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Christian Family Movement

CFM Global Banquets a Highlight of This Year's Program

See stories, page 6



Third World , clockwise from left: Dave Schmidt, Traci Catrenich, Dave Catrenich, Ashley Watson, Chris Hatfield, Rob Williams, Jack Williams; Susie Williams, Barry Pitsch, Tami and Chris Catrenich, Alex Quirk. Kim Fix-Schmidt.



*First World (bottom), clockwise from left:
Steve Quirk, Steve Watson, Ann Citarella, Cheri Quirk.
Photos courtesy of Doug and Jenny Elbert, St. Pius, Urbandale, Iowa*

IN THIS ISSUE

Presidents' Perspective 2

Parent to Parent 3

From the Chaplain 5

Taking the Time 8

Your Marriage 9

SPOTLIGHT 10



Presidents' Perspective

by Peter and Jane Buchbauer

Family Summers

As a little girl, I can remember spending summers in a few ways. Some summers we would leave the city immediately upon getting out of school in June to go to Puerto Rico to visit my maternal grandparents right up until the week before Labor Day. Dad would stay home to work and join us for the last two weeks of August. Most of my mother's nine brothers and sisters, with all their families, still lived in Puerto Rico; so we spent most of our time visiting with aunts, uncles and cousins we barely knew but who were in abundance wherever we turned. For three little girls from New York, who spoke adequate but certainly not native Spanish, it was a challenge to keep up with them all. There I enjoyed my grandmother's wonderful native dishes, learned to dance to the Latin music that is our heritage, and spent numerous evenings in family celebrations of our visit. There were always *Fiestas Patronales*—patron saint's festivals—to attend in some local town and always lots of willing adults to take us to them. It was extended-family time.

Other summers we would spend two weeks with friends and their family in rustic cabins on a private lake in the Adirondacks of New York. I was never much of a nature lover myself, so these vacations meant long, lazy hours on a rocking chair in the porch of our lakefront cabin reading from dawn to dusk watching my younger sisters and their friends splash and

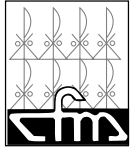
play in the lake. Dad would take us, in turns, fishing for hours on end—whiling away the hours in a small, outboard motor boat, talking about things we never had the time to talk about at home. Rustic meant no indoor plumbing, no phone, no television but a lot of time to spend with each other. Some of my dad's best cooking was done over a fire on the lakeshore as we prepared the day's catch. There were stars to count and crickets to sing us to sleep that our city nights lacked. The rare events of rain, gave dad the opportunity to teach us card games and dominoes that were the favorite pastimes of his family. It was truly peaceful.

Then there were the intermittent summers when a year of New York City day in and day out gave dad—and all of us—a desire to see something just plain different. Those years, we'd jump in the car at the beginning of dad's two week vacation and head in some adventurous direction—Connecticut to visit friends, Pennsylvania to see how the Amish lived, Niagara Falls to enjoy the grandeur of that natural wonder—wherever our wanderlust and the family budget could afford. My sisters and I each got turns deciding on what sights or amusements we would get to visit at our destinations within the parameters set out by mom and dad. We didn't get to go very far but just the time spent planning and seeing new things made for fond family memories.

Peter and I have continued this tradition of making summer a time to create fond family memories. We have traveled far and wide with our brood and would continue to do it if other plans wouldn't start getting in our way. Nonetheless, we are infinitely grateful for the wonderful family summers we have had—time to just play and enjoy life together outside of the routine. There have been rumblings in our community about the possibility of year-round school and I just thank God that it hasn't happened in my tenure as a mom of school-aged children. All the education and drilling of academic subjects in the world couldn't provide me with a worthwhile substitute for the fun of family summers. My children's educations have been richly enhanced by the time spent in family adventures during the months of the year that are frankly too hot and oppressive for being stuck in the classroom.

Be that as it may, this is not meant to be a discourse on the merits of year-round school. Ecclesiastes tells us that for everything there is a season. God has given us a wonderful gift in those seasons. As the keepers of the sanctuary flame of the domestic church, let us make the celebration of those seasons as memorable and significant as we can. Let us provide our children with an experience of the holiness of time together this summer wherever we may be.

Peter and Jane Buchbauer, CFM Presidents, live in Winchester Virginia. Their children are Joseph, Peter, Michael and Maria.



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CFM's Mission

- ◆ to promote Christ-centered marriage and family life;
- ◆ to help individuals and their families to live the Christian faith in everyday life; and
- ◆ to improve society through actions of love, service, education and example.

Parent to Parent

by *Mary Lou Gorman*



Watch What You Say

It's true that your children are listening when you don't think they are. Many a lifelong prejudice got its start when a child overheard a derogatory comment. Sometimes in jest we might make a racial slur or say things we really don't mean about the disabled or an ethnic group or even a relative, neighbor, or friend. We may be sorry later that we said it, but our children pick up on things like this.

My mother always used to say, "If you can't say something good about someone, don't say anything at all." That is extremely good advice, and should not only be repeated often to our children; it should be practiced by us adults. Feelings can be hurt so easily and prejudices picked up in a minute when the wrong words are spoken. It is better to use compliments as often as we can and let our children pick up on those. Teach them to

praise their brothers and sisters and emphasize how good it feels when they get a compliment. Moms and Dads should do this too for one another. Children need to hear our good points and in turn it will make them more aware of other people's gifts.

Deep prejudices are usually formed when children are young, and they are difficult to turn around. Pray that you can hold your tongue when you are moved to make an insulting comment. We all are anger-prone and we need to be reminded to watch what we say, especially in front of our children.

Remember: "If you can't say something nice about someone, don't say anything at all."

Mary Lou and Phil Gorman have four daughters and fourteen grandchildren. They have been members of CFM since 1953.



CFM of *Auburn Calif.*, enjoyed a group outing, coordinated by *Pat and Anne Noder*, with the retired *Sisters of Mercy*. The day included Mass and lunch, and the opportunity to meet wonderful women who have dedicated their lives to "Build a Better World." Thanks to *Robin and Steve Matthews* for the photo.

Families Challenging Materialism

1. Use public facilities

Instead of always buying new books, use the public library where children learn to care for resources not because they own them, but because others need them too. Public parks and playgrounds provide many enriching opportunities that backyard play equipment can't.

2. Critique advertising

Watching TV with our children, looking through magazines together, commenting on billboard provide opportunities to help young people become more critical thinkers and less susceptible to advertising.

3. Enjoy the outdoors

Young people who grow up learning the delights of natural beauty are less interested in having lots of stuff in order to be happy. From walks in the park to hiking in mountains, from sleep-outs in the backyard to camping or canoeing, from local botanical gardens and arboretums to state and national parks, the beauty of creation satisfies and delight far more than computer games and video arcades.

4. Personalize celebrations

Personal "presence" can be more satisfying than purchased presents when we celebrate birthdays, holidays, and other special occasions. Surprise parties, albums with special photos and personal statements, homemade gifts, going special places with the person being celebrated, etc. are all wonderful alternatives to consumer-oriented rituals.

5. Open our homes and hearts to others

Hospitality at home can include welcoming new neighbors, inviting school friends who are having a rough time at home, reaching out to relatives or neighbors living alone, offering a place to stay for teens needing temporary shelter or respite, and including international students who can't go home for the holidays. Regular visits to local shelters, soup kitchens, food pantries, and nursing homes offer opportunities to meet and develop relationship with people who are hurting. This might provide the motivation to make sacrifices in one's life-style in order to help others who have less.

6. Spare and share

Set up a regular process for cutting back on desserts, soda and liquor, costly entertainments, or new clothes. Calculate the savings and decide as a family how to distribute them. Collect appeals for money that you receive through the mail or on the phone, or at the front door and have the whole family consider which to respond to.

7. Institute an "exchange system"

Consider an "exchange system" whereby for each new item brought into the home, a similar item is given away to someone in need.

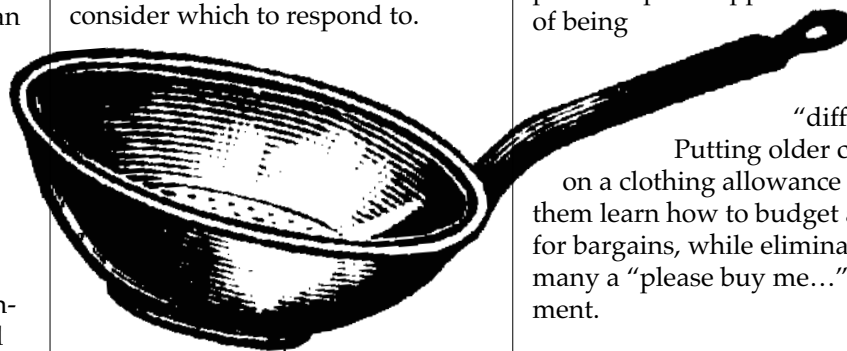
This works especially well with articles of clothes but can also apply to books, games, toys, dishware, appliances and furniture.

8. Shop with a conscience

Buying from local producers (e.g., open air or farmer's markets) eating at neighborhood restaurants, shopping at local stores, buying the handicrafts of "Third World" artisans for gifts, participating in boycotts of companies that exploit their workers and/or the environment all demonstrate and teach a sense of social responsibility. For a regular update on consumer boycotts, see www.boycotts.org (the website for Co-op America).

9. Provide clothing allowances and shop at thrift stores

Using thrift stores for some clothes when the children are young opens up a whole new world for them beyond the shopping mall. Inviting their friends to go along on a thrift store outing provides peer support for this way of being



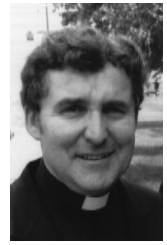
"different."

Putting older children on a clothing allowance helps them learn how to budget and shop for bargains, while eliminating many a "please buy me..." argument.

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From the National Chaplain

by Father Don Conroy



Summer Reading: New book on Catholic Social Teaching

CFM leaders know that summer is the time to recharge your “leadership batteries” and build leadership skills for the coming year. To be on top of things these days requires more than listening to the latest homily or keeping up on breaking news. Good leadership requires developing your understanding of history and theology. This knowledge forms a leader’s capacity to handle the CFM agenda with depth.

Modern Catholic Social Teaching published this past winter by Paulist Press is an example of excellent summertime reading material. This well-written volume is by a good friend of CFM, **Dr. Joe Holland**, who teaches at Saint Thomas University in Miami. Joe has written a fascinating tour-de-force of Catholic social teaching from the early industrial era to the beginning of the post-modern era.

This thoughtfully written volume gives CFM leadership the kind of understanding that is vital for doing social inquiry using the Observe-Judge-Act in greater depth. We learn by doing, but we need depth. Cardinal Cardijn’s insight, the O-J-A process of Catholic action, came from this rich papal tradition and influenced it too.

Dr. Holland shows the interplay between Catholic social teaching and social change in the modern industrial period. He deftly explains forces within the modern

era that take place in the world and in the Church. Whether your inquiry is on work and economic justice or marriage and family life this book sheds light on the dialogue and the action-choices to be made.

In its enlightening introduction and first two chapters the stage is set for a fascinating sweep through modern social history. The core of the book focuses on papal teaching in the social encyclicals from Pope Leo XIII to Pius XII. Here the great Leonine Strategy, of which we are all beneficiaries in America and globally, is unfolded with consummate scholarship.

The grand strategy for renewal of Church and the modern world begun by Leo XIII’s encyclical *Rerum Novarum* gave us the Catholic educational and hospital systems and the ability to articulate gospel values to uphold labor union rights, defend private property and champion Catholic family values.

The value of this writing is not just historic. The concluding chapter applies the legacy of modern Catholic social teaching to the post-modern challenges we are now facing. Here Dr. Holland writes 35 pages of inspiring insights into how we can build on and expand this tradition as we face crises within civilization and even in the bio-systems of the planet.

In this final chapter we are

given a framework to think creatively about the present and the future in light of Christian gospel values and global civilization. In particular, the themes of modernity, conflict (war and peace), family and the role of the laity are mentioned. Contradictions and tensions within the tradition between ecclesial authoritarian tendencies and democratic social values are touched on astutely.

Showing the evolving nature of human culture, the author offers four strategies which today are contending to shape post-modern 21st century cultural reality. He ends with a presentation of emerging lines of a new cosmological vision. This worldview is intended to deal with the new themes of post-modernity including the present culture of death with its anti-life values, neo-colonialist oppression and liberation, ecological devastation and planetary sustainability, and the problem of sexism.

For your summer reading I could not recommend a better non-fiction book, but I hope you have a chance to read a good novel and some poetry. Summer is a time to renew our lives and prepare for a new, challenging CFM season this autumn.

Father Conroy is president of the National Institute for the Family in Washington, DC.

Flags to identify, flags to divide, and a decision to share

by *Brian and Kathryn Wotta*
St. Margaret of Scotland, St. Clair Shores, Mich.

For our group, the Global Banquet was a powerful experience. It opened eyes to an important problem

One of our members, Jim Winowiecki, is a caterer. He and his wife, Maureen, chose to put on this banquet for our group by themselves and, boy, was it wonderful!

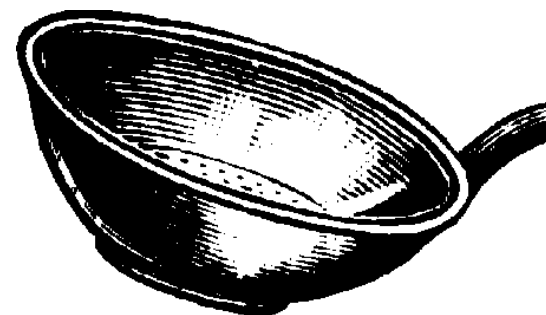
When participants arrived they picked a flag from a basket to designate where in the "world" they be sitting. The small country flags also had a fact on them pertaining to the country, such as the average age of mortality in that country or percentage of literate people.

The room was set up in three sections separated by a string of flags. Each chair had a larger picture of a country's flag matching the ones we picked. 10 per cent of the group was in the first-world countries, 20 per cent was in the second-world area and the remaining 70 per cent were in the third-world area. Tables of the third world were given three small bowls half full of rice to share, a pitcher of "dirty" water, and fewer chairs than people. The second-world had plain tables, five chairs per table, a pitcher of clean water, paper plates and a covered plate with a piece of fish and a few potatoes for the table to share. The first world table had fancy linen, a centerpiece and candle, beautiful place settings and an entire banquet feast!

After an explanation about the differences in the three types of countries, the children participated by sharing the facts from the small flags they had gotten when they came in. A missionary talked to the group about her experiences in various countries. The talk was very interesting and moving. The children, from toddlers to teen, were attentive! The missionary showed photos from countries that she had worked in to help the group understand how difficult life is elsewhere. It was very touching to find out that the photos that we had been viewing of very poor countries showing desolate living conditions were from the second world countries. The missionary had felt uncomfortable in taking pictures in third world countries she had worked in because of the extreme conditions.

Participants discussed how our world has enough food for everyone but most of it stays in the rich countries. The "first world" people shared their feelings about their abundance and what they thought they could do to help the "third-world" people. The group quickly came back with the answer, "Share!"

We took down the dividing strings and everyone shared the feast Jim had prepared. It was a great learning experience for all ages, a fun afternoon with our friends, and, for our children, an experience of CFM helping to "Build a Better World."



Groups across the country have reported that one of the lessons in this year's program book has been particularly moving. In Winchester, Va., Urbandale, Ia., Omaha, Neb., Redondo Beach, Calif., and St. Clair Shores, Mich., groups gathered to share an experience of the problems of food distribution around the globe.

Participating groups were encouraged to donate to agencies which work to relieve world hunger or patronize merchants who market goods by third world artisans.

The meeting was drawn from resources prepared by Catholic Relief Services and was supplemented by government statistics on global poverty. See Chapter 7, Building a Better World.



Banquet Meeting: Experience for All Ages

Children deeply moved by message

by Donna Richard-Langer
St. Pius, Urbandale, Iowa

The CFM Global Banquet was held on Sunday, February 22, 2004 in the large meeting room at St. Pius School. Ten families were present. The scene was set with three distinctly different tables. One had nice tableware, glassware and silverware, napkins and the works. One was equipped with paper plates and paper cups and plastic forks. And the last one had nothing but a napkin.

Who would sit where? We drew one of three possible flags, the U.S. flag, (a wealthy country) the Croatian flag (a developing country) and an Asian country (an impoverished country).

Six people sat at the US table and received all the food they could eat: chicken, broccoli, rice and drinks. Ten people drew the Croatian flag and were allowed to take one serving of chicken and one serving of a vegetable with a paper cup of water. Eighteen people sat at the impoverished country with their napkin and a pot of rice to be scooped out with their hands. No plates, no forks, and one pitcher of water for everyone to share.

"The kids' reactions were the most interesting" noted **Barry Pitsch**. "They learned from it."

Nine-year-old **Rachel** had tears in her eyes as she felt unworthy to be at a table where people were eating meat and vegetables, while the rest of her family, in the impoverished country had nothing to eat

but a pan of rice. Her seven-year-old sister had a hard time getting over the fact that she only had rice. Eleven-year-old **Anthony** sitting at the impoverished table, commented, "I can't believe that some people actually eat just this." Nine-year-old **Rob** was distraught as he crossed his arms and pouted. Eight-year-old **Alex** said "it was a cool experience. We got to pretend we were in a different country. It is interesting to know how other people live."

Jack Williams commented that the message was loud and clear that the smallest percentage of people got the most! And there was no rhyme or reason how people made it to one of the three tables. Everyone realized that they are inherently no better than anyone else, so why do some people get all the food they want while others have nearly nothing? It appeared to Jack that

those six people at the U.S. table were embarrassed to be there. They had the least to say during the discussion afterward.

Kim Fix-Schmidt thought the evening was remarkable. "It was one of the most important things we have ever done in CFM. This led us in the right direction right before Lent!" Kim's family followed up this Global Banquet by filling up the Rice Bowl during Lent, and saying the prayer they learned every night. "The Rice Bowl took on a new meaning for our family this year," commented Kim.

Reta Hatfield added "the visual message was incredible."

CFM leaders **Doug and Jenny Elbert** did a wonderful job in planning this event and the CFM members thank them for this great learning experience.



Second World, clockwise from left: Rachel Schmidt, Spencer Elbert, Tom O'Donnell, Cody Elbert; Cheryl O'Donnell, Jake Quirk, Rich Citarella.



Taking the Time to Make a Difference

by Paul R. Leingang

Eternity and Practicality

My father was born in the nineteenth century. My granddaughter was born in the twenty-first century. Those facts came to mind as I read about an organization in Chicago called Seven Generations Ahead.

Now I have a feel for what it must have been like, to hear Jesus say we should forgive someone 70 times seven times. These are terms that mean “beyond measure.”

According to what I have read, the Great Law of the Iroquois included this principle: “In every deliberation we must consider the impact on the seventh generation.”

The League of the Iroquois included five indigenous nations in what is now upper New York State 400 years ago.

I first read about the group that took the principle as its name in a Catholic News Service article. My first reaction was personal.

My great-grandfather, Valentin Leingang, was born in 1791. Valentin married Maria Magdalena Walther and they emigrated from their home in the Rheinland to what is now midwestern America.

They could never have imagined what life would be like in the generations to come—yet their decisions had an impact on all of their descendants—even to our most recent addition, my granddaughter, born in 2003.



The organization, Seven Generations Ahead, seeks “to build communities that care for the environment, meet the basic human needs of all, and provide safe and healthy lives for our children and future generations.”

It’s hard to think about “the future”—unless we make it personal.

Gary Cuneen is the executive director of Seven Generations Ahead, according to the Catholic News Service story. His oldest son, Nicholas, was about four years old when Cuneen started thinking seriously about the future. Not so much about the boy’s education, or how he was going to pay for it, or what his career would be. Instead he thought more about the air his son would breathe, the water he would drink and the food he would eat.

He wondered if his son would someday ask him, “Did you see any of this environmental mess coming, and what did you do about it?”



“The environment” is another notion that may be just too much to comprehend, at least for me. But “food” is something I can see and feel and care about.

Food, its production, distribution and consumption, also touches on many areas of Catholic social teaching, said Bill Purcell, director of the Chicago Archdiocese’s Office

for Peace and Justice. He too was quoted in the Catholic News Service story. From stewardship of the earth to the dignity of workers to the basic command to feed the hungry, Purcell said, food weaves itself into the spiritual health of individuals and communities.

Here are some of the practical ways to bring concerns about “the environment” and “seven generations ahead” into practicality:

- ◆ A “Meet the Farmer” night, where a local grower will come in and discuss how commercial agriculture affects the soil and water, and how more sustainable methods can actually replenish the soil and leave it more productive for future generations.
- ◆ Congregations can become a hub to distribute produce to people who want to buy a share of a farm’s produce for a growing season. Such a system takes some of the uncertainty out of the equation for farmers, who have a guaranteed market for their produce, and gives families a variety of foods they may never have considered.
- ◆ Parishes also can raise money and buy a share of a farm’s produce for a food pantry or a needy family.

These are ways to support the farmer, help the environment and feed the hungry. What a way to make a difference!

Paul is director of communications for the Diocese of Evansville, Ind.; and editor of the Message, the diocesan newspaper. His weekly column Taking the Time to Make a Difference is syndicated in a number of diocesan newspapers and appears on the CFM website. Paul and Jane Leingang are executive directors of CFM.

Your Marriage: The Great Adventure

by Lauri Przybysz



The classic picture of ho-hum married life is the couple seated in silence at the breakfast table, miles away from each other behind their newspapers. What married couple doesn't experience times of disconnection and distraction, the frustration of running in different directions all week, with hardly an evening to eat dinner together? Having a great marriage isn't only about knowing how to work through problems and communicate effectively. At lot has to do with connecting and sharing: enjoying fun and intimacy together.

Early in our relationships, most of us had lots of time for one another, hanging on each other's every word, moving mountains to get together. We put a high priority on getting to know each other, talking, and having fun. Any couple, no matter how ardent and passionate their courtship and early marriage, can drift away from paying attention to one another. Yet to keep a marriage strong and secure for the long term, couples need to nurture their friendship and commitment. This begins by practicing being present to one another in intentional ways.

A new book from the authors from the PREP communications workshops could be just what busy couples need to speed quality time together, working on their future. *12 Hours to a Great Marriage: A Step-by-Step Guide for Making Love Last*, by Howard J. Markham and others (Jossey-Bass, 2004, www.josseybass.com), offers simple strategies to help couples develop and protect their love.

The authors say right up front that it will take more than twelve hours to keep a marriage vibrant. In fact, it will take a lifetime of work. They have organized the program so that you don't have to find 12 hours all at once. You can work on it one hour at a time, focusing on four keys to success: handling conflict, making positive connections, forgiving, and making a long-term commitment.

Individual and couple exercises, thought-provoking self-tests, and real-life couples' stories make the most of the time invested.

The "hours" explore 12 topics, including:

- ◆ *Simple Techniques for Talking Safely and Clearly:* Practice taking turns speaking and listening respectfully, starting with non-sensitive topics or trying to solve problems, working up to discussing more difficult issues.
- ◆ *Dating Your Mate:* "Once you're ready for the good times to roll, make sure you make those times as distraction free as possible. For instance, if you usually wear a beeper, arrange to leave it behind on your dates. Turn off your cell phone...turn on the answering machine...Try to make your time together truly a time for just the two of you."

Paying Attention

◆ *Enhancing Your Love Life:* Paying attention to the sensual, the enjoyment we receive through our senses — touching, seeing, smelling, tasting, and hearing — that may or may not lead to our having sex, can bring you close. Both sensual and sexual acts can diminish over the course of a relationship, and couples need to make time for both. "Don't rush your intimate moments. Give yourself plenty of time to relax into having sex, and plenty of time to make each other happy in ways you enjoy."

◆ *Getting More Help When There are Serious Problems:* The authors strongly recommend that couples seek assistance from local professionals when serious problems exist (such as serious illness of a child or adult, substance abuse or other compulsive behaviors, mental health problems).

Taking the time to pay attention to one another will keep our marriages strong and interesting. "Pay yourself first" is good advice in family finances and in your marriage, too.

Lauri and John Przybysz live in Severna Park, Md., and are the parents of six children. Lauri is coordinator of marriage and family enrichment for the Archdiocese of Baltimore.

SPOTLIGHT

"All I really want is to be happy," my friend said to me. At age 32 he had earned a Ph.D., got a good job, and bought a house. Now he just wanted to find someone who could tell him how to be happy.

Don't we all? Just tell us how to be happy.

"Do something for someone else." CFM families know that when we think about others and their needs, we forget about our own troubles. When we try to help someone else, we suddenly discover that we are happy too.

CFM families join with other families in our Action

Groups to put love into action. We make sandwiches for the homeless, serve meals at the soup kitchen, march for the unborn, and practice hospitality in our neighborhoods.

The Christian Family Movement relies on donations to keep the cost of dues low. Many of our young families struggle with tight budgets. If you feel the Lord moving you this month, please send your tax-deductible contribution to:

Christian Family Movement
PO Box 925
Evansville, IN 47706.

You can also donate online at www.cfm.org. Thank you!

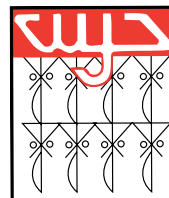
"Undie Sunday," a collection of new underwear for the poor, has been an annual project of the CFM group at St. Benedict parish in **Evansville, Ind.** This year group member **Mark Hackert** rejuvenated the project this year with new flyers and challenged each parish family to participate.

Nearly 1500 pieces of "undies" were donated, a 70 per cent increase over last year. Items included socks, underwear, t-shirts and more for men, boys, women, girls and babies.

Mark says, "This is a great program that is easy to coordinate and a benefit to those in need." Agencies rarely receive underwear. The group plans to contact national and local stores next year to ask them to support the program.

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