

THE Co-Line PRESS

FOR EMPLOYEES OF CO-LINE WELDING, INC. VOL. 21 | NO. 5 | MAY 2021

UPCOMING EVENTS

May 24 – Co-Line Press deadline

May 31 – Memorial Day (paid holiday)

June 1 – Co-Line Press distributed

HAPPY BIRTHDAY!

May 1 – Taylor Terpstra
 May 1 – Doug Richards
 May 3 – Nicole Fetzer-Bryan
 May 5 – Eli Wilhelm
 May 5 – Shelby Conger
 May 6 – Jeff Vaverka
 May 7 – Mitchell Bryan
 May 8 – Eric Leonard
 May 8 – Chad Sailors
 May 10 – Cale Foster
 May 11 – Faye Brand
 May 12 – James Westbrook
 May 13 – Peter Smith
 May 14 – Jack Rumer
 May 15 – Justin Kriegel
 May 16 – Jodi Hartman
 May 22 – Ron Vogt
 May 25 – Micah Heartsill
 May 26 – Jason Broyles
 May 28 – Steve Davis
 May 29 – Brad Braafharts
 May 30 – Levi Roose
 May 30 – Brendan Van Gorp

SERVICE ANNIVERSARIES FOR MAY

1 year – Jack Rumer
 1 year – Mitchell Bryan
 2 years – Mason Lafferty
 3 years – Justin Kriegel
 4 years – Chelsey McNew
 4 years – Abbie Brown
 4 years – Marc D'Aguanno
 4 years – Scott Lang
 7 years – Mark Schultz
 7 years – Ron Van Baale
 8 years – Jay Mitchell
 8 years – Brad Braafharts
 12 years – Teryl Ver Ploeg
 12 years – Ken Reed
 17 years – Dale Maston
 22 years – Brian Van Wyk
 25 years – Eric Leonard
 27 years – Mark Van Wyk

We are all on the same team!

MESSAGE OF UNITY AT OUTDOOR EMPLOYEE QUARTERLY MEETING

On Friday, April 16, Co-Liners gathered outside to enjoy a free lunch catered by Lynnville Smokin' J's and hear a recap by **Eric Brand** on the first quarter of 2021. Due to COVID, the group had not been together since last July where they had socially distanced in the new storage building, which is now filled. Forty-one employees were welcomed to their first ever quarterly meeting, of which 23 were hired in the first quarter of 2021. Wellness participants were congratulated. Times continue to be challenging with steel availability, labor shortage, commodity price increases, freight struggles, and more. Early on in 2021, Co-Line's On Time Delivery measurement was put on hold indefinitely. Many of the challenges of 2021 are out of Co-Line's employees' control. As a surprise to employees, Eric Brand announced the company would pay the On Time Delivery bonus even though the percentage did not meet the original criteria.

Current building expansion plans are on hold due to high lumber and steel prices, but dirt work will continue to the north of Co-Line's campus, a project **Rail Brand** is heading up this spring. Future equipment and technology purchases were shared. While these current market conditions have never been experienced at the same time in Co-Line's 42-year history, the message of unity was strong and will continue to be the message through the end of 2021. We are all on the same team!



Co-Liners gather outdoors for the first quarterly meeting held since last July.

CO-LINE PEOPLE AND THEIR FAMILIES

If you have any news you'd like to share with Co-Liners, please email LeAnn Hjelmeland at leannhttp@netins.net.



Kerry Bryan's 14-year-old grandson, Lannon Montgomery, had success the first day of youth turkey season Apr. 9. Lannon bagged a 22-pound turkey that had a 9.75" beard and 0.75" spurs.

Co-Line expresses condolences to Cassie and **Logan Long** and their family. Logan's grandfather, Marvin Long, of Searsboro, passed away on Apr. 7. Funeral services were held on Apr. 10 at the Holland-Coble Funeral Home in New Sharon with burial at the Friends Cemetery in New Sharon.

We express our sympathy to **Cole Rozendaal** on the passing of his grandmother, Maxine Ahee of Unionville. She passed away on Apr. 12

at home. She was 70. Funeral services were held on Apr. 17 at Lange Funeral Home in Centerville followed by a remembrance service with family and friends at the Unionville Cemetery.

We express our condolences to Janeen and **Larry Marchant** and family on the death of their brother-in-law, David Howard of Des Moines. David passed away unexpectedly on Apr. 15 at the age of 65. A celebration of life was held Apr. 24 at the family's home.

The Co-Line family extends sympathy to Jen and **Andy Elbert** and family. Andy's aunt, Susan Brown of Boone, passed away on Dec. 6 at the age of 75. A graveside service was held Apr. 19 at the Linwood Park Cemetery in Boone.

We express our sympathy to Jen and **Andy Elbert** and family on the passing of Andy's uncle, Dennis Jordan of Ames on Apr. 16 at the age of 68. A memorial service was held on Apr. 20 at the Adams Funeral Home of Ames with burial at the Ames Municipal Cemetery.

We express our sympathy to Amanda and **Lucas Weishaar** and their family. Amanda's grandmother, Shirley Fifer of Newton, passed away on Mar. 20 at the age of 89. A private family graveside service was held on Apr. 24 at Newton Union Cemetery.

Co-Line expresses sympathy to Robin and **Rod Van Donselaar** and family on the death of Rod's father, John Van Donselaar of New Sharon. John passed away on Apr. 21 at the age of 83. John Van Donselaar is also the grandfather of **Grant Van Donselaar**. Funeral services for John Van Donselaar were held Apr. 24 at Bethel Christian Reformed Church in Oskaloosa. Burial was at Black Oak Cemetery near Pella.

The Co-Line family extends condolences to the families of Karen and **Rick Harrill**, Mark and **Julie Roose** and **Levi Roose**. Karen and Julie's father and Levi's grandfather, Ron Vande Voort of Sully, passed away at Iowa Methodist Medical Center in Des Moines on Apr. 22 at the age of 81. A funeral service was held Apr. 26 at Covenant Reformed Church of Pella.

PERFECT ATTENDANCE

For March, Co-Line will award 108 employees for perfect attendance with each receiving a \$20 Co-Line coin. Congratulations and keep up the great attendance!

Tyler Albert	Adam De Cook	Dave Hobbs	Larry Marchant	Jack Rumer	Andrew South	Tony Van Wyk
Derek Bates	Bryan De Jong	Marlys Hoksbergen	Zach McClellan	Chad Sailors	Don Steenhoek	Brian Van Wyk
Ian Beckjorden	Jeff De Jong	Ken James	Doug McClelland	Jason Sanders	Mike Stoner	Mark Van Wyk
Roger Belcher	Andy Elbert	Jennifer Jansen	Jay Mitchell	Taylor Saunders	Joel Struik	Marlo Van Wyk
Derrick Brelsford	Matt Facile	Shane Jansen	Mike Moore	Kevin Schippers	Mark Thelen	Marylou Van Wyk
Abbie Brown	Nicole Fetzer-Bryan	Todd Johnson	Wayne Munsterman	Joel Schmidt	Chad Thompson	Teryl Ver Ploeg
Jason Broyles	Justin Flander	Todd Kaldenberg	Monica Nikkel	Jeffrey Schultz	Chris Tice	Luke Weishaar
Roger Bruxvoort	Tyler Garton	Stefany Knowler	Dennis Nolin	Mark Schultz	Cory Tice	James Welch
Kerry Bryan	Dan Goemaat	Justin Kriegel	Bob O'Dell	Dan Schutte	Shawna Tice	Dave Westbrook
Mitchell Bryan	Gary Goings	Sandy Kuhlmann	Garrett Ogan	John Sharp	Kierston Till	Eli Wilhelm
Adam Carrothers	Levi Grandstaff	Wayne LaKose	Alex Pierce	Dave Smith	Dan Tool	Bill Wilkerson
Dan Christy	Tony Hall	Scott Lang	Greg Postels	Dennis Smith	Jamie Tyrrel	Wayne Woollums
Sam Collins	Mark Harmon	Eric Leonard	Ken Reed	Jeff Smith	Ron Van Baale	
Don Crawford	Rick Harrill	Brian Lewis	Doug Richards	Kyle Smith	Lanai Van Hal	
Marty Cross	Micah Heartsill	Logan Long	Levi Roose	Bob Snyder	Roger Van Hal	
Marc D'Aguanno	Lucas Hilton	Elliott Mapes	Tony Roth	Kyle Soderblom	Drew Van Soelen	



HAIRCUTS

@ CO-LINE CUTTING EDGE

MAY 10 & 11

Just \$5! To sign up, contact receptionist at ext. 200. Pay with Co-Line coin, cash, or payroll deduct.



12-MINUTE CHAIR Massages

**THURSDAYS,
MAY 13 AND 27**

Contact receptionist at ext. 200 to sign up. Pay with Co-Line coin, cash, or payroll deduct.

SECOND VACCINE DOSE ADMINISTERED

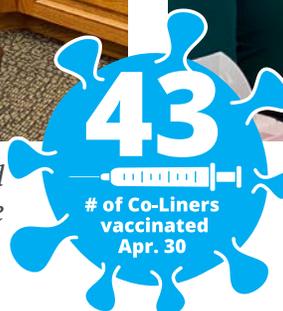
Forty-three Co-Liners rolled up their sleeves and received their second dose of the COVID-19 vaccine at work on Friday, Apr. 30. The shots were administered by Mahaska Health Partnership. The first dose of the vaccine was given at Co-Line on Apr. 1.



Tom Orr receives the second dose of the COVID-19 vaccine on Apr. 30.



Juan Muñoz has the second vaccine dose administered to his arm on Apr. 30.



The monthly newsletter created for employees of Co-Line Welding, Inc.

Designed by LeAnn Hjelmeland
Edited by Margaret Vander Weerd

Email: leannhttp@netins.net
Connect with us on colinemfg.com
1041 Cordova Ave., Lynnville, IA 50153

This newsletter can be read online under the "Newsroom" tab on Co-Line's website, colinemfg.com. Look for the link that says, "Download our latest newsletter here."

THANK YOU

Simone and I want to thank our Co-Line family for the baby gift for our son, Liam. Also, thank you to the Hometown Press team for being flexible while I was at home with him. I'm blessed to be part of such a great team!

Derek Bates

Co-Line: Thank you so much for donating to the L-S After Prom Food Committee! The kids and our committee really appreciate the extra help.

Danielle, Food Committee

CO-LINE CARES AND SHARES

Co-Line is approached for donations and sponsorships many times throughout the year. Each month in this column, we share the organizations/causes, which Co-Line contributes a monetary donation, a Co-Line product donation, a sponsorship, or a salute. Our goal is to show support for employees and their families in their after-work activities.

- **Van Haaften Benefit**
- **Lynnville-Sully After Prom**

EMPLOYEE SPOTLIGHT AND TRAINING

ABBIE BROWN

robotic welder operator

If you didn't grow up knowing Abbie Brown, then it might come as a surprise to learn she is a triplet! She, her brother, and her sister make up the Brown triplets. Abby grew up in Attica and graduated from Twin Cedars in 2012. She recently moved to Montezuma and says her neighborhood is very quiet with very nice neighbors.

After high school, Abbie attended Kirkwood Community College and DMACC and then started working at Co-Line in February 2017. She had never heard of Co-Line before, but took a chance, applied, and got hired. She joined the team as a robotic welder operator, a position she still holds today. For her job, she runs the latch robot and "Johnny 5," and she has been able to work on the "trials" for offline software, which is currently being used.

The biggest change she has noticed since coming to Co-Line four years ago is that, with the improvements made to the robots and weld areas, they are now able to keep up with the workload demand.

Her favorite Co-Line memory – which "made her year!" – was getting to shove a pie in Dan Schutte's face in July 2020. Abbie and Dan had a bet that if the new latch robot was able to run 500 parts per day – up from 300 a day with the previous robot – then she would make him a pie (which she did) and also get the privilege of shoving a pie in his face. He agreed, but after the goal of 500 was achieved, Abbie was unable to present Dan



Abbie Brown (on left) with her sister, mom, and brother. Abbie is from a set of triplets.

with the pie because of COVID canceling the quarterly meeting. Finally, when a quarterly meeting was held last July, Abbie arranged the pie-in-the-face fun and was able to present Dan the pie in his face in front of all of the employees.

With camaraderie like that, it's no surprise that the part of Abbie's job she enjoys the most are the people she works with. In Abbie's free time, she likes to run, stay active outside, and hang with friends and family.



Throwing a pie in Dan Schutte's face ranks up there as Abbie's favorite Co-Line memory.



Fabulous! FRIDAYS!

APR. 2

Co-Liners had the day off on Good Friday, Apr. 2, to celebrate Easter with their families.



APR. 9

Happy 42nd Anniversary, Team Co-Line! Zimm's Kettle Korn was given out to all employees to celebrate how Co-Line has grown from a one-person farm repair shop to a world-class manufacturing business.



APR. 16

Another "socially distanced" quarterly meeting is in the books. This Fabulous Friday included a FREE lunch, a surprise BONUS, and a strong message of UNITY during these crazy market times! (Details on page 1.)

APR. 23

National Picnic Day was recognized at Co-Line with a FREE picnic lunch from Prime Country BBQ. Despite the weather being a little chilly, it was still a Fabulous Friday!

APR. 30

Any day can be made fabulous when free cookies are involved!

Photo at right: Going through the line to receive their oatmeal M&M cookies are Kristina Coe, Lanai Van Hal, Chad Sailors, Monica Nikkel, and Tom Orr.



Congratulations, Co-Liners!



MARCH 2021 WAS A
record-breaking
SALES MONTH FOR

SURE-LATCH™

AND

 **Goalsetter**



Shout Out TO HELPFUL CO-LINE EMPLOYEE



On Tuesday, Apr. 6, a lady from Melbourne, IA, was lost in the town of Lynnville looking for Co-Line. She stopped at the local ZIP IN convenience store frantic for directions as her GPS was leading her astray. While there, she stopped a guy with a Co-Line shirt on, indicating she needed to go to the name of the place on his shirt! Not only did this employee lead her 8 miles back to Co-Line at 5 p.m. at night, but he even jumped on a forklift to help find the backboard she so desperately needed to pick up for the kids of her local town that were without their basketball hoop. A huge shout out to **Kevin Terlouw** for going above and beyond!



FROM A NEW YORKER

A NOTE SENT TO CO-LINE:

Hi. My wife and I are from NY, and traveling to your state. I came across your business and read your story. Just wanted to let you know how impressive it is to see a transformation from humble beginnings to today. Congratulations.

*God bless,
Dave Cutter
Cutter Services*

WELCOME, NEW FACES!

We're glad to have you on board at Co-Line!



ADAM JENNINGS, 31, of Monroe, started as a fork truck driver on Co-Line's night shift on Feb. 1. It's a role he also held at his last job at Dee Zee in Des Moines for five years. Adam grew up in McLeansboro, IL, graduating from high school with the Class of 2007. He and his wife, Laura, have four sons: Alan, Aiden, Jacob, and Weston. In his free time, Adam enjoys fishing and hunting.



"Everyone is friendly and nice, and they treat you like family."

— ADAM JENNINGS



GARRETT ANDERSON, 17, joined the Co-Line team as a welder on Feb. 15 after graduating high school at mid-term. Garrett has taken two years of welding classes at DMACC, and he's worked for three years at Bestell Home Services, doing lawn care, carpet cleaning, and moving jobs. Garrett grew up in Newton and now lives in Killduff. His parents are Brad Bestell and Alida Anderson, and he also has a brother, Colton Gibson, and a sister, Ali Bestell. Some of Garrett's interests are fast cars and trucks; he enjoys working on trucks and cars and building trucks.



"I enjoy the people and the food."

— GARRETT ANDERSON



ISAAC GREEN, 24, of Sully, came aboard Team Co-Line in the bend department as a folder operator on Mar. 1. A native of Alma, AR, Isaac graduated from high school in 2015 and completed a welding program at a trade school from 2018-2019. His previous work experience was a year of line load at ABB Baldor in Arkansas. Isaac's family includes his parents, Carl Green and Myra Green, and one sister, Katie Green. Shooting, electronic repair, and grilling are a few of Isaac's hobbies.



"The employees and supervisors are willing to help, and there are good perks like haircuts and catering."

— ISAAC GREEN



APRIL TRAINING

- **Thirteen employees** completed Safety Awareness, Measurement Tools, Setup Sheet, E2 Training, and Angle Grinder.
- **One employee** completed Forklift Training.

REMEMBER WHEN

REMEMBER WHEN: DEVELOPMENT OF LAKE SEVEN-A

From May 2013 Co-Line Press



In the 1990s, the future spot of Lake Seven-A was just a cornfield.



A night scene of Lake Seven-A in 2004.



In 2000, work was underway to build the lake east of the manufacturing building.



The location of Lake Seven-A today has come quite a ways since its cornfield days. The lake is available to all Co-Liners for fishing and recreation.



In Nov. 2000, the lake started filling with water.

GOT A GRAD?

For the June Co-Line Press, send us their **name, school, parents' names, future plans,** and **photo** to be included in our graduate salute. Preschool, kindergarten, eighth-grade, high school, and college grads will be included.

Email leannhttp@netins.net

MAY WE NEVER FORGET
FREEDOM
ISN'T FREE

★ ★ ★

MEMORIAL DAY
Monday, May 31

Co-Line

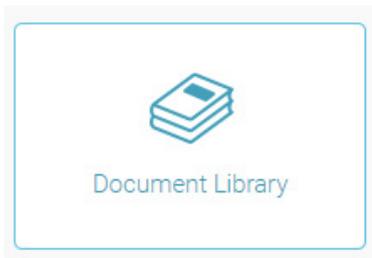


UPDATE TO HEALTH INSURANCE INFORMATION

For those of you who elected a health insurance option at Open Enrollment, access to your Coverage Manual for your elected plan is now available.

In an effort to make it convenient for you, your Coverage Manual can be found electronically in the Employee Navigator.

Just log in to your Employee Navigator account the same way you do for Open Enrollment, and on the home page, click the icon labeled Document Library.



On this page, you will see a section that says Enrolled Plan Documents. If you are enrolled in Co-Line's Health Insurance Plan for 2021, you will see the Plan Name at the top of this section.

Directly underneath, there should be a hyperlink with the same name as your plan followed by the words "Wellmark Coverage Manual." Please note that the deductibles listed in the manual associated with your plan do not reflect the Tristar adjustment. Therefore, the deductible amounts are going to be listed higher than what they truly are with our partial self-funding.

Enrolled Plan Documents

The following documents provide benefit details pertain to

\$2,500 BCBS - Blue Choice HMO - 2021

[\\$2,500 BCBS - Blue Choice HMO SBC](#)

[\\$2,500 Blue Choice HMO Wellmark Coverage Manual](#)

If you are having troubles logging in or need assistance in finding this information, please feel free to contact Lanai or Chad in HR.

WELDING APPRENTICE INKS WITH TEAM CO-LINE ON SIGNING DAY

Co-Line is excited to welcome new welding apprentice Henry Hick to the team. Henry signed on to work at Co-Line starting June 1. He will continue to work at Co-Line through and after his senior year to complete the hours required by his program through the Career Academy of Pella. Signing day for Henry was Apr. 14. Co-Line is happy to be working with Pella Schools and the Career Academy again next school year.



**Team Co-Line
has worked**

**133,939
HOURS**

**without a
lost-time accident**



CANDID CORNER

INTRODUCING THE NEW GOALSETTER BASKETBALL HOOP DESIGN

The new Goalsetter Launch series was first introduced last year. While it has taken some time to work out the new product design, packaging, and assembly issues, the sales of this new “single arm” telescoping basketball unit are starting to pick up. Pictured is a court installed in Minnesota by one of our dealers. Great job to all that have been part of this “sometimes stressful” new product launch.



MAY IS NATIONAL ELECTRICAL SAFETY MONTH

Safety Committee: Bryan DeJong, David Hobbs, Rick Harrill, and Mark Van Wyk

ELECTRICAL SAFETY

May is National Electrical Safety Month

Follow these **electrical safety tips** to keep you and your home safe from electrical hazards.

- 

1 Avoid **overloading outlets**.
- 

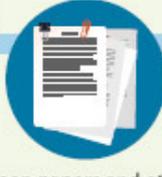
2 **Unplug appliances** when not in use to save energy and minimize the risk of shock and fire.
- 

3 **Regularly inspect** electrical cords and extension cords for damage.
- 

4 Extension cords should only be used on a **temporary basis**.
- 

5 Never plug a space heater or fan into an **extension cord** or **power strip**.
- 

6 Never run cords under **rugs / carpets, doors, or windows**.
- 

7 **Plug in smartly**. Make sure cords do not become tripping hazards.
- 

8 Keep papers and other potential combustibles at least **three feet away** from space heaters and other heat sources.
- 

9 Make sure you use **proper wattage** for lamps / lighting.
- 

10 Make sure your home has **smoke alarms**. Test them monthly, change batteries yearly, and replace the unit every 10 years.

osha4you.com



THREE WAYS TO BOOST HEART HEALTH

Heart disease continues to be the leading cause of death for both men and women in the United States. In fact, 1 in every 4 deaths is caused by heart disease.

Heart disease refers to several different types of heart conditions. Coronary artery disease—caused by plaque buildup in the walls of the heart’s arteries—is the most common. Other forms of heart disease include heart attack, heart failure, arrhythmia, and congenital heart defects.

The symptoms of heart disease can vary, and some people may not even know they have a heart condition until they have a heart attack. Red flags include shortness of breath, chest discomfort, difficulty with speech, heart palpitations, and sudden loss of responsiveness.

TAKE CONTROL OF YOUR HEART HEALTH

There are certain uncontrollable factors that increase your risk of heart disease, including age, sex, and family history. However, other factors that increase your risk for



One American dies every 36 seconds from heart disease.

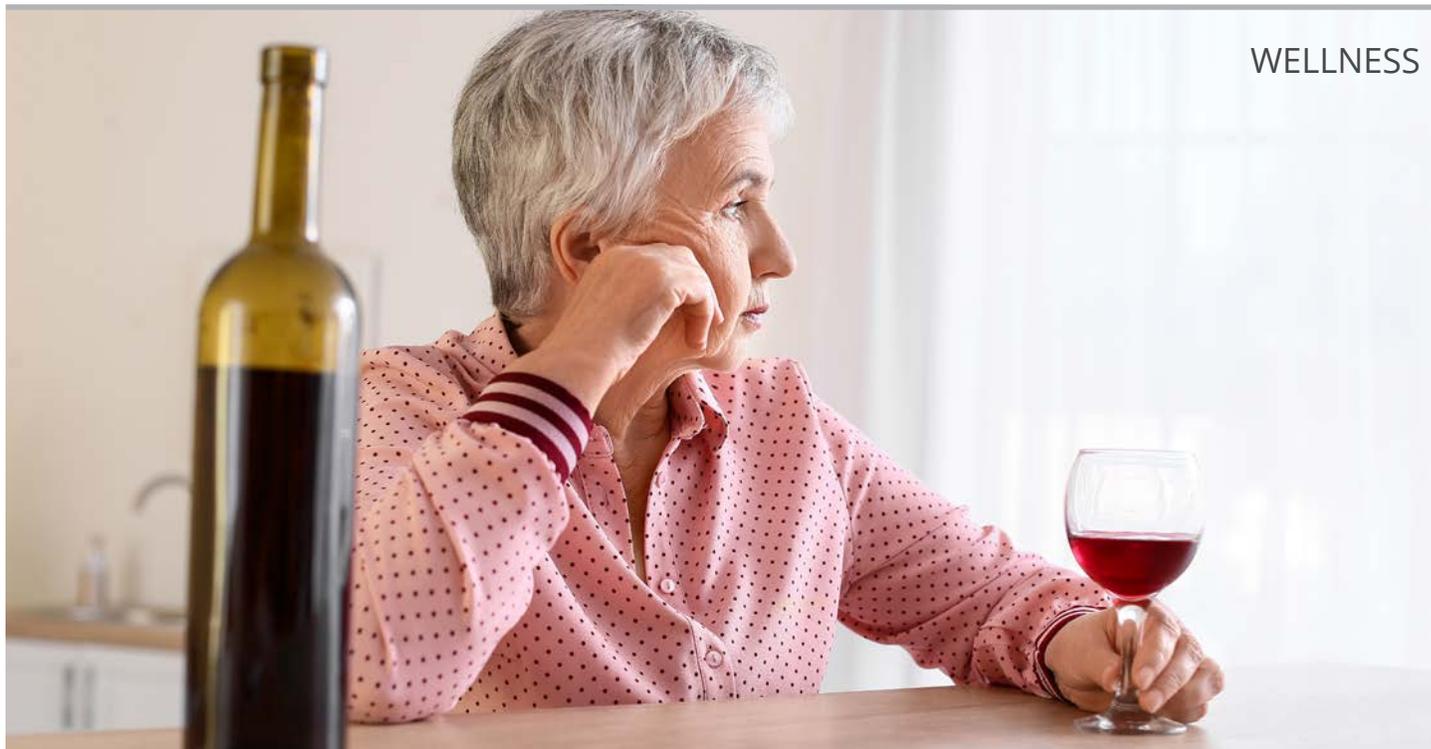
heart disease—such as stress, inactivity, obesity, diabetes, smoking, and a poor diet—are controllable.

A healthy diet and lifestyle are your best methods to fight heart disease, so consider incorporating these three kinds of exercise into your routine to improve your heart health:

- 1. Aerobic exercise improves circulation and can help your cardiac output.** Try to get at least 30 minutes a day of heart-pumping moderate activity—like brisk walking, dancing, or cycling—at least five days a week.
- 2. Resistance training with weights, resistance bands, or body weight at least two nonconsecutive days per week can help create leaner muscle mass.** When paired with aerobic activity, you can raise your good cholesterol levels and lower bad cholesterol levels.
- 3. Flexibility workouts, like stretching and balance, are critical for musculoskeletal health.** It’s important to stay flexible and joint pain-free so you can maintain your regular aerobic and resistance workouts.

Keep in mind that it’s the overall pattern of your life choices that determines your heart health. Contact your doctor to find out your risk for heart disease, or for more information.

Brought to you by Holmes Murphy & Associates



ALCOHOL AWARENESS MONTH DURING THE PANDEMIC

Observed every April, Alcohol Awareness Month is meant to raise awareness about alcohol use and break the stigma by discussing how alcohol-use disorders affect individuals, families, and communities. This year is especially critical as COVID-19 restrictions and stress can increase your susceptibility to substance misuse, addiction, and relapse. In fact, alcohol sales in the United States have grown nearly 30% in the last year.

Alcohol abuse can affect both your personal and professional life. Prolonged drinking puts you at risk for developing serious health complications—such as high blood pressure, heart disease, liver disease, and stroke—and can trigger other life-threatening consequences.

KNOW THE WARNING SIGNS

Alcohol use disorder can be mild, moderate, or severe, based on the number of symptoms you experience. Keep in mind that symptoms often occur at the same time.

Common physical and behavioral signs and symptoms of alcohol misuse include the following:

- Feeling irritable or experiencing mood swings
- Having poor coordination

- Showing signs of slurred speech
- Experiencing blackouts or short-term memory loss
- Isolating from friends and family
- Failing to complete responsibilities and obligations at home or work
- Making excuses for drinking, such as to relax or deal with stress
- Drinking alone or in secrecy
- Engaging in risky behavior, such as drunk driving

Alcohol use disorder can include both periods of alcohol intoxication and withdrawal symptoms—such as sweating, shaking, and nausea. If you or a loved one are concerned about alcohol use, talk to a doctor or use the Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Helpline by calling 800-662-HELP (4357).

Brought to you by Holmes Murphy & Associates

THE INSIDELINE

by Jeff Kling and Gary Smith, Quality Department



Graphic submitted by Jeff Kling

ONE MORE STEP TO HAVING A STABLE PROCESS... by Gary Smith

We have placed high awareness on the quality of parts being made at Co-Line. The awareness has allowed us to be able to lower the PPM rejections from our customers. This focus has continued to aid in the review of parts and improvements in measurement and process.

The reduced quantity of parts being rejected has opened the eyes of many and forced us to re-think smaller quantities of parts. If only one part out of an order of 1,000 pieces is not acceptable to the customer, it's no big

deal, it is only one part. That is until you realize that one part will be equal to 1,000 PPM (parts per million). Even one piece can greatly affect the customer's expectation.

The next step: How to reduce the one-piece problems from occurring? It comes down to all of us reviewing the process and designing all of the potential mistakes out of the operation. Add poke-yoke methods to the process. Make the weld fixture so parts cannot be misloaded. Rearrange a weld cell or assembly area so that operations

cannot be missed. The flow of the work forces the parts to not skip an operation or miss welds on the part. All of us are needed to make small changes to the process to eliminate all foreseen issues.

Are we ready for the next step? To improve in quality means to go deeper into each process and make each process able to be more stable. Eliminate the "tribe knowledge" of how it is done and simplify the method so all can do it.

This step is for us all. We are all in this together, and I am pulling for you.



IT'S ALL ABOUT YOUR PERSPECTIVE

by Margaret Vander Weerd, Newsletter Editor

Another little story to lighten your day:

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal, they lay down for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. Holmes said, "Watson, look up and tell me what you see."

Watson said, "I see a fantastic panorama of countless stars."

Holmes then asked, "And what does that tell you?"

Watson pondered for a moment: "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three.

Theologically, I can see that God is all-powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. Why? What does it tell you, Holmes?"

Holmes was silent for a moment, then spoke, "My good Watson, someone has stolen our tent!"

PRETTY UGLY By Abdullah Shoaib

I'm very ugly
So don't try to convince me that I am a very beautiful person
Because at the end of the day I hate myself in every single way
And I'm not going to lie to myself by saying

There is beauty inside of me that matters

So rest assured I will remind myself That I am a worthless, terrible person And nothing you say will make me believe

I still deserve love
Because no matter what I am not good enough to be loved And I am in no position to believe that Beauty does exist within me
Because whenever I look in the mirror I always think

Am I as ugly as people say?
(Now read from the bottom up for an interesting perspective!)



"When the power of love is greater than the love of power, the world will know peace."
- Jimi Hendrix



The south building lunch time will move to **11:30-noon** starting Monday, May 3.

CAPS COMING SOON!



AMERICAN CAP
\$20 EACH

AVAILABLE IN BLACK



CAMO CAP
\$20 EACH

AVAILABLE IN "KRYPTEK HIGHLANDER" PATTERN

The
LOGO SHOP

LUNCH MENU — MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 by Julie Roose Two maidrites, chef salad, assorted chips, fruit pizza	4 by Julie Roose Grilled pork patties, cheesy hashbrowns, strawberry pretzel salad, turtle bar	5 by Julie Roose Parmesan chicken, creamy potatoes, corn, cheesecake dessert	6 by Julie Roose Philly steak hoagies, Dutch lettuce, Snickers apple salad, Jell-O cake	7 by Domino's Pizza, chips, dessert	8
9	10 by Julie Roose Tater tot casserole, homemade bread, applesauce, home- made chocolate cake	11 by Julie Roose Grilled marinated chicken, 7-layer lettuce, cottage cheese, banana bar	12 by Julie Roose Savory beef, red mashed potatoes, green beans, delicious cookies	13 by Julie Roose Pasta bar, mixed greens, garlic roll, monster bar	14 by Prime Country Pork chops, mashed potatoes/gravy, corn, roll/butter, cookie	15
16	17 by Julie Roose Grilled jumbo hot dogs, mac 'n cheese, relish tray, dip, Oreo cake	18 by Julie Roose Grilled hamburgers, lettuce cauliflower bacon salad, kettle chips, scotcharoo	19 by Julie Roose Beef 'n chicken fajitas, wild rice, harvest apple salad, caramel bar	20 by Julie Roose Potato crusted cod or smoked chicken on a bun, pasta salad, grape delight, ice cream cone	21 by Prime Country Smoked sliced pork loin, roll, cheesy potatoes, green beans, oatmeal caramel bar	22
23	24 by Julie Roose Taco bar, taco salad, Doritos, brownie delight	25 by Julie Roose Grilled brat patties, Parmesan potatoes, roasted vegetables, candy bar	26 by Julie Roose Chicken Alfredo or traditional lasagna, side salad, dinner roll, Ho Ho bar	27 by Julie Roose Meatloaf, creamy mashed potatoes, glazed carrots, apple cake	28 by Prime Country Smoked pulled pork sandwiches, mac 'n cheese, smoked baked beans, cookie	29
30	31 by Julie Roose Memorial Day - Co- Line closed					