

Camptonville Community Courier



August 1999

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Vol. 3 No. 8

11th Annual CVFD Picnic

By Donna Tate

Wow! It is almost here, the last Fire Department Picnic of the Millennium!

The "11th Annual CVFD Picnic" will be held at the field near the Mountain Store on Saturday, September 11, 1998. The fun should begin at 2 pm. The menu this year will be: Choice of Tri-tip, Chicken or Hamburger, all served with a baked potato, salad and bread. The cost will be a \$6 donation.

We have some great prizes this year including a \$500 Grand Prize. Raffle tickets will be available at The Lost Nugget, The Mountain Store and the Mayo and some of our local kids are selling the tickets throughout the community to earn community service hours.

We are still in need of raffle prizes. Anyone with an item to donate or some great ideas, please contact Donna Tate at 288-1225.

It's a MYRACL!

By Richard Dickard

The Middle Yuba River Area Citizens' League (MYRACL) has been busy rallying the troops these last few weeks. Over 450 packets of information concerning the proposed dam at Freeman's Crossing/Oregon Creek were put together by 25 concerned citizens on July 11 at their monthly meeting and then mailed the next day to Camptonville and North San Juan residents in the path of the proposed dam. The information stresses the need for input, right now, before August 2, 1999, to the Yuba County Water Agency and Army Corps of Engineers by everyone effected either directly or indirectly.

MYRACL is proposing non-dam, cost effective alternatives, which include levee setbacks and improving existing dams and flood control mechanisms. For further information, call Dick Dickard at 288-3479, Carole Chadima at 292-3697, Rod Bondurant at 288-3550 or Larry Lindauer at 288-3460.

The Nevada County Board of Supervisors will be adopting a resolution on July 27 opposing any dams on the Middle and South Yuba Rivers in Nevada County.

Your input is still needed. Please send your views about dams and the need for alternatives to:

Yuba County Water Agency
— Attention : Board of Directors
1402 D St.
Marysville, CA 95901-4226

Army Corps of Engineers
— Attention: Tanis Toland Comprehensive Study
— Upper Yuba/Freemans Crossing
1325 J Street, Room 1560
Sacramento, CA 95814-2922

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Her smile remains in Camptonville

A Courier tribute

At a memorial service held at Wendy Linderborg's house on July 19, the Camptonville Courier collected kind words and short testimonials to Vicki Lowe, whom we recently lost to tragedy. Vicki's parents and boys were in attendance, and afterwards returned to Ohio. The GV Union has been covering this story using Vicki's legal name, Victoria Behrends.

Vicki was always there when you needed a friend. She made quilts for each of my children. Wendy Linderborg

Vicki always had a smile for you and seemed to focus on bringing her boys up with good values. I believe she worked hard at being a single mom and giving her boys a chance to grow up as good citizens. She was a hard worker ready to give to others, especially to someone as computer illiterate as me! I will miss her and remember her in my prayers. Dick Zembiec

We all have a lot to learn from Vicki. She enjoyed life! Vicki's face lit-up a room when she walked in. She enjoyed having fun! She took time to be creative. Vicki cared about each of her friends. Vicki had a great sense of humor. Everyone enjoyed Vicki when she worked at the Pizza Parlor. Business shot through the ceiling when Vicki was around. Vicki was especially good at everything she

tried. Let's always remember what Vicki has taught us! Let's remember her for the very positive person she was. Mary Krolic

You only need to look in the eyes of Vicki's beautiful intelligent sons to know what an awesome mother and person she was. I will truly miss her smile and feel blessed to have known her. Donna Tate

I remember Vicki's wonderful smile, and the way her eyes would light up when she talked about her sons. She was very proud of them. Stephanie Sager

Vicki had an uplifting sense of humor. I fondly recall the times that Vicki made working situations comical. She could turn the most mundane of work into laughter. On several occasions I worked on the computer next to her computer, and would soon be sharing a laugh with her. I am deeply saddened by her loss, and my prayers will certainly remember her two boys. Alicia Farmer

A true woods-woman in every sense. Greg Parker

Vicki was everybody's friend. Always ready to give a helping hand. Was an uplifting personality and a great mother. I will miss her happy smile. Betty Leffew.

Vicki was blond pigtails and a great sense of humor, even when she was laying on the ski slope for ½ an hour waiting for the ski patrol snowmobile to pick her up after she twisted her knee on the Moguls. Sandy Radoff

Vicki didn't hold any anger towards us after taking her on a downhill Mogul adventure where she had twisted her knee. Jessica Goode, Jessi Wilcox and Cierra Elliott

I'll always remember exercise class with Vicki, we always had fun while we were working. She was always a very sweet and nice person with two very sweet boys who I fed at school. Patsy Prout

Vicki was the gentlest, sweetest and most reasonable client I ever had, one of the very few whose voice on the phone didn't fill me with worry and concern. She was a wonderful mom and a bright and caring friend. I will miss her always! Sandra Stanley

To Vicki's Family: Words can't convey the emotion that is racing through my mind at this point. I'm truly sorry for your loss – the loss of a special woman who touched everyone's heart that she associated with. She talked about her family daily when I worked with her.

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**Address all correspondence for the
Camptonville Courier to:**

PO Box 32 Camptonville, CA 95922

**Contact: Roger 288-0619;
Cathy 288-0913**

Your Camptonville Newsletter Committee

**Roger Rapp, Cathy LeBlanc,
Bob Carpenter, Rod Bondurant,**

**Joan Crabtree, Donna Tate,
Kimberlee Douglass, Rochelle Belle**

Whether it was water polo or football practice that she needed to get the boys to, or a visit she was planning to see her parents, her family was the center of her world. Vicki was a great friend, and someone who I will truly miss. Her positive attitude and contagious smile could brighten anyone's day. I wish I could say more, but it's nothing you all don't know already. God Bless! Kevin Zwinfigler

Thank you for letting me get to know what a beautiful person Vicki was (and is). I learned a lot from her during our talks in the office. She was (and is) very special, as you know. I know you all had a great influence on who she was and likewise. Vicki had a wonderful influence on many people in the office as well, because she was always cheerful and "up." I loved her sense of humor too! I will never forget some of the jokes she played. I will miss our long talks. Terri Walsh

I was Vicki's neighbor in Oak Valley for the time she lived here and I will always remember her happy smile and her sweet laugh. My favorite memory of her was how incredibly helpful she was to me on a very rainy day. She hadn't lived in Oak Valley for very long and I didn't know her very well at all at that time, but a tree had blown across my driveway and I went to her trailer to see if her husband was home to cut the tree out of my driveway. He wasn't home, but Vicki happily left the jam she was making and grabbed her own chainsaw and went out in the pouring rainstorm to clear the driveway for some one she hardly knew. Someone so unselfish and helpful was rare indeed! Linda Brown

Your loss is great, but always remember how wonderful she was and how much all her friends loved her. She was the best. Love Patsy Prout

PS. Graham and Jeremy, anytime you want to come visit Camptonville, there will always be a place for you boys. You are Great Boys. Our thoughts and prayers will be with you always. We loved Vicki. Every time that we saw her, she smiled her sweet, gentle special smile that belonged to her and her only. If you ever want to come and visit Camptonville you are more than welcome to stay with us. John, Pam, Boise and Jessi Wilcox


Our prayers are with you all. We've seen you boys grow into men. Great men, and a lot has

to do with your wonderful loving mother teaching you kindness, humor and a love of life. She would want you to be happy and lead a strong and healthy life. Always. Jeanne, Dan, Jeremy, Conner and Courtney Black

I had a very dear friend in Vicki, she was a light on the hill. We had a kindred spirit in that I felt like I had always known her. I'll miss her very much. Diane Parker

Vicki has been a part of our lives for many years. Vicki and I spent time doing all the regular things in life like shopping, and laundry and deep confiding in each other. We will always remember her fondly. Our most wonderful memory is of taking in the Bridgeport wildflowers together every year. All our love. Suzie, Rene and Alexander Renoir

For all the love and joy Vicki brought to all our lives I am truly grateful. Love always. Beth Lee



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Ask Yana

By Yana Slade

Dear Yana,
How do you console friends, especially children,
who have just lost a family member to violence?
Roger

Dear Roger,
When loss of this magnitude strikes, the
survivors are cast out on a long journey of grief.
As friends, we can offer a safe harbor where
they can come. This safe haven is made up of
kind words, hugs and a place where there is
time and attention. A place where there are no
"shoulds" or pressures to feel or not feel a
certain way. A place where there is
acknowledgment of the reality of what has
happened. A place where there is
acknowledgement of all the feelings. A place
where a survivor can talk about any aspect of
the loss. A place where a survivor doesn't have
to pretend s/he's OK. A place where s/he can
tell the truth.. A place that isn't concerned with
how long it takes.

Things to do:

- Make eye contact.
- Give hugs
- Tell them you want to listen, talk, be there for
them.
- Ask if they want to talk, if yes....then listen If
no....just sit there with them for awhile.
- Ask them if they want to play a game, or go
for a walk or draw.
- Don't expect them to make you feel better or
you to make them feel better.
- Be willing to hang out in the shock and
sadness and overwhelming loss.
- Talk about the lost one. What she/he was
like? What things did you do with her/him?
What do you miss most?
- Tell stories about lost ones and survivors.
- Answer questions as honestly as you can.
- Help create a place or object that represents
the lost one.
- Be willing to shift with the survivor from grief to
everyday activity.
- Keep in touch. Call whenever you can.
- Tell them you love them.
- Tell them they can count on you to be there if
they want to talk.

Summer Grasses

For Vicki

By Yakshi Vadeboncoeur

Strong and active and radiantly ready
to make something of this flowered fabric
this fresh forming day
Golden hair the color
of summer grasses
Lighted listening eyes, gentle smile
and a pattern perhaps of being too easily deceived
by bruised and broken men masquerading
as lovers
But how surely you knew how to give
your love and friendship
Your two boys bright beacons
and bearers of your knowing
Your true smile shared across kitchen tables
we wrap 'round
shock and sorrow
protecting hands and hearts

So that for you, now ,
held fast in the summer of your life
we can refuse
vicious acts
and violent ends

We vow to ferry
your trusting heart, your gentle smile
across these rivers of grief
to some other summer where
sun and sanity fill the canyons
carved by your loss
where the wild water laughs
over the sensuous rocks

We vow with one voice that there
that trusting heart, that gentle smile,
mirrored in cool beckoning pools,
will be tenderly answered

Resources for battered women:

Casa De Esperanza

For Victims of Battery & Sexual Assault

Crisis Center: 674-2040

Nite Line (for teens 24hr) 1-800-999-9999

ManAlive

Batterers-re-education Program 1-800- 799-SAFE

Domestic Violence Coalition 1-530- 274-3467

Hospice-grief support 1-530- 272-5739

Medi-Cal applications in Camptonville

By Shirley DickKard

Yuba County residents who live in the Camptonville area can now save one trip to Marysville when applying for Medi-Cal or CMSP (County Medical Services Program). Starting August 12, Eligibility Technicians will come to our Wellness Resource Center on the second Thursday of each month to help residents apply for these programs and answer questions. The Techs will screen applications and schedule intake interviews in Marysville. Remember to bring your photo identification and Social Security card. They will not be able to answer questions about CaWORKS or Employment services, however. Schedule: August 12, extended hours from 10 am to 4 pm. September 9, October 14, November 12, December 9 – from 2:45 pm to 5 pm. For information, call Yuba County Social Services at 1-800-752-2720 or 749-6311. The Wellness Center is located behind Camptonville School (288-9355)

Health activities in Marysville

By Shirley DickKard

Over the last few years, we, at the Wellness Center have been working to create more opportunities for Camptonville residents to have access to convenient, affordable, local services and activities. Although the following events take place in Marysville, they are great opportunities for health and fun.

September 8 Community Baby Fair – for pregnant women and parents of young children. (at the park across from the Marysville WIC office. Call 742-3055 for information)

September 25 Yuba Sutter Free Health Fair (for info, call 741-6366)

October 8-9 "Tools of the Trade" Conference for Dads (for info, call 741-6366)



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Price is \$10 for a year's subscription.

Camptonville Community Service District



C. S. D.

Pushing the dream

By Robert Mumm

Chances are there will be a Community Center in or near Camptonville. It's not a sure thing by any means, but there's a group of community members who are willing to work to see this dream come true. We feel there are many benefits to be gained and needs that can be met if we all work together and dream together to make this come about. Picture yourself outside our new Community Center. What would you find most helpful for you inside the Camptonville Community Center? What would you like to see there just for fun? How would it feel to be doing things there? Who else would be using it? We invite you to share your inspiration by writing, drawing, or modeling, so we can all work together to make it a reality. Send your ideas by August 19 to "The Camptonville Collaborative" c/o Shirley DickKard, at the Wellness Center: PO Box 278, Camptonville 95922. Also, let us know what you are able to do now or in the future to help this dream come true!

Action Teams to meet

Mark your calendar: Monday, August 23, at 7 PM in the school library. Action Team meetings are for everyone in Camptonville to share ideas and projects to help make this a great community. Hot topics will be the Fire Department Picnic fundraiser, the Community Center, Recreation programs, and update on the proposed Freemans Crossing dam. To request babysitting, call Shirley at 288-3479. See you there!

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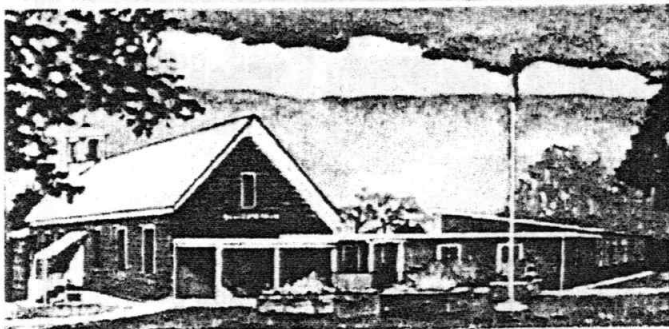
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Fish Day and Regional Spirit

By Donna Tate and Heather Newell,
Downieville Ranger District

The high country is mostly free of snow. The beautiful summer weather helped make the Packer Lake Family Fish day a complete success. The first to arrive was a bus load of early rising kids from Camptonville. Approximately 100 kids joined in on the fun and about 100 fish were caught during the day. The 1st Place "Biggest Fish" was a triple tie by three Grass Valley fishermen; Gary Hostetler, Evan Anderson and Noah Martinez and were awarded with fishing equipment. The big fish measured 12 1/8" in length. The 2nd place winner was a 12" fish caught by local, James Tackett. When the kids were finished fishing they also had the opportunity to make fish print T-shirts, wildflower book markers, water cycle bead bracelets, grind acorns into mush, and learn about mammals, fish, aquatic insects, amphibians, and reptiles. About 28 volunteers from the local area, San Francisco State Field Campus, Tahoe National Forest, State Fish and Game Department, and Sierra County Fish and Game Commission were busy helping, educating, and feeding one and all. It was a great day and plans have already started for next year.

Dooryard Burn Permits are suspended until further notice. Campfire permits are still available and necessary when you are using a gas stove, having a campfire or BBQ outside of developed areas on Public Lands.

Congratulations Camptonville School! Camptonville School was nominated and awarded the Regional Spirit Award through the U.S. Forest Service. The Spirit award recognizes communities which, in conjunction with the Forest Service, have initiated activities in the "spirit" of collaboration and inclusiveness. The spirit award includes a grant for \$5,000 to help further an established and productive environmental education partnership with the North Yuba Ranger Station and to continue with the development of a historical and natural resources museum.

Corinne Montgomery will be leaving the Forest Service to return to school in San Francisco. Corrine's contributions to the Forest Service and to the public were numerous. She did a fantastic job, and will be GREATLY missed. Good luck Corinne in your future endeavors!

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YWA has a busy summer

By Tonie Hilligoss

School may be out, but the Yuba Watershed Alliance is continuing to work on rural education issues. The regional meeting was held in June at Soda Springs with 25 representatives from Camptonville, Downieville, the Pliocene Ridge community, and the San Juan Ridge. Those who attended reported that it was not only fun, but also enlightening to meet people from other Western states and learn what they are doing in their schools. More recently, YWA sponsored an oral history workshop and has scheduled a school-based gardens workshop (see accompanying articles). Next year, regional activities will be implemented, along with site-based activities such as Camptonville's museum and walking tour projects. We also plan to include students in the planning for the online market (see accompanying article), and organizers of the Prop. 204 project have asked that students conduct the stream monitoring component of this watershed protection plan.

attend as participants learn how to create a school/community partnership based on gardening and related issues. Participants should bring small garden tools, a hat, and a bathing suit (for those who want to swim during the lunch break). The school can be reached by taking the Pike/Alleghany turnoff from Hwy. 49 (between Marysville Road and Oregon Creek Bridge). It is located six miles up the road, past the firehouse. Lunch and snacks will be provided, so anyone wishing to participate needs to register with Tonie Hilligoss at 288-3451.

Local teachers learn how to preserve regional history

By Tonie Hilligoss

Nine teachers from Camptonville, Downieville, Pike and the San Juan Ridge spent two days last week learning how to teach students to preserve the oral histories of their respective communities. Under the guidance of Mitch Mendosa, a middle school teacher from Anderson Valley whose students recently published a book and compact disc of local stories, our teachers learned that this process offers a captivating approach to teaching the skills that the state requires at the same time that it preserves the history of the region. Students can look forward to new and exciting learning experiences in the upcoming school year.

School-Based Gardens Workshop

By Tonie Hilligoss

On Monday, August 9th from 9am - 4pm, Binet Payne, a project coordinator with the North Coast Rural Challenge Network, will present a workshop on school-based gardens at Pliocene Ridge School at 1999 Ridge Road in Pike. Teachers, students, parents and community members are all invited to



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Camptonville receives new grant - seeks coordinator

By Tonie Hilligoss

The Camptonville community has just received a planning grant from the U.S. Forest Service to develop an online market and is soliciting proposals from potential coordinators. The coordinator must have extensive experience with computers and a variety of software, and must have a proven history of working online and meeting deadlines. He or she must also have well-developed writing and artistic skills and demonstrated experience in working with individuals and groups to accomplish specific goals. The goals of the project are to:

- 1) Expand the economic component of the community action plan to include an online market that will enable producers to access a broader customer base.
- 2) Conduct a formal business analysis that will produce a business plan and a marketing plan.
- 3) Identify the local craftspersons interested in marketing their products online and work with them to identify the most appropriate products to be marketed in this manner.
- 4) Work with craftspersons to develop presentation strategies.
- 5) Research and design all components of the online market, including the creation of an online business identity.
- 6) Develop ordering, payment, and distribution procedures.
- 7) Develop a membership plan for sellers that will eventually cover the costs of operating the market.
- 8) Conduct recording and evaluation activities from the beginning of the project to analyze its strengths and weaknesses and to provide a process record for purposes of replication.
- 9) Disseminate a summary of project activities with an analysis of its strengths and weaknesses to other forest communities at the conclusion of the project.

Anyone interested in applying for the coordinator position is asked to submit a proposal outlining how he or she would meet the project goals, along with a timeline for doing so. Preliminary ideas for goal #5 need to be included, as well as a resume and a cover letter describing your qualifications for this project. Applications will be accepted through August 9th and can be sent to Tonie Hilligoss, P.O. Box 185, Camptonville, CA 95922. Tonie can be reached at 288-3451 to answer questions

Organic produce grant completed

By Tonie Hilligoss

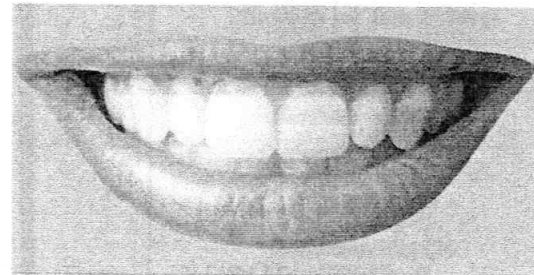
Rod Bondurant has just completed a U.S. Forest Service planning grant for an organic produce project and will be piloting the first stage of the implementation plan during August. During the pilot project, local produce will be marketed from Rod's truck at the Mountain Store Saturday mornings from 9-12. Rod is seeking both produce from growers and customers in need of produce. Growers are asked to contact Rod at 288-3550 if they are interested in selling their produce. Rod is doing this at no charge to the community, so please support our efforts to develop a market for local produce.

Volleyball court construction

By Devan Hilligoss

We think that Camptonville's sand volleyball court will already be constructed by the time you read this but, if not, let's do it on August 8th. Volunteers are asked to bring shovels and post hole diggers (remember your gloves!) and meet at the field by the Mountain Store at 10:00 on Sunday. This is a youth-driven project, but everyone is welcome. Anyone under 18 must have written permission from their parents to help with construction. Courts will also be built at sites in Downieville, North San Juan and Pliocene Ridge School, and a regional league will be established. Watch for flyers announcing the date and time of a volleyball clinic to teach the skills that will make this league competitive as well as fun. Additional information can be obtained from Devan Hilligoss at 288-3451.

SMILE SECRET # 2



YOU DON'T HAVE TO BRUSH ALL YOUR TEETH
... JUST THE ONES YOU WANT TO KEEP !

Senior News

By Ernestine Beckley

We would like to welcome several new members to the North gold Senior Mountaineers. They are: George and Hilda Kilford, Jack Gladding, Don Jackson, James Stewart, Celestine Scott, Laurence Purscell, Bill Oliver and Bill Harmon. Come and meet these fine folk and the rest of the happy group.

We enjoyed Bill Schultz and his readings of cowboy poetry. This was the entertainment for July. We also celebrate birthdays on the third Tuesday of each month. Cards and small gifts are given to each one who has a birthday that month. I am membership chairman and would be happy to sign you up as a vigorous member of NGSM.

Thanks to many of you who are enjoying our summer time Bar-B-Q's. The next one will be Saturday, August 21st. Len says the menu will be pork ribs, baked beans, green salad and French bread. Come and join us for the food and the "get-to-know-you" time at the Center.

For information concerning lunches or other events, please call John at 292-3315, Helen at 292-3388 or Ernestine at 288-0602.

Seniors: Drive safely, buckle up, drink plenty of water and stay cool!

You know you are getting old when everything hurts. What doesn't hurt, doesn't work.

Camptonville Community Church

By Diane Parker

Camptonville Community Church would like to invite you to come worship with us on Sundays at 10:30 in the Pelton Building at Camptonville School.

There's a potluck the 1st Sunday of every month.

LDS News

By Louisa Ryan

Dear Friends and Neighbors,

The Church of Jesus Christ of Latter Day Saints Welcomes you to Sunday worship.

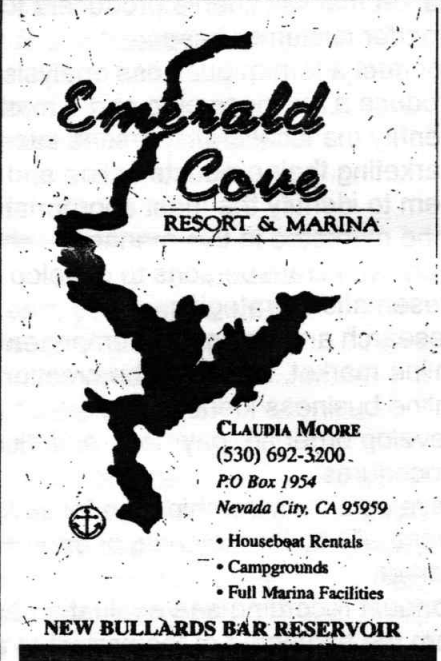
10:00 AM Sacrament Service

11:05 AM Sunday School and Primary

12:10 PM Priesthood Relief Society, Young Women and Primary

We will have a Social put on by the Primary Department on Saturday August 21 at 6:30 PM.

Our Family History Center is going strong. To help those who want to find out about their ancestors, we have expanded our hours to Tues: 12~5:00 PM and Wednesday: 5~8:00 PM. We also have a phone where you can leave a message if we are not there: 288-1420.



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Is your child ready for school?

By Shirley Dickard

"No shots, No school" – that's the state law. The Camptonville Health Clinic can help you be sure your child is up to date with the immunizations and exams required for school. Kindergartners must have a health exam (CHDP) and all immunizations completed, including the Hepatitis B series. All First Graders need a health exam, if not done in kindergarten. Seventh graders need a series of three Hepatitis B shots. (If not started before the first day of 7th grade, students will be excluded from school). The Health Clinic will be open every Tuesday in August from 3-6 PM, (except 8/31). Check the calendar page for schedule and phone numbers.

A few good pens

The Courier is always looking for fresh energy and ideas. We welcome all you writers and creative sorts. Surely there's a place for you in the Courier.

We are especially looking for EDITORIAL HELP. Don't be shy, call Roger at 288-0691.

Rockin' Rhymin' Summertime

Camptonville August Nights

Plenty of local talent will present music and poetry at the Mayo on consecutive Tuesdays August 10 and 17 from 7:00 to 10:00 PM. This will be a benefit for the Camptonville Community Courier.

It'll be a lot of fun, and believe me, we could use the dough!

\$5.00 at the door


THE MAYO

Across from the Post Office in Camptonville


Also, a delicious lasagna dinner with desert will be available for \$6.50 from 6:00 to 7:00 PM each night. The bar will be open all evening. (Food and drink proceeds go to the Mayo.)

Head Start and Early Head Start

Applications are available for the North San Juan Child Development Program by calling 1-800-655-0432. Early Head Start is for children 0~3 years, and Head Start is for 3~4 year olds. Transportation is available this year for Camptonville's 3~4 year olds by calling 292-1323.



BABY TALK




Abigail Rose Willer

August is here, and with it the twin flurries of back-to-school shopping and last-chance summer time fun activities.

Remember:

- 1) With young children, summer time fun needs protective measures. The big three in protection are: Sun screen, insect repellent and adult supervision
- 2) With those children getting ready for Back to School, now is the time to gently re-establish earlier bedtime and wake up schedules in between the end of Summer Activities.

A public service of the Yuba Community Collaborative for Healthy Children



Camptonville Community Courier
PO Box 32
Camptonville, CA 95922

Bulk Mail

Permit

No. 4

OCCUPANT

August Calendar

- 8 Volleyball court construction 10:00AM Mt. Store
- 9 School-based Gardens Workshop 9AM~4 PM Pliocene Ridge School
- 10 7:00~10:00 PM Courier at Mayo
- 10 7:00PM CCSD
- 12 Medi-Cal Eligibility worker at Wellness Center 10 AM – 4 PM
- 17 7:00~10:00 PM Courier at Mayo
- 19 Camptonville School begins
- 19 9:00 to noon Food Bank at Fire Hall
- 23 7:00Action Team Meeting 7:00 PM at School library

No Healthy Living Group

Health Clinic Tuesdays 3~6 PM

- | | |
|-----------------|--------------------------------------|
| August 3 | Lennie Martin, FNP 292-3478 |
| 10 | Rachel Farrell, PA 743-6888 |
| 17 | Dr. Peter Van Houton 292-3478 |
| 24 | Rachel Farrell, PA 743-6888 |
| 31 | No Clinic |

For general information ,call the Wellness Center 288-9355