

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

Volume 11

May 2010

Issue 05



Collecting Recipes



We are in the process of collecting recipes from our families and friends. Then, we plan to put them all into a cookbook for our organization. Please send recipes to Susan Jackson, Chairperson at sideaf@yahoo.com or you can mail them to HDSCFLF - Recipe Collection; P. O. Box 664, Missouri City, TX 77459. These recipes can not be duplicated from Websites, please. Susan wants the recipes to be original that have been passed down in families. Ann Wheeler, Amelia Guerra, and Rochelle Simpson are on the committee, too. They need these recipes by August 1st, please. As soon as the book is made, we will let you all know when it's ready. Thanks so much for your help and cooperation to make this possible.

The Amazing Cucumber

This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.

1. Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, B2, B3, B5, B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that provide that quick pick-me-up that can last for hours.
3. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
4. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
5. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
6. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
7. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water as the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
8. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. Also works great on crayons and markers that the kids have used to decorate the walls!!

NEWS

Outdoor Family Picnic

Picnic will be held on Saturday, May 15th from 9:00 am till 3:00 pm at Christina V. Adair Park - Pavilion #2, 15107 Cullen Blvd., Houston, TX 77047. Admission is \$6 for Adult & Senior Citizen, \$3 for Children under 12, and free for Children under 3 years old. Lunch will be served - Hot Dogs or Hamburgers, Beans, Potato salads, chips, and drinks. Bring your own lawn chairs. Please contact Houston Bass Club for the Deaf (HBCD) members for raffles (3 for \$2 or 10 for \$5) since they will not be purchased at the Park. Prizes are 1st - 19" HDTV; 2nd - \$100 cash; 3rd - \$75 cash; 4th - \$50 cash, and 5th - \$25 cash. Drawing will be held at 2:00 PM. For more information, please contact Bubba Lorenz at VP#832-532-3627 or email at wlorenz28@gmail.com. Proceeds will support the 2011 NBAD & HBCD.

DeafNation World Expo

The 2010 DeafNation World Expo will be held at the Sands Expo Center, the perfect place to truly bring the Deaf together under one roof. It will take place at Sand Expo's 200,000 sq. feet exhibit hall, where exhibitions, workshops, entertainment, sporting activities, activities for the children and so on will come together to provide four full days' worth of many hours of presentations, education and socializing for the attendees. The best thing about the World Expo, aside from the socializing and cultural/language opportunities, will be the free admission to all events. This will begin July 18-23, 2010 from 9 AM till 5PM at 201 Sands Ave., Las Vegas, NV 89109. Please register on-line at www.deafnation.com and make a copy of the form to gain entrance to the Expo.

Deaf Day at Six Flags

Will be held on Saturday, August 7, 2010 from 10:00 a.m. to 10:00 p.m. at Arlington, TX (Between Dallas and Ft. Worth). Ticket prices and other information will be sent out soon. For more information contact: Allison Randolph at allison.randolph@tccd.edu, 817-515-1343 (voice), or 817-484-6740 VP.

Living with Arthritis

Gayle A. Mueller, AIT, CPT, PWI came to speak with the Senior Citizens on March 24th. His enjoyment is guiding a group of water participants through an exercise program. He encourages exercise to help with the arthritis so that everyone can enjoy life and be able to do more. The benefits are safe and effective aquatic program designs to meet specific needs; encouragement and motivation, proper life goals settings; and Health life coach educating in specific overall wellness. His office is located at 10414 Hammerly Blvd., Houston, TX 77043. Call 713-827-8617 (voice) for an appointment with him to help deal with arthritis in your life or email him at gayleone44070@yahoo.com with questions. He is willing to put you plan your exercise program on a daily basis.

Arthritis is a health condition that causes inflammation in the joints, resulting in pain, swelling, stiffness, and problems with mobility. To determine the precise cause of your symptoms, your doctor will want to conduct a physical exam, a complete medical history, and several different diagnostic tests. Depending on which of your joints are affected by arthritis, and how severe it has become, your treatment plan may involve arthritis medications, exercise, physical therapy, and other alternative arthritis remedies. There are several different types of arthritis conditions: Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, and other types of Arthritis.

(I still have copies of "Section B: What is arthritis?" to pass out. When you come to the meeting, please pick up a copy from the table. Gayle also gave me copies of "Educational Materials" that you can fill in what you want to know about arthritis. You can mail it to him so that he can send the information to you FREE. If you donate \$20 to Arthritis Foundation, they will send you a magazine every 3 months.)

CALENDAR OF EVENTS

May 4, 2010 (Tuesday) = Positive Interaction Program (PIP) will have a presentation on "Burglary of Motor Vehicles." The meeting is held at Woodhaven Baptist Church for the Deaf, 9920 Long Point, Houston, TX at 7:30 PM. Door prizes! Interpreter and captioning are provided. If anyone wants to volunteer to make a dish, bring sandwiches, chips, desserts, tea, or soft drinks for this meeting, please e-mail to Officer James Sobota at james.sobota@cityofhouston.net

May 6-8, 2010 (Thursday thru Saturday) = Lone Star Deaf Bowling, Inc. will host a tournament held at AMF Diamond Lanes, 267 North Forest Blvd., Houston, TX 77090. For those from out of town, please make reservations with Ramada Inn Hotel, 16510 I-45 North & FM 1960 Lane, Houston, TX 77090. Rooms are \$59.95 plus tax. Call 281-821-2570, fax to 281-821-1304, or check the website at www.ramada.com.

May 7, 2010 (Friday) = ASL Social will meet at Rudy's Country Store & BBQ, 20806 I-45, Spring, TX 77373 from 4:00 PM till 9:00 PM. Check www.rudys.com. Let's meet and enjoy chatting with your old & new friends.

May 8, 2010 (Saturday) = Houston Deaf Asian Club will meet at China Bear Buffet, 15000 North Freeway, Houston, TX from 6:00 pm till 10 pm.

May 9, 2010 (Sunday) = HAPPY MOTHER'S DAY to all the Mothers!

May 11, 2010 = Chief's Citywide PIP will present a program from Houston Police Department's "Criminal Intelligence Division." Lt. Gary Scheibe, from the CID division will present this informative presentation. Chief of Police, Charles A. McClelland, Jr. will make a few comments. This is held at 1602 State St., Houston, TX in the auditorium at 7:00 PM. Interpreter and captioning are provided.

May 12, 2010 (Wednesday) = Houston Deaf Senior Citizens will have their business/social meeting at West Gray Adaptive Recreation Center, 1475 West Gray, Houston, TX 77019 at 9:00 am till 1:00 pm. The men will cook the meal for the Ladies in honor of "Mother's Day". Felix Guerra and Robert Stevens are the Chairpersons for this luncheon.

May 14, 2010 (Friday) = Houston Deaf Senior Citizens will take a trip to Goliad, TX to visit Mission of Presidio La Bahia (\$4) and Market House Museum (\$1). Then, we eat lunch at Golden Coral in Victoria, TX. Everyone needs to be at Woodhaven Baptist Deaf Church, 9920 Long Point Rd., Houston, TX by 6:00 AM as the Bus will leave by 6:30 AM. Please contact Gertie Sessions at 281-249-5284 (VP) or Julie Spaulding at 281-249-5276 (VP) for more information.

May 14, 2010 (Friday) = Houston Hand Talk Social will be at Greenspoint Mall in Food Court, 12300 North Freeway, Houston, TX 77060 from 5 PM till 9 PM. This is a fun way to meet people that are learning ASL. Let's meet and enjoy chatting with old and new friends.

May 15, 2010 (Saturday) = National Bass Association for the Deaf and Houston Bass Club for the Deaf will host an outdoor Family Picnic from 9:00 am till 3:00 pm at Christina V. Adair Park, Pavilion #2, 15107 Cullen Blvd., Houston, TX 77047. Please contact Bubba Lorenz at 832-532-3627 VP or email him at wlorenz28@gmail.com for more information. Please bring exact money in an envelope or buy the tickets ahead of time. Admission is \$6 for Adult and Senior Citizens; \$3 for child under 12; and free to a child under 3 years old. Raffles will be drawn at 2:00 pm. Proceeds are to support 2011 NBAD & HBCD.

May 15, 2010 (Saturday) = Pasadena Strawberry Festival is held at 7603 Red Bluff Road, Pasadena, TX 77507-1036 from 10:00 am till dark. Check out website at www.strawberryfest.org for more information.

May 20, 2010 (Thursday) = Houston Deaf Senior Citizens will have a fellowship and potluck at Woodhaven Baptist Deaf Church, 9920 Long Point Rd. from 9 am till 1 pm. If you wish to bring a covered dish, contact Evelyn Autry at 713-984-8186 TTY or Jenice Wells 281-442-8015 TTY or 281-249-5251 VP and let them know what you plan to bring. If you do not bring food, please bring \$5 to help cover the cost of food.

May 21, 2010 (Friday) = ASL Social will meet at Pappas Bar-B-Q, 9797 Westheimer, Houston, TX 77042 from 4:00 till 9:00 PM. Check website at www.pappas.com. Let's meet and enjoy chatting with your old & new friends.

May 26, 2010 (Wednesday) = Houston Deaf Senior Citizens will have their business/social meeting at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019 from 9:00 am till 1:00 pm. We will have a Speaker explain how to understand the investment world. Please bring your friends to hear this Speaker.

May 31, 2010 (Monday) = Have a Happy and Safe Memorial Day!

May 31, 2010 (Monday) = Joe's Banquet Center, 1300 East Hwy. 6, Alvin, TX 77511 will provide free meal for Seniors from 6 AM till 10 AM. It is free on the last Monday of each month. However, you have to pay for your drinks.

+++++

DONATIONS & NEWSLETTER DUES

Donations to Houston Deaf Senior Citizens Love Fund and Newsletter:

Audrey Leger and Pernella Smith: Thank you for your thoughtful donation to Love Fund in memory of Raymond Edgley.

Thanks to those who donated to Love Fund: Margie L Bridges, William Hebert, Menefee Holdren, and Rubin & Faye Sims.

And thanks to Margie Graham and Nancy Morris for donating the chicken for our Spring Fling's luncheon on April 14th. And to Ann Wheeler for her wonderful Easter stuff and crafts.

Anyone who wishes to donate money to **Houston Deaf Senior Citizens Love Fund, Inc. (a 501(c)(3) non-profit corporation)** should please make check or money order payable to **Houston Deaf Senior Citizens Love Fund**. In the memo part of your check, please write down what the amount applies to or you can send a note. Please mail to address on back page. Thanks so much!

RENEWAL SUBSCRIBERS:

Thank you for your renewal: Eula Adams, Evelyn Autry, Margie L Bridges, Derrell Brumley, H C & Minnie Collins, Ann Edgley, Max & Dorothy Floyd, Janet Hamilton, Thelma Jo Hays, William Hebert, M/M Gordon L Hegwood, Doris Hightower, Menefee Holdren, Thomas & Billie Holloway, Mildred LeBlanc, Jake M Ledbetter Jr, Christine McKinnon, Billie Moehle, Ernest H Morgeson, Esther L Morris, Jim & Martha Quinn, Tony & Sue Ramirez, Juan & Wenyll Rodriguez, Gertrude Sessions, Cathy & Fred Simerka, Rubin & Faye Sims, Kennedy Slavin, Robert Small, Robert Smith, Mary Jo Stevens, Lucille F Suire, Bonnie Tippet, and Jose Ybarra.

James & Lavern Fair, thank you for your general gift for Max & Dorothy Floyd.

NEW SUBSCRIBER: Welcome to our new subscribers - Charles Cooney, a gift from Michael McKenzie, Paula Szablowski, Sarah A Turner, and Elma Usrey, a gift from Eugene Alaniz.

Michael and Eugene, thank you for your generous gift.



NEWS

BRAIN DAMAGING HABITS

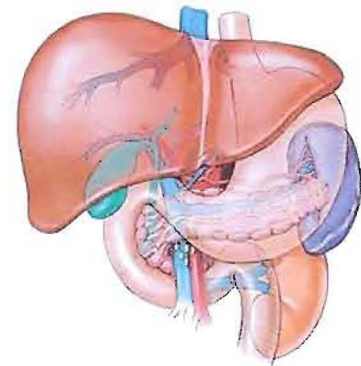
Submitted by Judy Lorenz



1. No Breakfast - People who do not eat breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.
2. Overeating - It causes hardening of the brain arteries, leading to a decrease in mental power.
3. Smoking - It causes multiple brain shrinkage and may lead to Alzheimer disease.
4. High Sugar consumption - Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.
5. Air Pollution - The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.
6. Sleep Deprivation - Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.
7. Head covered while sleeping - Sleeping with the head covered increases the concentration of carbon dioxide and decrease concentration of oxygen that may lead to brain damaging effects.
8. Working your brain during illness - Working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.
9. Lacking in stimulating thoughts - Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.
10. Talking Rarely - Intellectual conversations will promote the efficiency of the brain

The main causes of liver damage are:

1. Sleeping too late and waking up too late are main cause.
2. Not urinating in the morning.
3. Too much eating.
4. Skipping breakfast.
5. Consuming too much medication.
6. Consuming too much preservatives, additives, food coloring, and artificial sweetener.
7. Consuming unhealthy cooking oil.
8. Consuming raw (overly done) foods also add to the burden of liver.
9. Too much drinking of alcohol.



The top five cancer-causing foods are:

1. Hot Dogs - Because they are high in nitrates, the Cancer Prevention Coalition advises that children eat no more than 12 hot dogs a month. If you can't live without hot dogs, buy those made without sodium nitrate.
2. Processed meats and Bacon - Also high in the same sodium nitrates found in hot dogs, bacon, and other processed meats raise the risk of heart disease. The saturated fat in bacon also contributes to cancer.
3. Doughnuts - Doughnuts are cancer-causing double trouble. First, they are made with white flour, sugar, and hydrogenated oils; then, fried at high temperatures. Doughnuts, says Adams, may be the worst food you can possibly eat to raise your risk of cancer.
4. French fries - Like doughnuts, French fries are made with hydrogenated oils and then, fried at high temperatures. They also contain cancer-causing acryl amides which occur during the frying process. They should be called cancer fries, not French fries, said Adams.
5. Chips, crackers, and cookies - All are usually made with white flour and sugar. Even the ones whose labels claim to be free of trans-fats generally contain small amounts of trans-fats.



63rd Wedding Anniversary

Submitted by Audrey Leger

On March 1st, Glynn & Alma (Aydelotte) Whittemore were given a surprise 63rd Wedding Anniversary Party at Legend Oaks HealthCare & Rehab Center in northwest Houston. They had cake and punch provided by their children, and received nice congratulation cards from family and friends. Their good friends: Early McVey, Lennie Morton, Roger Spivey, Patsy Walker, and Tommy & Jenice Wells joined with the family to celebrate. The Whittemores were happy to see their old friends, and enjoyed the party. They both look good.

Alma, originally from New Mexico, moved to TX where she later met Glynn, the valedictorian of TSD 1945. They were married March 1, 1947. They have one daughter Jo Baker, of Austin and two sons-Greg, of CA, and Lee, of Houston, TX.

NOTE: The Whittemores are in Austin now at a new nursing home. If any of you would like to visit or send them a card or letter, here's the address: Glynn & Alma Whittemore, c/o Riverside Healthcare & Rehab Center, 6801 East Riverside, Austin, TX 78741.

Zip-lock water bags

Submitted by Bubba Lorenz

We went with friends to Sweetie Pies on Sunday for breakfast and sat in the patio section beside the house. We happened to notice zip lock baggies pinned to a post and a wall. The bags were half filled with water, each contained 4 pennies, and they were zipped shut. Naturally, we were curious! Ms. Sweetie told us that these baggies kept the flies away! So naturally, we were even more curious! We actually watched some flies come in the open window, stand around on the window sill, and then fly out again. And there were no flies in the eating area! I checked this out on Google. Below are comments on this fly control.

Ann Says: I tried the zip-lock bag and pennies this weekend. I have a horse trailer. The flies were bad while I was camping. I put the baggie with pennies above the door of the LQ. NOT ONE FLY came in the trailer. The horse trailer part had many. Not sure why it works but it does!

Danielle Martin says: In my case, it was a particular window in my home. It had a slight passage way for insects. Every since I have done that, it has kept flies and wasps away. Some say that wasps and flies mistake the bag for some other insect nest and are threatened.

Maggie Says: I have them on porch and basement. We saw these in Northeast Mo. at an Amish grocery store & have used them since. They say it works because a fly sees a reflection & won't come around.

DJ Says: Regarding the science behind zip log bags of water? My research found that the millions of molecules of water presents its own prism effect and given that flies have a lot of eyes, to them it's like a zillion disco balls reflecting light, colors and movement in a dizzying manner. When you figure that flies are prey for many other bugs, animals, birds, etc., they simply won't take the risk of being around that much perceived action. I moved to a rural area and thought these "hillbillies" were just yanking my city boy chain, but I tried it and it worked immediately! We went from hundreds of flies to seeing the occasional one.

IMPORTANT PLEASE READ

Submitted by Audrey Leger

Several things to be aware of this year as gangs and robbers are now plotting different ways to get a person to "stop" their vehicle. Please note: There is a gang initiation reported by the local police department that gangs are placing a car seat by the road with a fake baby in it waiting for a woman, of course, to stop and check on the baby. Note that the location of this car seat will usually be beside a wooded or grassy area and the person (woman) will be dragged into the woods - beaten and raped- usually left for dead.

DO NOT STOP. DIAL 9-1-1 AND INFORM THEM.



REST IN PEACE

OBITUARY



Richard Landers, 64, former South Belt resident, died Monday, March 15, 2010 at his residence in Alvin, TX. Landers is survived by his foster brother, Earl Windsor and wife, Winnie, 5 nephews, and one niece. Also surviving is his caretaker and friend, Annie Estes. Richard was a long time Senior Citizen before he got ill.

John E.D. Ball, 77, founding president of the National Captioning Institute and two-time national Emmy Award winner for his television engineering work, died March 25, 2010 at the Fairfax Nursing Center of complications from a stroke suffered in November at his home in Vienna. Mr. Ball was a native of Glasgow, Scotland who came to the United States mid-career in the 1960s after graduating from Glasgow's Royal College of Science and Technology. In 1971, he joined the Public Broadcasting Service and helped implement the first domestic satellite distribution system. That project, completed in 1978, won Mr. Ball his first Emmy award for engineering. His second came two years later for his efforts to develop closed captioning for television programs. About the same time, he became president of the brand-new National Captioning Institute, a nonprofit entity that worked to expand the availability of closed captioning. At the urging of NCI and others, Congress passed a law in 1990 that required new televisions with screens larger than 13 inches to be equipped with closed-captioning technology. He served two years in the Royal Air Force as a radio signaler and 13 years with the BBC. He was a member of the Cosmos Club and Vienna Presbyterian Church. Survivors include his wife, the former Elizabeth Rodger of Vienna; three sons, Norman Ball of Leesburg, Adrian Ball of Arlington County and Evan Ball of Vienna; and a grandson.



Gerardo Canales Loustaunau was born May 22, 1967 and went to be with the Lord on March 30, 2010. He was a graduate of Robert E. Lee High School and worked for Wal-Mart for the past 6 years. He is survived by his wife, Laura Dominquez; daughter, Stephanie of Houston, TX; son, Benjamin Nguyen; Father Ernesto Loustanau; Mother Bertha Canales and 3 sisters; brother; and nieces and nephews. There was a celebration of his life on Saturday, April 10, 2010 at Saint Dominic Center Warren Chapel, 2401 Holcombe, Houston, TX beginning at 11:30 AM.

Raymond Max Edgley was born in Port Arthur, TX on August 6, 1935 to Barrington Williams and Jan (Bienvenu) Edgley. He is preceded in death by his father, mother, and older brother. He is survived by his wife, Ann; step children, Paul Walker of Missouri City and Beverly Marsh of AR; his brother, Darrell Edgily & wife, Barb; and 6 grandchildren. Ray attended the Texas School for the Deaf until he was 15 years old when he quit to support his mother. He worked for the Houston Post Newspaper for 35 years until it closed. He had 2 jobs as Carpenter till 1985 and Union Printer for many years. Ray met his loving wife, Ann, a young widow with 2 young children. They married on December 24, 1977. He loved to travel, fish (Member of Houston Deaf Bass Club), work in the garden, and loved his dogs. Since contacting Parkinson's Disease 6 years ago, he spent the last 4 years in a nursing home. He passed away on April 8, 2010.

BUSINESS CONVENTION & EXPO OF THE DEAF

May 27 - 30, 2010

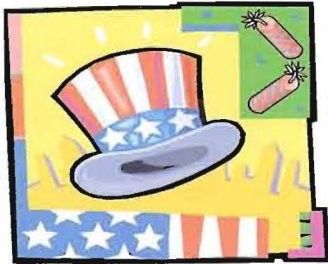
Go to <http://wpress.deafbiz.org/introduction/welcome> to read the welcome message from Vladimir Kotenev, BCED Chairman and to register. The BCED Expo is free. However, if you want to attend the Keynotes and Seminars plus meals, there is a fee. There are several different fees. Their primary goal is to get everyone thinking and working together so that they can chart a course for better future in small business and entrepreneurship. Therefore, we must harness our collective skills and knowledge to build a better future for the deaf people by creating our own businesses and solutions.

EDITOR'S MESSAGE

Who wants to be EDITOR of this wonderful Newsletter??? Please contact me!!!

If you get a chance to come to our 4th Wednesday's meetings, it would be great. President Don Hahn has lined up speakers for the rest of the year except for November and December. Please come to learn more from the different topics that will be discussed. Thanks!

If you have any information, jokes, recipes, event, pictures, sports, or news that you want me to publish, please send them to me by the 15th of each month. My E-mail address is nmorris726@gmail.com or you can mail to me at 15335 Falmouth Ave., Houston, TX 77084-1412.



Please note that Editor may, at her discretion, edit articles or news items for brevity and to correct errors. When sending large pictures to me, please make sure you use a larger envelope.

Have a SAFE AND HAPPY MEMORIAL DAY weekend!

Nancy Morris, Editor

This is funded by DARS-DHHS

For News & Other Information:

**Nancy Morris, Editor
15335 Falmouth Ave
Houston, TX 77084
VP/V: 281-815-4033**

**Email: nmorris726@gmail.com
Email: hdsnews@yahoo.com**

For Address/Renewal Due:

**Houston Deaf Senior Citizens Love Fund
C/o Audrey Leger
P O Box 664
Missouri City, TX 77459**

**VP: 281-249-5355
DVP: 866-552-1651
Email: hdsnews@yahoo.com**

For hearing people: You may call them directly using those VP/V numbers and you will be connected to an Interpreter.

Please enter my subscription: (\$10.00 a year) () New Subscriber () Renewal Subscriber

ATTENTION: No Cash Enclose: \$ _____ () check () year(s) () money order () year(s)

Please make payable to: Houston Deaf Senior Citizens Love Fund Donation: _____

**Mail to: Houston Deaf Senior Citizens Love Fund
C/o Audrey Leger
P O Box 664
Missouri City, TX 77459**

**VP, TTY or FAX #: _____
(Please circle one)**

EMAIL: _____

MOVING ?

(Print Please)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

(Print Please)

NEW ADDRESS:

ADDRESS _____

CITY _____

STATE _____ ZIP _____