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Low Income Home Energy Assistance Program (LIHEAP) 2019-2020



What is LIHEAP?

• LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.

What Help does LIHEAP provide?

- Heating Assistance
- Crisis Assistance (Shut off or Final Notice)

LIHEAP is now open to all Tribal Members with low-income households!

To find out if you qualify please call PAO and make an appointment with Dianna Edenfield (503)238-1512.

What you need to bring to your appointment:

- Tribal ID or CIB.
- Social Security cards for ALL household members.
- Income documentation (pay check stubs, etc.) for all household members over 18.
- Your most current original utility bill.



Community News



Elders Shopping Days!

December 4th and 18th at 10 AM

Please call your area elders representative, Angelina Artiago (503) 760-3899 at a minimum of 48 hours prior or earlier to reserve your seat on the bus.

Elders Potluck

Wednesday, December 11th

10am-2pm

Contact Angie Artiago for transportation.

Tribal Children Need

Foster Parents!

Do you love children? Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- ext. or visit at:

www.ctsi.nsn.us/icw.html

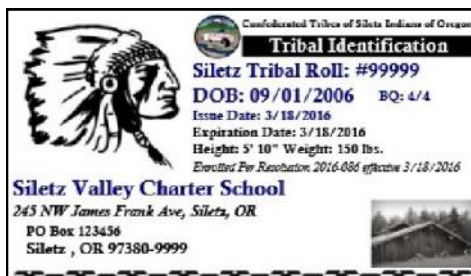
Are you in need of a replacement Tribal ID?

If you would like a replacement Tribal ID, we can help you.

Important things to know and to bring to request a replacement Tribal ID:

- Call PAO at (503)238-1512 to request and appointment with Dianna Edenfield.
- Make sure your mailing address is current with the Enrollment Department as your replacement Tribal ID will be mailed to you from them.
- **Bring ID verification**. This can be a state ID or a Tribal ID. Without ID verification we cannot process your request for a replacement Tribal ID.

You will receive your Tribal ID by priority mail from the Enrollment Department.



Behavioral Health

Thinking about winter:

The leaves have fallen off the trees, or will soon, the days are short and heading to the shortest day of the year... It can be hard to find the energy to do our activities of daily living, let alone extra curricular activities. But that makes it all the more important!

Ways to fight shorter day tiredness:

- 1) Limit or eliminate screen use two hours before bed; if you are around artificial light after dark, your body won't start producing its natural melatonin, and you won't feel rested the next day, which leads to being sluggish to accomplish tasks.
- 2) Find a way to get natural or artificial vitamin D—go out when the sun is out, without sunglasses, or invest in a “happy light”, one that has the full spectrum of sunlight in it (don't use within two hours of bed)
- 3) Get exercise, even if it's just walking in place while you watch TV, or window-shopping at the mall. Exercise fuels our body's desire to continue being busy and active.

Youth Conference:

Youth Conference went off without any troubles, and survey data should be out soon. It certainly appeared the youth enjoyed themselves! Many people came out to lead break-out sessions and workshops, including people from the Oregon Shakespeare Festival, We R Native, and our own Siletz tribal members including Kathy Kentta, Amber Ball and Peter Hatch. Youth participated in a basketball tournament, and some also made frybread and freezer jam. What great times!

Mental Health Specialist services include:

The Mental Health Specialist has a MS in Mental Health Counseling, and utilizes person-centered therapy, adding in pieces of anger management, coping skills teaching, mindfulness, and self-compassion when it is requested or seems beneficial from her perspective. People of any age can

come in to see the Mental Health Specialist for individual counseling, group therapy, Gottman-style couples counseling, and family counseling. The Mental Health Specialist also gets to help out with adventure-based group activities at times! Ropes courses, rafting, hiking, especially in the spring and summer, are all possibilities.

Coming up this December:

Mental Health Specialist Rachel will be making appearances at the PAO winter party, December 4th, and the SAO winter party December 6th. Come one and all!

Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need and lend a helping hand. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles, talking circles, and smudge. Live life in a healthy, good way!



Portland Area Office

Mondays & Tuesdays
(503) 238-1512
X1417

Salem Area Office

Wednesdays & Thursdays
1-(503) 390-9494
x1864

Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177

Behavioral Health — Alcohol & Drug Program

Holidays and your Recovery.

The holidays are an emotional time for everyone. Whether it is thinking of new resolutions and gift giving, family meals and New Year's resolutions and how you're going to keep them or how you're just going to get through the holiday without using or drinking. Feelings that commonly come up around this time are; possibly sadness, regret, loss, joy and hope because of reflecting back on how your year has gone. One thing is certain; there will be opportunities for overdoing it with parties and festivities and for those in recovery possible relapse potential.

Here are some tips to get through these particular holidays.

- Make a new resolution and throw your own clean and sober party. This will support you and your recovery and will help others with their sobriety as well. It's considered service work and giving back in a way which will make you feel good too.
- If you must attend a party, plan ahead. Make sure you have a plan to leave and give yourself a timeline to stay. This is so you don't test your own resolve and temptation. Often times that's a losing

battle especially those in early recovery.

- Call a sponsor or a good support friend if you feel the thoughts of using creep in. Just to keep you grounded in your commitment to recovery and a healthy lifestyle.
- Don't burden yourself with making New Year's resolutions or other goals that will stress you out and are unrealistic. This often sets people up for failure and adds unnecessary stress that you really don't need.

Remember these days will pass and you will still have to join life the next day, so weigh your options and think through what happens when you make the decision to let loose and drink or use. Chances are it's not how you want to start your year. Be safe and remember you are worth your recovery!



**Recognize
Acknowledge
Forgive Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

Purchased Referred Care (PRC)

Need to Call Purchased Referred Care (PRC)?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned PRC technician. Please call (800) 628-5720. A technician is assigned to you by your last name. Please

refer to the list below to determine who you need to speak with when contacting contract health.

Gail Barker	A—G X 1329
Chrissy Marceau	H—O X 1622
Joella Strong	P—Z X 1329

477 Self-Sufficiency Program

Creative And Native (CAN)

This month's meeting only, is open to TANF families.

**December's CAN Meeting is:
Thursday, December 12th, 2019
1:30—3 PM**

Come meet and learn from others like your self who are working toward their goals!

Light snacks and coffee are served.

If you have any questions please call the program staff at PAO and speak with Tamra Russell or Anna Renville at (503) 238-1512.

Do you need assistance working in Oregon's legal marijuana industry?

Deadline is December 31st, 2019

The 477-Self Sufficiency Program may be able to provide limited support services to help you gain and maintain employment in Oregon's legal marijuana industry. With funding provided by the Siletz Tribal Council, we are able to assist Native Americans (enrolled in a federally recognized tribe or descendant) that reside within the service area, with licensing fees, background checks, testing fees, outdoor work clothing/tools and transportation assistance. For more information on how to access this service, please contact the 477-Self Sufficiency Program located in each of the four area offices.

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for Siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

Vocational Rehabilitation (STVRP)

STVRP is here to assist members of ANY federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.



Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be trans-

ferred to the office nearest you that is listed below.

Salem Area Office:

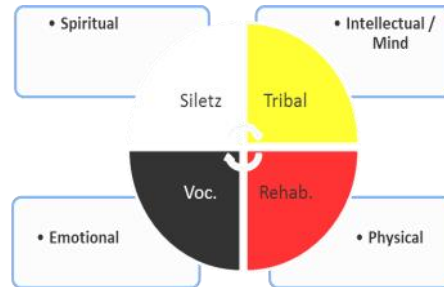
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th, Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave, Siletz, OR 97380



Section 184 Home Loans

Who is Eligible?

- Enrolled members of federally recognized tribes, Alaska natives, and TDHE's

Also . . .

- Credit is important, but you are not judged on your credit score
- Low down payment (can come from

savings, tribal down payment assistance programs, flexible approval processes. For more information visit:

www.1tribal.com or call
(503) 610-5387

To discuss other home buying programs offered by the Siletz tribe, contact Siletz Finance Manager, K.C. Short at (800) 922-1399.

Athabaskan Language

Nuu-wee-ya' (Our Words)

Culture Craft Night will be held Monday, December 9th, 5-7pm.

However, if you want to learn more, many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

www.ctsi.nsn.us

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

www.siletzlanguage.org



Naa-yvsh-ne
WOLF

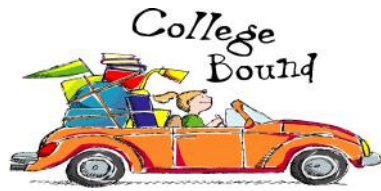


Naa-ghaa-srii-ni
FOX



CTSI Childcare Assistance Program

CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents or enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request and application call DeAnn Brown at 541-444-2450 or 1-800-922-1399.



Save The Date

COLLEGE NIGHT

Thursday, January 9, 2020

5:30pm, - 7:00pm

Portland Area Office

12790 SE Stark St., Ste 102

Information about Tribal funding for college and vocations, scholarships, housing

File Your Free Application for Federal Financial Aid (FAFSA)

All adults and graduating seniors who are planning on attending any type of college or training in the 2020-2021 academic school are required to file a free application for federal student aid by **January 30, 2020** to be eligible for Siletz Tribal education funds. The application is done online at:

www.fafsa.ed.gov

Students can begin applying in now for federal financial aid. If you would help with this please contact Katy for any questions you may have. As well as the process to apply.

December Youth & Family Activities:



Make & Take Gift Night— Tuesday, December 10th— 5:30pm-8:00pm

Join us for a fun evening of making gifts to give out for Christmas. A light dinner will be served.

Please confirm you would like to join us in this youth event or need transportation contact Katy Holland.



MAKE & BAKE & OTHER FUN ACTIVITIES

Thursday, Jan. 2nd, 2019

1:00-4:00 pm

Meet Up at Portland Area Office

12790 SE Stark St.

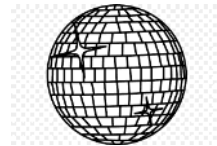
Gingerbread Houses, Xmas Cookies and other fun activities for youth.

Funding Is Available for Youth Activities from the Tribe's Johnson O'Malley Youth Program.

Youth can apply for funding for youth activities/registration, classes, camps, and more. For an application or if you would like more information about the program you can email Katy at katyh@ctsi.nsn.us or call at (503)238-1512.

College Bound?

If you are planning on attending college for the 2020-2021 academic school year you can begin completing your Free Application for Federal Student Aid (FAFSA) at this time. If you need assistance with this or understanding the steps necessary to apply for Tribal funding for college please make an appointment with Katy at the Portland area office. The FAFSA is one requirement for Tribal Higher Education funding—to be completed each year by the last day in January. You can fill out your FAFSA at www.fafsa.ed.gov or visit <https://Student.ed.gov> for more information.



Christmas Break Fun! Roller Skating At Oaks Park

Youth and families are invited to join us for a fun afternoon of roller skating at Oaks Park. Please call Katy if you would like to join or are in need of transportation

Monday, December 30th 1:00-4:30pm

Oaks Park Roller Rink 7805 SE Oaks Park Way

Please call Katy to sign up or if you are in need of transportation at (503)238-1512



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 PAO Christmas Party @ NARA Dinner served at 6PM	5	6	7
8	9 Culture Craft Night 5—7pm	10 Make n Take 5:30—8:30pm	11 Elders Potluck 10am-2pm	12 SSP/CAN meeting 1:30—3pm	13 All Staff Meeting Office Closed	14
15	16	17	18 Wellness Luncheon 12—2pm	19	20	21
22	23	24 CHRISTMAS EVE	25 MERRY CHRISTMAS Office Closed	26	27	28
29	30	31				

Natural Resources



2019/2020 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELAS GIFT CARDS

FISHING INCENTIVE

\$50 CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50 CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett at

541-444-8227

deniseg@ctsi.nsn.us

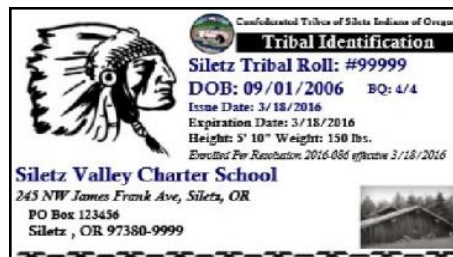


Need A New Tribal ID?

Let PAO Help!

The Portland Area Office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions or would like to make an appoint-

ment for an ID call Dianna Edenfield at PAO (503) 238-1512 X 1400.



Tobacco Prevention Education Program

Tobacco's impact on early American history

The cultivation of tobacco in America led to many changes. During the 1700s tobacco was a very lucrative crop due to its high demand in Europe. The climate of the Chesapeake area in America lent itself very nicely to the cultivation of tobacco. The high European demand for tobacco led to a rise in the value of tobacco. The rise of value of tobacco accelerated the economic growth in America. The cultivation of tobacco as a cash crop in America marks the shift from a subsistence economy to an agrarian economy. Tobacco's desirability and value led to it being used as a currency in colonies. Tobacco was also backed by the gold standard which meant that there was an established conversion rate from tobacco to gold.

The increasing role of tobacco as a cash crop led to a shift in the labor force that would shape American life and politics up through the Civil war. In order to keep up with demand tobacco plantation owners had to abandon the traditional practice of indentured servitude in the Americas. In order to pursue maximum profits, the plantation owners turned to slavery to supply them with the cheap, fungible labor that they needed to keep up with increasing production.



Commercial Tobacco Quitline 1-800-QUIT-NOW

Home Visiting Program

Home Visiting

Home Visiting is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve Siletz families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. If you would like more information about Home Visiting please contact our Home Visitor, Lori Christy in the Salem office at 503-390-9494.

Holiday Safety

As the holidays approach here are a few things to keep in mind if you have little ones in your home. **Christmas trees** are fun and very interesting to explore so consider putting a small one on a table out of reach or placing a baby fence around the tree to keep little fingers and mouths out of danger. If you use a real tree make sure it is fresh and keep it watered. If using an artificial tree make sure it is fire-rated. If you are okay with your child near the tree use a fishing line to attach it to the ceiling or wall (high enough so no one gets tangled in it) to keep it from toppling over. Use non-breakable ornaments tied to the tree with ribbon instead of hooks that are a choking hazard.

Avoid decorating with real **holly and mistletoe** since both of these are toxic if eaten.

Check **lights** to make sure none of the bulbs are **broken, loose, or missing**, and make sure wires aren't **frayed and sockets aren't cracked**.

Keep **candles** out of reach and never leave a child alone in a room with a burning candle. Place candles away from greenery and put in a glass container.

For more holiday safety information check out these websites, <https://www.safekids.org/holiday-safety-tips> or <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/default.aspx>

For year round safety tips Safe Kids Worldwide is a good site to visit, <https://www.safekids.org/>



Application available online at: <http://www.pdxstreetart.org/articles-all/2018/9/5/viaduct-arts>

Portland Street Art Alliance Receives Oregon Community Foundation Creative Heights Grant to Seed a Mural District in the Central Eastside

Portland Street Art Alliance launches new district-wide arts initiative to promote inclusive engagement and access to public art-making in the city.

Photo Credit: Tiffany Conklin

November 7, 2019 (Portland, OR) - The Portland Street Art Alliance secured a competitive Oregon Community Foundation (OCF) Creative Heights grant to seed a new mural arts district in Portland's Central Eastside Industrial District (CEID). For the fifth consecutive year, Creative Heights has funded innovative and impactful projects that take artist and arts organizations to new heights.

Founded in 2012 as a 501(c)(3) non-profit, the *Portland Street Art Alliance (PSAA)* has managed over 100 commissioned and publicly funded projects across Portland. PSAA builds a community of street artists, documents the history of Portland street art, and advocates for artists and for greater inclusion and equity among art programs. PSAA's mission is to cultivate a more democratic culture of artistic expression by activating public spaces and broadening perspectives to build a more engaged and diverse city.

The *Central Eastside Industrial District (CEID)* is a historic and unique industrial sanctuary. It has been a hub of exchange for over a century – home to the manufacturers, merchants, and makers who built, fed and creatively engaged this city for over 150 years. This is all quickly changing - old warehouses are being renovated or torn down, and new developments going up. As a result, CEID is losing many of its historically accessible spaces for artists and grassroots creatives.

The goal of *Viaduct Arts* is to promote more inclusive engagement and access to public art-making.

This new district-wide *Viaduct Arts* initiative will begin in 2020 by painting murals along 5-block sections beneath the Morrison-Belmont and Hawthorne-Madison Bridge Viaducts and several walls along SE 2nd and 3rd Avenues, connecting the two viaduct areas.

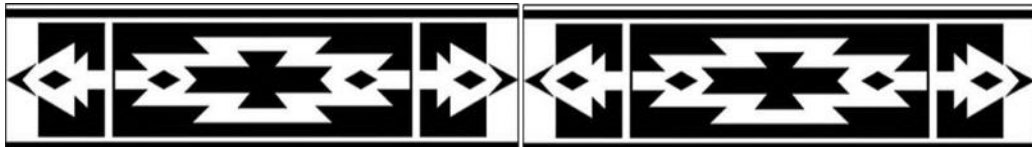
Viaduct Arts will not only contribute to the overall vibrancy of CEID, but also to the creative capital in all of Oregon by including and compensating artists from every corner of the state with a focus on those who are underserved. Central to the success of this project is providing and preserving equitable access for artists across Oregon to push their creative limits and make their voices heard in urban public spaces. The grant provides funding for ongoing graffiti art production walls as well as mentorship opportunities for Oregon-based artists from underrepresented communities (BIPOC+, LGBTQ, Women, Disabled, Low SES, Tribal, Farmworker, etc.). The OCF grant provides funding to support artists for their time and supplies, and for visiting artists, their travel and lodging as well.

A statewide call to artists is now open (viaductarts.org). Applications are due on December 20, 2019.

Applications available online at:

PDXSTREETART.ORG

Click on the Viaduct link



Adult "Aqua Yoga" Classes



This Winter 2019 and Spring 2020 the Community Health Program will fund Siletz tribal Adults 18 years or better to attend 2 visits to the East Portland indoor community swimming pool and participate in a unique swimming program called Aqua Yoga.

From the Portland Park and Recreation Website:

"By bringing Yoga to the water, there is no gravity and the water will take the pressure off your joints. It will help develop strength, static balance, and will increase range of motion. This low impact class will help develop strength and balance while relaxing in the water. Aqua Yoga is for all

skill levels and abilities".

These classes are drop in only and offered weekly at two Portland indoor swim centers on: Tuesdays and Thursdays from 11:15 AM to 12:10 PM.

To sign up

If you are interested in attending these classes, please call Andrew Johanson, PAO Community Health Advocate at (503) 238-1512 for more information or to sign up.

Space is limited so please sign up early! Elder's transports are also available call your Area rep Angie Artiago for more information at (503) 760-3899.



It's Cold and Flu Season

Remember that the Portland area office distributes Over The Counter Medication's (OTC'S) to each tribal member.

We may have the following on hand:

- Pain Relievers/Fever Reducers
• Antihistamines
• Cough Suppressants
• Antacids
• Topical Agents/Creams
• Pedialite

- Children and Adult Multivitamins
• Nasal Spray

Just check with your Portland Community Health Advocate Andrew Johanson or Rebecca Downey, the office Supervisor to see what we have available.



PAO Annual Christmas Party!

Please join us at our annual Christmas Party held on Wednesday, December 4th, 2019 at NARA

12360 E Burnside St, Portland OR 97233

Doors open at 5 pm and a traditional Christmas dinner will be served at 6pm.

There will be goodie bags for the kids and a visit from Mr. & Mrs. Clause!



Published by the
**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

Portland Area Office
 12790 SE Stark St., Suite 102
 Portland, OR 97233

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



EAGLE t'á'-lhki



How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

www.ctsi.nsn.us

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.

Is Your Newsletter Coming to the Right Address?



We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.



Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Community Health Advocate	(503) 238-1512 x1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512, X1400/ diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Anita Bailor—Programs I Director/ Elders Program	800-922-1399	Angelina Artiago	(503) 760-3899
Rachel Adams Mental Health Specialist	(503)390-9494 X1864 Salem X 1417 Portland	Kay Steele Portland Elder's Rep	(503) 760-4746
Angela Ramirez	(800)922-1399	DeAnn Brown	(800)922-1399