program 9 Cards and Games 9:15-11:30 Games - Ping Pong, Wii Bowling, Bean Bag Baseball 10 -11 Photos with Martha Gery 1 "It's Magic" - Magic Show with Al Angelo	<b>4</b> 9 Cards and Games 9:15 Wii Bowling 10 "Couponing with the Coupon Diva" by Barb Bernier 11 PEPPI Weight Training w/Jody 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio	<b>5</b> 9 Cards and Games 9:15 Yoga w/Fran 10 Blood Pressure and Weight by Chestnut Knoll 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1-4 "Golden Texas Hold 'Em" 2 Beginner Line Dancing w/Jane	<b>6</b> 9 Cards and Games 9-3 Ping Pong 9:30 Light & Lively w/Jody 10:30 PEPPI Weight Training w/Jody 12:45 History Revisited - "Causes of the Civil War" - R.C. Youse 1 Beginner Bridge	<b>7</b> <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO Enjoy a "Weekend" Word Search	
<b>10</b> 9 Cards and Games 9:15 Wii Bowling 10 "Coping with Life Changes" Discussion Group 11 Reflective Moments 12 Piano Tunes w/Kay Behle 1 "Practicing Gratitude" by Linda Detweiler from Chestnut Knoll at Home	<b>11</b> 9 Cards and Games 9:15 Wii Bowling 11 PEPPI Weight Training w/Jody 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio 6-9 BINGO Nite	<b>12</b> 9:15 Yoga w/Fran 10 "Options of Care - Planning for Future Health Care Needs" by Beth Hiriak, SE Home Health 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1 Keystone Villa at Fleetwood by Monica Kozlowski 2 Beginner Line Dancing w/Jane	<b>13</b> 9 Cards and Games 9-3 Ping Pong 9:30 Light & Lively w/Jody 10:30 PEPPI Weight Training w/Jody 11:15 Center Membership Mtg. 1 Beginner Bridge 1 Musical Entertainment by Al Shade	<b>14</b> <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO 1 Book Club 7:30-10:30 <b>Friday Nite Dance</b> "The ChasBand"	
<b>17</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Bean Bag Baseball Practice 11 Reflective Moments 1 Birthday BINGO	<b>18</b> 9 Cards and Games 9:15 Wii Bowling 10 "Energy Conservation" - Nick Banar/Mike Melnick, Chestnut Kn. 11 PEPPI Weight Training w/Jody 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio 5:30 Supper Club @ Vincenzo's	<b>19</b> 9 Cards and Games 9:15 Yoga w/Fran 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 12:45 <b>Bean Bag Baseball Tourn.</b> 1-4 "Golden Texas Hold 'Em" 2 Beginner Line Dancing w/Jane	<b>20</b> 9 Cards and Games 9-3 Ping Pong 9:30 Light & Lively w/Jody 10 Blood Pressure and Weight by Bayada Nurses 10:30 PEPPI Weight Training w/Jody 12:45 Trip to Longacre's Dairy 1 Beginner Bridge	<b>21</b> <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO Enjoy a "Weekend" Word Search	
<b>24</b> 9 Cards and Games 9:15 Wii Bowling 11 Reflective Moments 1 "Safe Disposal of Unused Medications" by Marilee Cassidy & Rob Scoboria	<b>25</b> <b>CAKE RAFFLE</b> 9 Cards and Games 9:15 Wii Bowling 10:45 Tuesday BINGO 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio 6-9 BINGO Nite	<b>26</b> 9 Cards and Games 9:15 Yoga w/Fran 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1 <b>Hasenpfeffer Card Party</b> 2 Beginner Line Dancing w/Jane	<b>27</b> 9 Cards and Games 9-3 Ping Pong 9:30 Light & Lively w/Jody 10:30 PEPPI Weight Training w/Jody 1 Beginner Bridge 1 <b>Pinochle Card Party</b>	<b>28</b> <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 12:45 BINGO 3 <b>CENTER CLOSSES</b> 5 <b>BASKET RAFFLE</b> (doors open) Gilbertsville Fire Company	
<b>31</b> <b>BIRTHDAY PARTY</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Bean Bag Baseball Practice 11 Reflective Moments 1 Musical Entertainment by Johnny "Cash" Barnett *Birthday Cake provided by Chestnut Knoll	 <h1 style="font-size: 48px; margin: 0;">AUGUST</h1> <h1 style="font-size: 48px; margin: 0;">2015</h1>				<b>DAILY ACTIVITIES...</b> Pinochle & Other Card Games Quilting Shuffleboard Rummikub & Other Games Billiards & Table Tennis Book Swap Good Coffee & Great Company!



# THE CENTER AT SPRING STREET BUS TRIP SCHEDULE

The Center at Spring Street bus trips are open to anyone age 55 and over; Center membership is not required. All bus trips depart from Town Plaza, unless specified otherwise. A \$5 (five dollars) deposit will reserve your seat. Final payments must be made by designated date. We reserve the right to fill the reservation if final payment is not made on time.

All trips are open for sign-up now.

Please make your check payable to:

**The Center at Spring Street**

Bus Trip Registration:

Wednesday 9 a.m. to 1 p.m.

You are also welcome to mail your deposit to:

The Center at Spring Street

Attn: Betty Shenk

200 West Spring Street

Boyertown, PA 19512



Your receipt and agenda will be mailed to you. Please make sure to include your name, address, and the trip for which you are sending payment.

Refunds for cancellations will be given on a medical emergency only.

A doctor's excuse will be required within **5 (five) business days** of the trip date.

Any other cancellations will receive refunds only if the space can be refilled.

## **2015 BUS TRIP SCHEDULE**

### **SEPTEMBER 30, 2015 – DUTCH APPLE DINNER THEATER**

Show: "Church Basement Ladies Fortress"

Enjoy a buffet and a show.

Register by: August 19, 2015

Cost: Member \$80.00

Non Member: \$82.00

### **OCTOBER 8, 2015 – PENNS PEAK**

Show: "The Glenn Miller Orchestra"

Enjoy a meal and a show.

Register by: August 27, 2015

Cost: Member \$84.00

Non Member: \$86.00

### **NOVEMBER 12, 2015 – SIGHT & SOUND**

Show: "Miracle of Christmas"

Includes lunch at Shady Maple Smorgasbord

Register by: September 28, 2015

Cost: Member \$93.00

Non Member: \$95.00

### **DECEMBER 2, 2015 – HUNTERDON HILLS PLAYHOUSE**

Show: "Playhouse Christmas 2015"

Enjoy a meal and a show.

Register by: October 19, 2015

Cost: Member \$95.00

Non Member: \$97.00

# AUGUST 2015

Please make your reservation/cancellation two days in advance by calling 610-367-2313.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Applesauce Hot Dog on Roll Chips Popscicle</p>	<p>4</p> <p>Grilled Hamburger Steak Beef Gravy Mashed Potatoes Corn Bread / Margarine Ice Cream</p>	<p>5</p> <p>Garden Salad w/ Dressing Chicken Pot Pie California Mixed Vegetables Fresh Orange</p>	<p>6</p> <p>Applesauce Meatballs w/ Beef Gravy Noodles Green Beans Vanilla Pudding</p>	<p>7</p> <p>Pineapple Tidbits Roast Turkey Roasted Potatoes Green Beans Mandarin Oranges</p>
<p>10</p> <p>Mandarin Oranges Baked Chicken Patty Lettuce &amp; Tomato Tater Tots Steamed Carrots Chocolate Pudding</p>	<p>11</p> <p>Tossed Salad w/ Dressing Bratwurst Macaroni &amp; Cheese Stewed Tomatoes Fresh Apple</p>	<p>12</p> <p>Pepper Cabbage Chopped Sirloin Red Potatoes Green Beans Mandarin Oranges in Jello</p>	<p>13</p> <p>Applesauce BBQ Chicken Leg Pierogies Broccoli Normandy Pineapple Chunks</p>	<p>14</p> <p>Diced Peaches Meatloaf Mashed Potatoes Peas Pie</p>
<p>17</p> <p>Fruit Cocktail Baked Chicken w/Gravy Mashed Potatoes Corn &amp; Carrots Tapioca Pudding</p>	<p>18</p> <p>3 Bean Salad Breaded Fish on Roll Buttered Pasta Broccoli Jello</p>	<p>19</p> <p>Tossed Salad w/ Dressing Grilled Marinated Chickn Breast Roasted Potatoes Green Beans Fresh Orange</p>	<p>20</p> <p>Broccoli Salad Hot Dog on Roll Baked Beans Tater Tots Ice Cream</p>	<p>21</p> <p>Applesauce Roast Pork w/ Pork Gravy Mashed Potatoes Sauerkraut Pineapple Tidbits</p>
<p>24</p> <p>Garden Salad w/ Dressing Kielbasa Whole Potatoes Green Beans Fruit Cocktail</p>	<p>25</p> <p>Apricots Oven Fried Chicken Mashed Potatoes Succotash Peaches</p>	<p>26</p> <p>Applesauce Hamburger on Roll Lettuce &amp; Tomato French Fries Jello</p>	<p>27</p> <p>Soup and Salad</p>	<p>28</p> <p>Diced Pears Roast Beef w/ Gravy Mashed Potatoes Peas &amp; Carrots Fresh Apple</p>
<p>31</p> <p>Applesauce Pork Chop w/ Pork Gravy Mashed Potatoes Sauerkraut Birthday Cake</p>		<p>Menu is subject to change!</p>	<p><b>MENU</b></p>	<p>Diabetic desserts are available upon request.</p>

\*All meals are served with a roll or bread and margarine.\*



200 West Spring Street • Boyertown, PA 19512

**DATED MATERIAL**

NON PROFIT  
BULK RATE  
BOYERTOWN, PA  
U.S. POSTAGE PAID  
PERMIT NO. 10033

**THE CENTER AT SPRING STREET  
OFFICERS**

President: William Zollers  
Vice President: John Novak  
Secretary: Betty Mae Eberhart  
Assistant Secretary: Maria Armino  
Treasurer: Janet Geraghty  
Assistant Treasurer: Sharon Harvey

**VOLUNTEER HOURS**

During the month of June 2015,  
our volunteers gave a total of

3,115 hours

of service for our Center!

**Total for 2015: 16,438 hours**  
**THANK YOU, VOLUNTEERS!**

\* \* \* \* \*

“Don’t judge each day by the harvest you  
reap, but by the seeds you plant.”

*Robert Louis Stevenson*

**MULTI-SERVICE STAFF**

Executive Director: Karen Youse  
Bookkeeper/Administrative Asst: Jill Howard  
Over 60 Case Manager: Ginny Cox  
Under 60 Case Manager: Amy Davies  
Meals on Wheels Case Manager: Diane Joyce  
Food Program Manager: Nancy Kremm  
Receptionist/Transportation Coordinator:  
Karen Trout  
Energy Case Manager: Barbara Bernier  
Fund Development Coordinator: Tanna Wagner  
Center Director: Lori Bernhard  
Assistant Center Director: Patricia Petrauskas  
Center Receptionist: Fran Doaty  
Program Coordinator/ PR: Debra Brauner  
Bus Drivers: Joy Harner/Bob Eichert  
Executive Chef: Christopher Mest  
Prep Chef: Ursula Wieland  
Facility Manager: Greg Rothenberger  
Custodian: Russell Bouchat  
Rental Staff Person: Gayle Perera  
Editor: Lori Bernhard  
Typist: Jill Howard