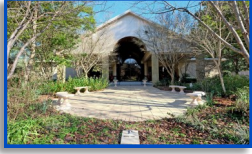




# Unitarian Universalist Church of Pensacola The Light

VOLUME 63 ISSUE 4 April 2020

## Coping and Connecting During Covid-19



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## From Your Minister



Focus on what you love, rather than what you fear. These are words that keep coming back to me, in this time since life became unrecognizable. It's not easy though. Not knowing is almost always worse than whatever we know. When we know what will happen we can begin to make plans. Somehow that makes us feel more in control. Even if there is really nothing we can do to change the situation. Not knowing leaves us fretful, wondering if there is something we should be doing to prepare. Focusing on what we love will give us strength to cope and may well save us from guilt and regret in the future. It is easy to fall into fear. Paying attention to what we love will require a conscious commitment.

What are the things that stir within you positive emotions? What makes you smile, brings you joy? I am watching what people are doing right now to combat the anxiety and depression of isolation and fear. One family I know posted pictures of a walk in the woods, grandparents remaining 6 feet apart from the grandchildren. One grandfather I know is using Facetime for the first time, to interact with children and grandchildren he usually sees on a regular basis. My friend in Gulf Breeze is part of the Mask Sewers Group in Pensacola, making masks for health workers and others who need them. And my minister colleagues and I are learning to use technology that many of us have ignored, because we thought there was no substitute for in person contact. Our younger colleagues are teaching us a thing or two. Virtual Community is not fake community. It is community by a different medium.

Coronavirus is forcing me to learn new skill sets. Skill sets, however, that allow me to be in touch with and do what I love. It is also imposing time to reflect on what in life is of highest value to me. It is hard to escape yourself with so much solitude. What are the creative ways you are finding to stay in touch with positive emotions?

In Love and Hope,  
Rev. Alice

## President's Column

As I write this, I am still processing what COVID-19 means for our community, our nation, and our world. I'm guessing many of us feel the same. Having survived extreme weather, natural disasters, and even military-imposed curfew as a humanitarian worker in the Middle East, I haven't seen anything yet like the COVID-19 pandemic.

We are receiving hourly updates about testing and new cases, precautionary measures, self-quarantine, and state-ordered closures as we try to stop the spread of the virus and focus resources on those who are sick. UUCP has suspended Sunday Services and gatherings of more than 10 people until at least April 12. There are 30 cases of coronavirus in Escambia County confirmed as of March 29. We all are sending our prayers and healing energy to our neighbors who have contracted the virus as well as those who are at high risk of illness.



Board members, team leaders, Rev. Alice, and Cluster Group captains are keeping in touch to determine what is best for our congregation. We are concentrating on supporting our members who are most affected by this unusual situation and maintaining the connections of our Beloved Community. Some members will take a significant financial hit as a result of the economic impact of the pandemic. We are thankful that we have a modest Members' Assistance Fund to provide some monetary support where needed. Other members will need help with keeping stocked with groceries and household supplies. We are developing a scheme for our congregants to assist one another with shopping and delivering necessary items.

We are deciding what to do about scheduled events such as our annual Spring Yard Sale. We will postpone and possibly cancel the yard sale. The event is an important fundraiser for us, but it also requires much effort, and our talented coordinator Georgianna Bryant recognizes that the current uncertainty is not conducive to a successful fundraiser. Other smaller activities — like Circle Dinners and team meetings — may go on as long as caution is practiced. Many of these meetings, though, have been cancelled or moved to virtual platforms such as Zoom.

We have heard the word Zoom a lot lately. Zoom is a program for video meetings, and we've been trying it out for Virtual Coffee Hour on Sundays. There are free versions of Zoom, but, to really use it effectively, a group of our size would need a subscription. The Board has decided to work with the UUA to purchase Zoom at a discounted rate of just over \$100 per year.

We were in the midst of our budget drive when the news of the virus turned us around. Financial support for our church remains vital as we continue to pay our staff as well as meet regular obligations. The people who work for us depend on us for their livelihood. We will be creative in using their time and talents during this time. In fact, our childcare worker, for instance, may be doing some organizing and straightening that we hadn't gotten to during our normal hustle and bustle.

The Board at the monthly meeting on April 6 will consider our next steps as circumstances evolve. Among the issues to consider are plans for our Annual Congregational Meeting on May 17.

Above all, we are being flexible, creative, and loving during this difficult moment for us all. As Rev. Alice reminded us in a video message, our church is not a building. Our church is in each of us and in the collective energy we share. May it be so today and evermore.

Until next time,

Lauren Anzaldo  
Board President



Greetings families and friends,

How are you doing? How is your daily routine? I know that since Friday, March 13, my routine has been anything but normal. That is hard for me to take; I know it must be hard for our children to take. What I know from being a parent, a teacher and a human being is that we thrive on a routine and then begin to flounder when it is suddenly gone. So, in my attempt to find some sort of routine until things get back to "normal" (what is that anyway? A subject for another time), I posted a daily schedule suggestion on our Family FB page that might be a good place to start when thinking of your family's routine. Make a daily schedule and post it for the family to see. The first thing kids ask me, young and old, when they enter my classroom is, "What are we doing today?" Kids like to know what to expect and when to expect it. SO, let them in on it; it is not a big secret. It gives a kid some comfort to know what is going to happen next.

April Calendar:

Things change rapidly every day. Keep an eye on your emails and the FB Family, and FB UUCP page as well as the UUCP website for updates.

Bright blessings,

Sarah Stubbs, CRE

### Children's Religious Education (CRE) Advisory Team

Coordinator: Sarah Stubbs (850-437-5979)

Team Leader: Open

[mssarahstubbs@gmail.com](mailto:mssarahstubbs@gmail.com)

Team Members: Linda Cobb, Penny Featherstone, Tamara Grimes, Emma Mulvaney and Kate Wolverton.

Feel free to contact any member with comments or suggestions!



Spring is a time of new beginnings for each of us and for the world! What will YOU do with your new beginning?

Nature gives to every time and season some beauties of its own; and from morning to night, as from the cradle to the grave, it is but a succession of changes so gentle and easy that we can scarcely mark their progress.

-Charles Dickens, Unitarian



### Our New ORSS Age Groupings

I know, there is always something new, right? To better serve our population we are now breaking the children out as follows:

**Birth - Kindergarten** are in the Nursery.

**1<sup>st</sup> - 6<sup>th</sup> grades** are in the ORSS in the Rainforest Room.

**7<sup>th</sup> - 12<sup>th</sup> grades** are in the Youth Path-finders (Teen) Room.



## Our Caring Community

Moving, traveling – and not traveling – were in our UUCP spotlight in March, as two well-planned abode changes moved along, one vacation trip was re-routed to its advantage, and one adventurer – Jack, “the long lost traveler” – found himself trilling the refrain of an old Kingston Trio favorite, “Will I ever return?”

Our drastically revamped environment, the result of the pandemic caused by the coronavirus, meant that many UUsers’ plans were altered just in time, and some, as Jack Comstock explains, may have just missed the time line.

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A March move essentially completed is that of Billye Cutchen, whose new address is Apartment 112, in The Veranda retirement community at 6982 Pine Forest Rd., Pensacola, Fl. 32526. Her daughter Beth assisted her in the move.

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A move in process is that of Georgianna Bryant, who is transferring from her Milton home to Azalea Trace in Pensacola, where she has procured a duplex with garage, Cottage 3014. “Part of the process is sorting books – which ones to keep and move and which ones to include in an estate sale,” says Georgianna. At her Milton home, she has had seven bookcases filled with books, a library that won’t fully fit as she shifts in the move from 2,600 square feet to 1,300 square feet. The planned estate sale will also include furniture.

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The Scott Satterwhite and Lauren Anzaldo family, including daughter Madailein and son Desmond, had planned to attend a Broadway play during their mid-March vacation, but redrew the map track to focus on outdoors sightseeing and historic places. Skipped NYC? “Thankfully,” says Lauren, “because it has since been identified as a hot spot.” Instead, they went to Asheville, NC, for sightseeing, visited High Falls and toured the Carl Sandburg home. On the way home, they stopped in Montgomery and stayed overnight at the home of Scott & Zelda Fitzgerald, now an Airbnb and museum.

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Yes, Jack Comstock did return from his planned Argentina adventure, but not without wondering “Will I ever return?” – due to closed airports, cancelled flights, and only American Airlines flight schedules “up in the air” (but not their planes from Argentina). That musical refrain was a timely recollection from “MTA”, a mid-century favorite song about the plight of a mass transit traveler named Charlie.

Our Charlie (Jack) did return late Saturday night, March 21. Here’s how: “I finally got through to the American Embassy and they said ‘Now or Never’. They gave me the names of a couple of Latin American Airlines that were still flying to get their people out. On the departure board all flights were cancelled except the one I was using. I got on Copa, a Panamanian airline, to Panama, then United Airlines to Houston. And finally Pensacola.”

Next adventure? Sure: It’s planned for June – to South Africa for a game park stay and mountain hike with friends. Stay tuned.

*More Caring Community adventures on the next page...*

## Our Caring Community - continued

There is good news, too, from those who lately had experienced accidents or health problems.

From Rob Pallme: “For the last 28 years I have volunteered as a docent at the Pensacola Museum of Art. On 19 February I taught six groups of elementary school children about one of the exhibits there. My legs are getting old and I had been on them four hours when I left the Museum and fell down the front steps. Very dramatic but the steps were not harmed very much.” (!)

Rob was taken to Sacred Heart Hospital by ambulance. “A doctor sewed up my scalp – 18 stitches, nicely done.” He was home by 10 p.m. The next day, his daughter Astrid Pallme came from New Port Richey, Fl., and stayed two weeks -- “She was a great help.” More tests, doctor visits, home care with nurses and therapists followed. Then, on March 22, Rob e-mailed: “Over that now. Bought groceries today and will figure how to cook them tonight. I have lived alone the last 10 years and can manage pretty well.”

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UUCP-goers have missed seeing member Patti Gunderson for several weeks, but Patti anticipates that when we are able to return, she will too. Patti explains: “I had been very ill for some time with kidney failure and extremely high potassium. High potassium causes waves of extreme exhaustion, joint aches and extreme depression.” As the waves of weakness caused her to fall down unexpectedly, she hasn’t been driving much. Then in mid-March, the potassium level unexpectedly dropped. She’s aware, however, that because of her health issues she’s at high risk for complications should she contract the coronavirus. “So I’ve been pretty much staying home and avoiding the world. I hope very much to be able to return to church when it reopens, and I can certainly be messaged, emailed, or called.” And she thanks UUCP for the lovely card she received.

*Charlotte Crane*



### SPRING YARD SALE POSTPONED!!!

The UUCP Spring Yard Sale currently scheduled for the first weekend in May 2020 is being postponed until we, as a country, significantly reduce the risk of coronavirus. We want our members and our customers to be safe and we don’t want to create an event that could spread the virus. We may end up cancelling the yard sale, but for the moment we are just postponing it. For further updates, watch the weekly UUCP emails.

*Georgianna Bryant, Yard Sale Coordinator.* [Gbryant2@mchsi.com](mailto:Gbryant2@mchsi.com) 850-572-1734

## Welcome, New Member Philip Ryals — We're Glad You're Here!



For a true Southern guy -- born in Troy, Ala. – Phillip Ryals (call him doctor!) has spent a career lifetime in mysterious places, enveloped in molecules, membranes and an organism called *Tetrahymena* (don't ask!) – before deciding to settle in Pensacola and teach biology at the University of West Florida.

And recently he took a closer look at UUCP, commenting, “For years I have known a little bit about UU and thought that it might be a good match with how I view the universe.” He grew up as a Methodist.

“UUCP seemed that it might be a good place to cultivate and join a second family and restore a full sense of community for me.”

Now about those scientific endeavors: At the University of Texas at Austin, he was a Robert A. Welch Foundation Postdoctoral Fellow and carried out research related to lipid biochemistry and membrane biology, and next, at the Chandler Medical Center, the University of Kentucky, he worked on Potyvirus molecular biology.

Here's a bit of detail from Dr. Ryals. “Lipid biochemistry is the study of the structure and function of a major group of biological molecules called lipids...molecules generally defined as being insoluble in water, but soluble in organic solvents such as alcohol or chloroform.”

“Membrane biology is the study of the structure and function of biological membranes, such as the membrane that surrounds cells.”

And more: “I spent the great bulk of my career studying a single-celled organism called *Tetrahymena* – these little organisms share a great deal of their biochemical activity with higher organisms, including humans. I enjoyed learning anything new that I could, simply for the sake, and satisfaction, of adding to the knowledge base.”

He authored over 30 peer reviewed scientific papers, served on the Board of Reviewers for the Journal of Eukaryotic Microbiology and obtained research funding from the National Institutes of Health and Lilly Pharmaceuticals, among others.

Want more science? Ask the doctor!

About his earlier years: he played trumpet in his high school band at Troy and was a charter member of the Charioteers Drum and Bugle Corps during his teens, earned a B.S. with a double major in biology and physical science from Troy University, and an M.S. in biological science and a Ph.D. in cell biology, both from University of Alabama.

About living in Pensacola: “Pensacola is big enough that you don't run into someone you know every time you leave your house, but small enough that it feels homey and comfortable. Having easy access to beautiful Pensacola Beach is a huge plus.” Free time favorite activities include: “old movies, traveling, walking, piddling at writing a book, trying to play tennis and cooking.”

Dr. Ryals retired in December 2016 after 15 years teaching in UWF's Department of Biology. A view from there: “My students never aged as there was always a fresh crop every year who were about 20 years old. Without a doubt they contributed to me sustaining a ‘young outlook’ on life that I retain to this day, despite the fact that for some reason, I don't appear so young anymore!”

Not a problem. Welcome, Phillip Ryals.

*Charlotte Crane*

## Cancellations continue, but we'll stay in touch...

UUCP plans to post Sunday Service videos weekly as well as offer other opportunities for connection until we resume in-person gatherings.

Our first remote service, “We Are Connected,” from March 22<sup>nd</sup>, is available on our website [here](#) or on Facebook at [this link](#).

The second of our remote Sunday Services is now available for viewing. On Sunday, March 29 we presented "Hope and Humor," a Sunday Service with talk by UUCP member Bob Ortiz, joined by Rev. Alice Syltie with music by Denise D'Angelo and Laura Keith King.

“Hope and humor serve as buffers during challenging times. Bob shared quotes from comedian George Carlin that, regardless of when written, have applicability for this moment and may give us something to ponder other than the current pandemic.” This video is a collaboration of several folks in our UUCP community, including Rev. Alice’s grandson Alessio, who is editing the videos. *(Thanks, Alessio, great job! -Ed.)*

Simply click [here](#) to watch the recorded video on our UUCP website. Or, go to [this link](#) to watch on our Facebook page.

As our remote Sunday Services become available for viewing, there are 3 ways to watch our services.

1. You can watch the services on Facebook.
2. Watch for an email on Sunday morning with the link.
3. Check the Thursday Weekly Email for the link, in case you missed it on Sunday.
4. Go to our website, [uupensacola.org](http://uupensacola.org).

Audio recordings of prior services also are available. [Click here](#).

VIRTUAL COFFEE HOUR at 12:30pm on Sundays: Please join us at 12:30pm Sundays for a virtual Coffee Hour through the Zoom platform. Look for the Facebook post each week or a separate email from Rev. Alice with info on how to get into the Coffee Hour online.

**Topic:** Zoom Coffee Hour

**Time:** 12:30 PM Central Time (US and Canada)

To join the Zoom Meeting, you'll be sent an email that will give you the link and the Meeting ID number to use.

We'd also like to offer other opportunities for connection while we are staying physically distant from one another. If you have suggestions or want to help, please contact Marylee Donnelly or Lauren Anzaldo.

Please reach out if you need anything. We're in this together.

With care and concern,

Your UUCP Leadership Team



## Now that you have the time, check out UU pages on Facebook!

[Unitarian Universalists of Pensacola](#)

[I am UU](#)

[UUCP Children's Religious Education Family Page](#)

[In Our Greater CommUUinity](#)

[Alice the Chalice \(resources for kids\)](#)

[Our Whole Lives](#)

[UU Diversity & Justice Initiative—Pensacola](#)

[UUA Southern Region](#)

[UU World](#)

[UU WomenSpirit](#)

[Church of the Larger Fellowship](#)

[Unitarian Universalist Hysterical Society](#)

## What is Zoom and how does it work?

If you work from home, you've probably heard about [Zoom](#), one of the leading video conferencing software apps on the market. And if you don't and you haven't, you probably should know, because it's also a great way for families and friends to meet together as a group and is surprisingly comfortable and enjoyable even for those who don't feel that they're "technologically savvy." **UUCP plans to use Zoom each Sunday to host a Virtual Coffee Hour at 12:30pm. Every Sunday you'll be sent a link via email to join us.**

Zoom allows you to virtually interact with others when in-person meetings aren't possible. This makes telecommuting seem much more human, as it helps you feel connected. With the COVID-19 coronavirus wreaking havoc across the world, for instance, Zoom has become an essential tool in the workplace.

When people are talking about Zoom, you'll usually hear the following phrases: Zoom Meeting and Zoom Room. A Zoom Meeting refers to a video conferencing meeting that's hosted using Zoom. You can join these meetings via a webcam or phone. Meanwhile, a Zoom Room is the physical hardware setup that lets companies schedule and launch Zoom Meetings from their conference rooms.

### Free users

You can download the Zoom app on your computer or phone and join any meeting with a supplied meeting ID. You can choose to disable audio or video before joining, too. You could even create your free Zoom account, like by linking your Google account, and from there you can create a new meeting, schedule one, join a meeting, share a screen, add contacts, and so on.

### Help for schools

To ensure all of our K-12 districts and other institutions can most effectively leverage Zoom for virtual education during this time, Zoom is:

- ★ Temporarily removing the 40-minute limit on free Basic accounts for schools for many countries and for K-12 schools in the United States
- ★ Providing multi-language resources designed for principals, vice principals, teachers, students, and parents to set up and use Zoom
- ★ Expanding live trainings, webinars, and recorded offerings
- ★ Providing free teacher training for on-line teaching

### Zoom's core features:

One-on-one meetings: Host unlimited one-on-one meetings even with the free plan.

Group video conferences: Host up to 500 participants (if you purchase the "large meeting" add-on). The free plan, however, allows you to host video conferences of up to 40 minutes and up to 100 participants. However, Zoom has lifted the 40-minute meeting limit on free Basic accounts for K-12 schools in some countries.

Screen sharing: Meet one-on-one or with large groups and share your screen so they can see what you see.

### Zoom app downloads

The desktop app is available for [Windows](#) and [macOS](#), while the mobile app is available for [Android](#) and [iOS](#).

See these links for further info:

[What is Zoom?](#)

[How to Join a Zoom Meeting](#)

[Use your phone to join a Zoom Meeting](#)



# How do we inspire love?

## UUCP Is Here to Help.

During the Covid-19 crisis, if you need help getting groceries ordered or delivered to your door, contact your cluster leader or Nancy Hagman (850-206-5638). They will put you in touch with another UUCP member who can aid you. We are in this together. Stay well.

## LOCAL SENIOR Shopping Hours



## Neighborhood Cluster Groups (Groups A-K)

### For Emergency Preparedness & Social Networking

In the event of potential emergencies, disasters and church closings, we will activate the phone tree to determine, for each of the neighborhood groups, who plans to stay and who plans to leave. We will then coordinate assistance for people who need it, as best we can.

Please feel free to make connections with those in your neighborhood cluster group. You might offer support such as running errands for a high-risk neighbor.

### Who's Your Cluster Group Leader?

You can find your Cluster Group "name" (for example, Cluster Group "B") by looking at your Simple Church profile. Your Cluster Group name is in the box to the right of the Contact Info box.

If you've wondered who's your identified Cluster Group Leader and who are the other members in your Cluster Group - again, from your Simple Church Account, go to "Groups" and click on the name of your Cluster Group. Your Cluster Group LEADER'S name will be in ALL CAPITAL LETTERS.

If you're using the phone APP, it's similar; go to Groups, and continue as above.

## Cluster Group Captains

Group A – Pensacola Downtown / East Hill (Zip Code 32501, 32502, 32503) - DEBRA DUBOSE

Group B – Pensacola Airport Area (Zip Code 32503, 32504) - NANCY HAGMAN

Group C – Pensacola Scenic Heights (32504, 32514) - BOB GEROLD

Group D – Pensacola North of I-10 (32514) - AUDREY PRESTON

Group E – Pensacola Azalea Trace and Surrounding (32514) - BARBARA GOGGINS

Group F – Southwest Pensacola (32505, 32506, 32507) - MICHAEL NEWCOMB

Group G – West Pensacola (32503, 32505, 32526) - BETTY MYERS

Group H – UUCP Area/Northwest Pensacola (32514, 32533, 32534, 32577) - MARCY M. & LINDA C.

Group I – Gulf Breeze/Navarre (32536, 32561, 32563, 32566) – LISA RAWSON

Group J – Pace/Milton (32570, 32571, 32583) – LAURA KEITH KING

Group K – Alabama (36532, 36549, 32561) - GERRY DONNELLY



# How do we strive for justice?



## UUCP's Collaboration with Social Justice Network JUST Pensacola

At the UUCP Justice Network Meeting, which was held on March 1<sup>st</sup>, twenty-seven UUCP members committed or recommitted to building social justice in the Greater Pensacola area through the JUST Pensacola interfaith coalition. That is a very substantial representation of our congregation. UUCP Board President Lauren Anzaldo stated, "We should be very proud of ourselves and inspired by our ability to show up and Strive for Justice."

These twenty-seven congregants are now members of UUCP's Justice Network and, as such, agreed to:

1. Bring at least three people with them to the Nehemiah Action;
2. Attend three additional meetings: the Justice Ministry Rally, the Nehemiah Action, and the Justice Ministry Celebration;
3. Consider investing \$200 in JUST Pensacola Interfaith Ministry; and,
4. Participate on a research team or other work of the organization, if interested and able.

The Nehemiah Action is where we will bring our social justice issues and recommendations to our elected officials. The UUCP Justice Network Members had been working very diligently to extend a personal invitation to every member of our congregation for the Nehemiah Action, and to bring in others as well, because the larger our group, the more powerful the message.

However, due to the Coronavirus pandemic, and the related infection control guidelines that have been put in place, the JUST Pensacola Board decided in mid-March to postpone any further large meetings, i.e., the Rally and Nehemiah Action, until at least late August or early September. In the meantime, research will continue and any interim research meetings will be conducted through Zoom conferencing online.

We will continue to provide updates. If you have questions, would like to join the UUCP Justice Network or become more involved in this work, please contact Paula Montgomery.

# How do we celebrate diversity?



## Practicing Community Care in Our Congregations – from the UUA

We know there are and will continue to be significant emotional and economic hardships. This is a global public health emergency and we all will need more support in different ways. Working from home with kids and partners and roommates; figuring out the technical aspects of moving our spiritual and community work online; worrying over loved ones who may be sick; navigating the uncertainty of this time – this is exceedingly hard. It’s important to ask what is most essential and have permission to let other things go.

Centering community care means recognizing these realities and embracing practices that will hold us in these most difficult moments. **As much as we are able – and ability will vary – it matters that we respond to this moment with greater generosity,** being more generous with our time, attention, resources and compassion.

It is disappointing to see responses to this pandemic that are rooted in fear, racism, scarcity, and individualism. To center community care in our response means living out of the knowledge of our interdependence, that we are only as strong as our neighbors.

For those who are able, strong financial support for your congregation right now and for pastoral discretionary and local community mutual aid funds will make a real and measurable difference in people’s lives – your own included! Our mission has never been more important – to be sources of pastoral care, spiritual resiliency, and prophetic imagination.

As Unitarian Universalists, we know that salvation is not individual. A theology of interdependence and mutuality reminds us that as we care for ourselves, we must also ensure the health and well-being of the most vulnerable.

This pandemic brings into sharp relief the systemic issues undermining the overall health of our country and planet. Millions of people were already grappling with the housing crisis, poverty, food insecurity, inadequate health care, mass incarceration and immigrant detention, and the climate crisis. We were already ill as a society when this pandemic hit. And it means the impacts are that much worse.

**There really is no script for this time.** And yet, our fundamental values as UUs, to affirm the inherent worth and dignity of all, to promote justice, equity and compassion in human relations, and to honor and care for the interdependent web of which we are a part; these haven’t changed. They are guides.

Every one of our congregations is filled with generous, talented, resourceful and resilient people. And these gifts are so needed right now. This is an opportunity to be creative, to come together in leader-full ways to tend to the deep spiritual and pastoral needs of this time. Remember you are not alone. The work you are doing is important. Your congregation makes a difference. We are ALL in this together and love will guide us.

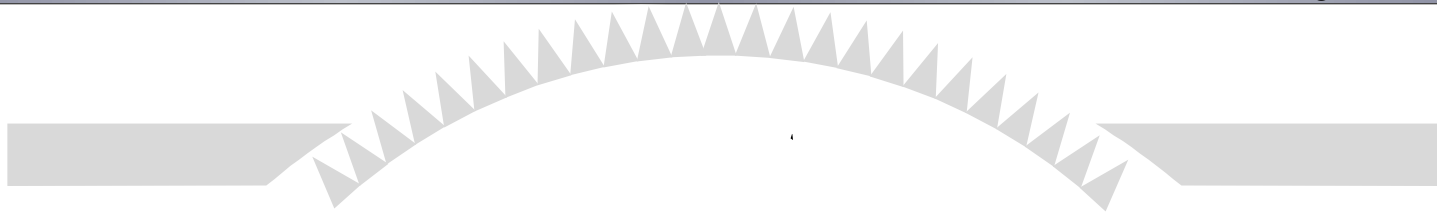
Rev. Susan Frederick-Gray,  
UUA President



## Self Care Bingo




Lori Ann Ziegler ED Recovery Coach



*Unitarian Universalist Church of Pensacola  
9888 Pensacola Blvd.  
Pensacola, FL 32534  
www.uupensacola.org*

**Return Service Requested**

**Deadline for submissions for  
MAY LIGHT:  
THURSDAY, APRIL 16**



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**Free Estimate**

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