



TRINITY TOPICS

The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

Phone: 570.622.8720

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November/December 2017

THANKSGIVING – PREPARATION – LOVE

Dear People of God at Trinity,

As the holidays approach, we become more mindful of giving thanks than other times of the year. However, we must be ever vigilant at all times in our service within the parish and our outreach to the community. We are fruitful vines and all our ministries are the very heart of our mission reaching out and living, loving and sharing in the name of Jesus Christ. November 19 is Stewardship Sunday which is the culmination of the presentations reminding us of the many ways in which we share our time, talent and treasure and the multitude of blessings we are thankful for.

The expectation and preparation during our Advent season makes us aware and watchful for the glad tidings to come. Let us ponder and pray about what we are called to do – we are called to keep up the good work Jesus has asked us to do. What can you do in our parish with the gifts that have been given to you?

We are thankful, we are prepared and now we welcome LOVE. The light of the world comes again and we are awakened to new possibilities – we become a new person in Christ – we are set free through the gift of God's son – we are called into love, by love, to be love.

We are thankful for your ministry, we expect good things to come and continue as we act in love in all facets of our parish life and the community and the world beyond.

Your Vestry

Trinity Church's Mission Statement

“Living, loving, sharing in the name of Jesus Christ”

Vision Statement

“Honoring the past as we build a strong foundation for the future, while sharing our Christian faith through service to the community.”

United Thank Offering

Thank you for your generosity this year. To date, we have collected \$421.64 for outreach. In a world in need, every penny helps. Please continue to count your blessings by using your UTO box in gratitude.

Lay Eucharistic Ministry

We will try to reach all of our homebound parishioners with Christmas Communion before the end of December. We will not have this ministry in January and February because of inclement weather; however, if you would like Communion during that time, please call Kathy Burda and we will do our best to accommodate you.

Vestry Phone Calls

During the winter months (November to February), you will be receiving a call from one of our Vestry members. This call is to keep in touch and give you an opportunity to ask questions or express concerns. We would also ask that you let us know if the church can do anything for you.

Christmas Flower Forms

Please fill out the form for Christmas Flowers with clear printing and submit by December 17 even if the information is the same as last year. We want to be certain that everyone's information is included and accurate for memorials and thanksgivings.

Vestry Nominations

There will be 3 slots available for the new Vestry term which begins in January 2018. If you are interested in being nominated for a 3-year Vestry term, please speak to John Giansello, Kurt Kovalovich, Al Portland or any other Vestry member. The election will be held at the Annual Meeting on January 14, 2018.

Holiday Cookie Exchange & Mini Christmas Bazaar

Sunday, December 10

You are invited to join in the fun. Bring with you your favorite tray of homemade cookies to share. All cookies will be displayed in the lounge. After church everyone gets a bag to select their favorite cookies to take home.

This is for everyone so even if you are not a baker, come and take home some wonderful treats to enjoy.

While you are munching, you can also do some holiday shopping. Sharon Albright will show her quilting items, Pam Foley will have Christmas cards and notecards and Courtney Lewars will enhance your home with Scentsy products. Fun and fellowship, please join us!

Rummage/Soup Sale

THANK YOU to everyone who helped make our fall Rummage/Soup Sale a success. We had a considerable amount of contributions and a large variety of different soups. All this success was due to the generosity of our parish family and we made over \$870.00.

Holy Apostles

Thanksgiving Dinner

Holy Apostles Church in St. Clair will again be hosting the Annual Thanksgiving Dinner on Thanksgiving Day. This a free meal for anyone in the community. Our parish has been very active in this outreach project in the past. Volunteers, who are interested in helping to cook the day before, donate and/or prepare a turkey, carve turkeys, donate a dessert, deliver meals, or help at the dinner please contact Dawn Burns at 570-640-8696 or dgre1burns@verizon.net. If you are interested in receiving a meal either via delivery, pick-up or eating there, please contact Bonnie at 570-429-2272. Watch for flyers in the next few weeks.

The Music Corner

by Cora A. Gamelin-Osenbach

Preparation for the coming of our Savior has begun on Wednesday evenings in the lounge as the choir starts rehearsing for Advent and Christmas. We are thrilled also that the children will be singing the anthem for Stewardship Sunday on November 19th. Thank you to all who have offered such kind words to our choir – we are here to enhance your worship through the beauty of music and text and we are grateful to know that it matters. We will once again have two Christmas Eve services this year and are grateful to Father Tim to be willing to do this. It will be a very busy day since the fourth Sunday of Advent is December 24. The 5 pm Christmas Eve service will be the Family Service with the Children's Pageant and singing. The later service at 7 pm will be the Festal Eucharist with a 20 minute Organ Prelude and choir anthems. What a glorious celebration it will be!

Concert Series

What a great kick off to our series on September 17! Samantha Wood and John Kline, IV performed for a large audience and rave reviews and as always a delicious, welcoming reception followed. There is another musical treat in store on Sunday, November 19 with organist F. Allen Artz, III, who will treat us to his usual superb programming and artistry. Please plan to join us. Allen is a great friend to our parish and we want to give him a warm return welcome. Please see the enclosed flyer for details. We are grateful to Howard Mitchell for sponsoring this concert and to all our patrons who make this outreach possible. Much gratitude is also extended to our cooks and bakers for making our receptions the best! Thank you!

Reception Sign-Up

The sign up sheets for the November concert will be on the bulletin board across from the lounge and on the table in the ambulatory. If you can help, please sign up so that we know how to prepare. Thank you!!

Sunday School News

We will be hosting our annual Parish Bowling Night on Saturday, November 18 from 2-4 p.m. at Strike Zone Alleys in Pottsville. The cost for our Sunday School students will be underwritten and will include 2 games of bowling, shoe rental, a soda, and either a hot dog or slice of pizza. Guests of the students who are children are also welcome to join us. The cost for other children will be \$7.00 for the same deal. Adults can bowl for \$9.00 for two games and shoe rental. Food is available at the counter for purchase.

December 3 is the first Sunday of Advent. After the service, we will be making Advent wreaths to take home. Sign-up sheets will be posted if you are interested in making one so we can get enough supplies. December 10 is the Feast of St. Nicholas and we will have a special visitor at the church.

During the Sundays in Advent, the children will also be practicing music with Miss Lea for a portion of Sunday School in preparation for a Christmas Eve performance. Please make every effort to be there during Advent. There will be an Advent 4 service at 9:00 on December 24 and then the family service later on that day for Christmas Eve. It will be a very busy and exciting day!

There will be **NO Sunday School on December 31.**

Trinity Episcopal Church Concert Series



Sunday November 19, 2017

at 4 pm

E. Allen Artz, III
organist

The Thrill of the Chase

Join us for “*The Thrill of the Chase*” - an exciting program featuring works by J.S. Bach, Felix Mendelssohn, Louis Vierne, Maurice Duruflé, Max Reger and others.

Mr. Artz is an accomplished organist who is a native of Llewellyn. He has a career which includes international performance, choral conducting and music education. He is currently the Organist and Choir Director at St. John’s Lutheran Church, Sinking Spring, PA.



His programming has enthralled our audience before – please join us for this exciting ride!

Come meet the Artist at a post-concert reception.

No Admission Fee - Free Will Offering Taken

For more information, contact Trinity Episcopal Church
200 S. Second Street, Pottsville, PA 570-622-8720

trinitypottsville@verizon.net trinityepiscopalpottsvillepa.org

Trinity is Handicapped Accessible

Upcoming Events

TRIO JOLIE

FLUTE, CLARINET AND CELLO

Sunday, April 8, 2018 at 4 pm



Christmas Flowers

Donations for Christmas Flowers may be made by completing this form and returning it with your contribution by Sunday, December 17, 2017.

Given by: _____

In memory of: _____

In Thanksgiving for: _____

PLEASE PRINT CLEARLY



Trinity's Extraordinary Candy

Orders can be placed through Sunday, December 10th

Enjoy Trinity's traditional Peanut Roll candy with a white crème center dipped in dark chocolate and rolled in peanuts. Cost \$11.00 per pound or \$5.50 per half pound

Please fill out the form and hand it in so your candy order can be completed.

Name _____ Phone _____

Number of one pound boxes _____ Number of half pound boxes _____

Please complete order form and place in collection plate or give to Carla Kauffman.

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ALL SAINTS DAY 12Noon Healing Service 7:00pm Choir	2 ALL SOULS DAY 5:30-6:30pm Belly Dance 6:30pm Necrology at CBC Chapel of the Resurrection	3 7pm Ballroom Dance	4 3:30-7pm <i>Pork & Kraut Dinner</i> <i>St. James,</i> <i>Schuylkill Haven</i>
5 ALL SAINTS SUNDAY 9am Service 9am Church School	6 7:30pm AA	7 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	8 12Noon Healing Service 7:00pm Choir	9 5:30-6:30pm Belly Dance 7:00pm Study Group	10 7pm Ballroom Dance	11 Anton and Siegfried One act play by Jack Mansell at the Majestic Theater 3:00pm and 6:00pm
12 VETERANS SUNDAY 9am Service 9am Church School	13 4:30pm Soup Kitchen 7:30pm AA	14 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance 7pm CBPT Meeting	15 12Noon Healing Service Big Brothers/Big Sisters Thanksgiving Dinner 7:00pm Choir	16 Operation We Care Mail- ing	17 7pm Ballroom Dance	18 Annual Parish Bowling Night 2-4pm Strike Zone Alleys, Pottsville
19 STEWARDSHIP SUNDAY 9am Service 9am Church School 10:30am Vestry 4:00pm Concert Series	20 7:30pm AA	21 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	22 <u>NO Healing Service</u> <u>NO Choir</u> 7pm Community Thanksgiving Service place to be announced	23 Thanksgiving Day <u>Office Closed</u> Thanksgiving dinner at Holy Apostles, St. Clair	24 Office Closed	25
26 CHRIST THE KING 9am Service 9am Church School 10:30am Taize Service Presbyterian Church	27 7:30pm AA	28 9-10:15am Yoga 1:00pm MPTF 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	29 12Noon Healing Service 7:00pm Choir	30 7:00pm Study Group		

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7pm Ballroom Dance	2
3 <u>ADVENT I</u> 9am Service 9am Church School	4 7:30pm AA	5 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8pm Dance	6 12 Noon Healing Service 7:00pm Choir	7 7:00pm Study Group	8 7pm Ballroom Dance	9
10 <u>ADVENT II</u> 9am Service 9am Church School St. Nicholas Visit, Cookie Exchange & Mini-Bazaar	11 7:30pm AA	12 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8pm Dance	13 12 Noon Healing Service 7:00pm Choir	14	15 7pm Ballroom Dance	16
17 <u>ADVENT III</u> 9am Service 9am Church School 10:30 am Vestry	18 4:30pm Soup Kitchen 7:30pm AA	19 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8pm Dance	20 12 Noon Healing Service 7:00pm Choir	21 7:00pm Study Group	22 7pm Ballroom Dance	23
24 <u>ADVENT IV</u> 9am Service 9am Church School 5pm <u>Christmas Eve</u> <u>Family Service</u> 7pm <u>Festal Choral</u> <u>Eucharist</u>	25 <u>Office Closed</u> 9:00am Service 7:30pm AA	26 9-10:15am Yoga	27 <u>NO Healing Service</u> <u>NO Choir</u>	28	29 7pm Ballroom Dance	30
31 <u>CHRISTMAS I</u> 9am Service No Church School	1 <u>Office Closed</u> 9:00am Service 7:30pm AA	2 9-10:15am Yoga	3 12 Noon Healing Service 7:00pm Choir			

NEWS FROM MARION C. PRICE TRUST FUND

Correction - Medicare Open Enrollment – is scheduled for October 15th to December 7th with coverage starting January 1, 2018. Not as printed in last month article that open enrollment will start November 1st. I apologize for any confusion this may have caused.

The remainder of the article stands true, it is very important to review your plans even if you are satisfied with your coverage each year.

Please call Kathy Burda at 570-621-3220 to help review your Medicare Part D drug plans.

End of Life Issues – September 23rd, this very important and informative program was held at Trinity. We were fortunate to have such knowledgeable presenters as :

Shelby Hostetter Esq., elder law attorney touched on the importance of having a will to direct your assets upon your death and the difference between a Health Care POA and an Advance Directive.

Chris Grabowski, President and Supervisor of Grabowski Funeral Home explained cremation versus full burial and the options included with each of these choices. He stressed the importance of discussing your wishes with your loved ones to ease their stress at a very stressful time.

Jeanne McClintick LPN, Hospice of Central PA, spoke of the benefits of palliative and hospice care for those suffering from chronic or terminal illnesses.

The Rev. Timothy Albright's very important message is to live life as if each day is your last and don't miss an opportunity to tell those close to you that you love them.

Healthy Holiday Cooking – The problem with the holidays isn't usually the weight gain – the average American gains only 1-2 pounds in between Thanksgiving and New year's – it's the fact that most people never lose the excess pounds. So in 5 years you have gained 10 pounds and in 10 years it is 20 pounds. The best course of action? Stop weight gain before it starts.

The key is eating healthy throughout the holiday season and remembering portion control when it comes to your it-wouldn't-be-Thanksgiving-or-Christmas-without-them foods. For the rest of the courses, all you have to do is make the right choices that will allow you to indulge and enjoy, yet keep you from loading up on the fatty, high-calorie dishes that can quickly lead to unwanted weight gain.

- Substitute lo-fat or non-fat plain Greek yogurt or non-fat yogurt sour cream for your recipes.
- The easiest way to cut unnecessary calories is to cut back on alcohol.
- Instead of candied yams, try oven-roasted sweet potatoes, brushed with a little canola or olive oil.
- The dark meat in your turkey has about twice the fat of turkey breast and about 40% more calories.
- For healthier stuffing: sauté onions and celery in 1-2 Tablespoons of olive or canola oil. Combine mixture with cubes of whole grain bread, moisten with no or low-sodium chicken broth and add your favorite herbs before baking.
- When making gravy use the drippings from the roasting pan, remove fat first by using a fat separator or freeze for 10-15 minutes and skim fat off.
- Skip cranberry sauce, make your own cranberry relish - you can cut the sugar back by 1/4 to 1/3 in standard recipes for relish.
- Skip the casserole, eat fresh green beans instead.
- Swap eggnog for a glass of hot apple cider.
- Eat whole wheat rolls instead of white flour rolls.
- It's hard to resist desserts but a better choice is pumpkin pie over pecan pie. Another option is skipping the crust.

Holidays are a time of joy for many; it can also trigger feelings of loneliness. Loneliness can be painful and may lead to unhealthy habits. Following are some suggestions for coping healthfully with loneliness:

- Seek company – call a friend - go out for coffee. Visit a place of worship. Find a group that matches your interests.
- Share your feelings – be honest with people you trust. Reach out to others.
- Clearly communicate your needs – ask for what you need.
- Avoid social media.
- Honor your feelings –Accept your feelings and have compassion for yourself. Your feelings are like a compass, directing you through your life, so it's important to listen to what they have to say, as they can guide you into making the right choices. The choices you make as a result of honoring your feelings will bring you contentment, acknowledgment that you are on the right path to joy and fulfillment.
- Practice self-care. Focus on taking good care of yourself. Get enough sleep. Engage in physical activities you enjoy. Practice deep breathing.
- Have realistic expectations.
- Question your social group. You might be hanging out with the wrong people.
- Volunteer. Serve in a soup kitchen or help an organization.
- Seek therapy. Working with a therapist to explore your loneliness may help you feel better.

Seasonal Affective Disorder (SAD) – is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer.

If you have SAD, you may: feel sad, grumpy, moody or anxious; lose interest in your usual activities; eat more and crave carbohydrates, such as bread and pasta; gain weight; sleep more but still feel tired; and have trouble concentrating.

Light therapy is the main treatment for SAD. The light therapy helps reset your biological clock. Medicines and counseling may help.



Charles Baber Preservation Trust

THANKS + GIVING

In light of all the tragic losses this year of lives and homes and businesses from the tornados in the Midwest, to the hurricane damage in the southern states and the Caribbean islands, to the shooting in Las Vegas, to the most recent fires in California, there has not been a more urgent time in the last several decades to give, share, and to be thankful. All of us living in Schuylkill County are removed from the immediate and lingering pain and suffering these tragedies inflicted upon others. We have clean air to breathe, we have plenty of water to drink, we have homes, offices, and hospitals that are dry and air-conditioned. We have not lost a loved one because of a senseless shooting. We have not lost our home, our business, nor our livelihood to a hurricane, ocean surge, tornado, or fire. Yes, we may be in ill health, or our car may need new tires, or we don't have the money for this month's rent or mortgage, or our business or work is not doing well, or one of our children is failing a subject in school or misbehaving, or a family member has become an addict, or we have lost a loved one; but when looking at catastrophic losses, our problems do not look as overwhelming and insurmountable. Most of these can be rectified or taken care of in a short time period. We are sheltered and protected in Schuylkill County from many of the weather-related misfortunes, and we are not cosmopolitan enough to attract large crowds for concerts and festivals. And the best and most important part is that we are members of a wonderful, caring, and loving Episcopal congregation that always has your back and will do whatever they can to help a person (not just a church member) in need. A congregation that gives to the community in as many ways as it can think of.

And so it is with the Charles Baber Preservation Trust. The Baber Cemetery has so much to give to the community. It provides trails, walking paths, and roads for school children, dog walkers, toddlers and parents\grandparents to walk, jog, or bicycle through and enjoy. It provides a place for the school track team to run through, for teachers to walk their classes through, and for the handicap children's

classes to find rest and quiet. It provides a chapel for services of all kinds. It provides an enormous assortment of trees that give life and meaning to the property plus a spectacular display within each season. It provides a 170-year chronology of the changing artistic design of its memorial markers. And it provides an architectural insight into its chapel, buildings, gateway entrance, and long stone wall.

In return for what the property offers and gives, it receives much in return. It has Board Members who work hard for the preservation and continued care and maintenance of the trees, grounds, and buildings. It has committee members like Joe O. and Frank S. who created the Arbor Day tree replacement program, and who help with the nature tours and Feb. tree pruning class. It has annual tree sponsors whose sponsorship allows for the removal of dying trees and the plantings of new trees. It has groundskeepers and workers like Randy S., Bob W., and Tom D. who maintain the grounds and buildings through all the seasons of snow shoveling, spring clean-up, grass mowing, fallen leaf removal, building, chapel, and wall repairs, and branch and heavy limb clean-up. It has others like Atty. Jay Z. who helps with the historic walking tours, and who was instrumental in creating an endowment with the Sch. Area Comm. Found. through a generous donor, Kathryn Speacht. It has annual donors who have added to the endowment account or who created additional endowments for the cemetery. It has others who initiated the website with its extensive array of plotted trees, tree descriptions, the cemetery history, the architectural design of the buildings, entrance, and wall, and the historic progress of the materials and designs of the many memorial markers. It has friends of the Preservation Trust who financially contribute on an annual basis toward the general maintenance of the property. And it has wonderful volunteers who pitch in and work hard on Baber Day.

Yes, the Charles Baber Preservation Trust is blessed in so many ways for everything the Board, committee members, workers, church parishioners, and community contributors do for it. Thank you, everyone.

Happy Thanksgiving
by: C. Field

Charles Baber Preservation Trust

THE SERENITY OF CHRISTMAS



Somehow "serenity" and "Christmas" do not seem to fit together. Like Thanksgiving, it is a time of awareness, gratitude, and thinking about other people; but these words take on a different meaning at Christmas. It means running to the stores to buy gifts for family and friends and for neighbors, and perhaps for a family we know does not have much, and maybe sponsoring a gift for a person whose name is pinned to a tree at one of the stores, and giving to the bell ringing Salvation Army volunteers whose buckets seek a donation, and a toy to the Toys for Tots Program, and maybe a donation to other charities. All the gifts purchased have to be sorted and wrapped and labeled and delivered. Then there are the dinner arrangements of whose house, and who to invite, and what to buy, bake, cook, and make. There may be travel arrangements to make and sleeping arrangements for out of town guests and family. There may be parties and concerts and performances that must be participated in, or at the very least where your attendance is required. And the bigger the family, the bigger the workload. It almost seems like there are not enough hours in the day nor enough days in the week to get everything accomplished. Somehow the material needs and demands of this season are overshadowing what the true meaning and significance of this holiday and celebration are about.

So calm down, take a deep breath, put 20 or 30 minutes of your hectic schedule on hold, put on your walking shoes, coat, and hat, and go outdoors. If you can fit it in, and if you live locally, then, by all means, go to the Charles Baber Cemetery to really relax and find peace, quiet, and a closeness to both God and nature. Breathe deeply, walk slowly, look about. Notice the sun, fog, rain, snow, or whatever the weather happens to be. Notice how it lays or swirls or touches the ground, the trees, the memorial markers, and the chapel. Notice the shadows, or puddles, or reflection, or rays of sunlight. Breathe in deeply and smell the air. It may smell fresh, clean, dry, warm, cold, wet, woody, earthy, or like newly cut grass. Look at the memorial markers. Bet you

didn't know there were so many types of crosses, or how thin the old tablet type markers were, or how thick and chunky some markers are, or the flowers, vines, and urns carved or stenciled on them. Have you seen the only marker in the cemetery to have cursive writing on it or the marker that looks like a 4' high stump of a tree? And then there are markers that look like cradles and a few that look like an above ground coffin. Now, look at the trees. Some are still clinging to their leaves, others have formed their buds for spring, some have acorns or hanging balls or pine cones, or red berries. And then look at the evergreens on the property that have gone unnoticed in the other seasons because they were hidden by the bulk leaf mass of the deciduous trees. Look at the leaves on the ground, watch how they swirl as the wind blows them. There may be a few piles left to kick or jump into. Notice the squirrels or the chipmunks if they are running about looking for nuts and acorns. Are the red-tailed hawks still frequenting the property? Sometimes they are perched on the tree right above you, or on a memorial marker. You don't even see the hawk if it doesn't move or call out to its mate. You may even hear the pileated woodpecker tapping away on a tree on the back path if it hasn't gone elsewhere for the winter.

And as you continue to walk and look, all of a sudden, you become aware of the quietness, the oneness with nature, a feeling that all is right in the world. Your thoughts are not hurried and jumbled and frantic. Your body has relaxed. You may feel a closeness to God and a gratitude for your life and a realization of how quick and fleeting life can be. You are a child of God. You touch many lives, and you are important to many people as a family member or a worker\employee, or a committee\board member, or a volunteer. It is important to take care of yourself, to center yourself and to find time for yourself. Create and embrace the serenity in the season.

Merry Christmas!

by C. Field

Trinity Episcopal Church

200 South Second Street
Pottsville, PA 17901
Phone: 570.622.8720
Fax: 570.621.3221
Return Service Requested

**Deadline
For
January/February "Topics"
Friday, December 15, 2017**

Non-Profit Org.
U. S. Postage
PAID
Permit No. 305
Pottsville, PA 17901

November Birthdays

1 – Madison Scott
3 – Michael Smerlick
5 – William Bowler
7 – Brad Ross
8 – Jean Smerlick
9 – Quinn Evans
11 – John Beausang, Joseph Siminitus
13 – Edward Hosler
14 – Cole Demcher, Jacqueline Menuchak
15 – Booker Hostetter
17 – Charles Guensch, Grace Menuchak
18 – Norman Kauffman, Andrea Allar
19 – Barbara Bechtel
22 – Janet Grabowski
24 – Joanne Viduszynski
25 – Lorie Kauffman
27 – Nancy Depsky, Lance Reedy
30 – Charles Bickleman

December Birthdays

3 – Ryan Wehr
4 – Robert Momolu
6 – George Stone IV
9 – Christian Menuchak, Carol Stone Field
11 – Leo Warren Bradley
12 – Melanie Thornburg
18 – Gretchen Frederick
22 – Seraphina Brennan
23 – Carol A. Seitzinger
25 – Russell Frantz
28 – Eric Stone, Ashley Hopkins, Dallas Petrosky
29 – Lauren Polcrack