



The Informer

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

Holiday / Business Meeting Luncheon

Wednesday, December 7, 2022

We are excited to have all of you join us for our annual REAOC Holiday/Business Luncheon that will be held on December 7, 2022. At this luncheon, we will be electing the REAOC Board Directors and Officers for 2023 who were presented at the September luncheon.

Attend and have fun visiting with your friends, former colleagues and guests at Mile Square Park Golf Course Clubhouse, located at 10401 Warner Avenue, in Fountain Valley. Enjoy wonderful conversation, a delectable lunch and receive important updates from the REAOC Board of Directors. The caterer will be serving roasted tri-tip with teriyaki sauce, garlic whipped potatoes and garden vegetables. Of course, there will be a veggie option if you so choose. All of our meals include a salad, rolls, dessert, tea and coffee. There will be great entertainment; get ready to sing along!

You won't want to miss out on all the festivities. You could win a door prize, a table centerpiece or the Progressive Drawing. The Progressive Drawing will be for \$500, and we guarantee there will be a winner at this luncheon! As always, you must be present to win!

Reserve your place by calling or

Presidents' Message

From the Desks of Linda Robinson and Doug Storm

Wishing You a Peaceful Holiday Season filled with Contentment and Delight

On behalf of the entire REAOC and AREOC Board of Directors we wish you many cherished and magical times as you pursue your best holiday season EVER. You can do this!! Have you noticed the year-end holidays are arriving at warp speed these days, just like our birthdays? Thanksgiving arrives before we know it, perhaps a calming prelude to December festivities, celebrations and shopping madness? Staying relaxed can be a challenge; however, try to take a few personal time-outs to thoroughly enjoy your well-earned retirement. You deserve to savor the fruits of your decades-long hard work. CHEERS to good times, retirees. Make these times your best!

2023 is right around the corner. The coming year may be exciting and may, at times, be as unpredictable and

emailing the REAOC office or by sending the form on page 8 of this *Informer*. Your check must arrive at the REAOC office no later than Wednesday, November 30, 2022. Check-in starts at 11 a.m. and lunch is served at noon. Please carpool, if possible. We hope to see you there!!

challenging as 2022. Just remember we retirees have successfully weathered many changes and challenges. Retirees manage to meet whatever the future brings head-on and with determination. You've got grit. Know that your REAOC organization is determined to keep members informed and retirement benefits secure.

MID-TERM ELECTIONS

By the time you have received this edition of *The Informer* the contentious, mid-term elections will have concluded. Newly elected and re-elected officials will be faced with daunting responsibilities—setting priorities and resolving competing social, economic, political and international issues. As retirees, through our freedom to vote, we help determine the direction of our nation. Never forget, as seniors, we are a huge voting bloc. Regardless of how you interpret or internalize the outcome of the election, it is important to stay united, active and informed, especially, when focusing on potential actions that may affect our future retirement security. Thank you for being one of REAOC's 6,700+ members. YOU give retirees a voice that

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Introducing Our Newest REAOC Board Member & Upcoming OCERS Board Member, Roger Hilton

Roger Hilton retired in October, 2021 after serving over 30 years at the Orange County Sheriff's Department. He spent three terms as the elected safety member for the Orange County Employees Retirement System



(OCERS) from 2012 - 2021 and served on the State Association of County Retirement Systems (SACRS) Board for three years from 2018 - 2021. During his terms on the OCERS Board he served as Chair of the board twice. While on the SACRS Board, he also served as Vice-President of that board. In addition to his service to

pension boards, he has over 25 years of working in leadership roles in employee labor organizations. Now that Roger has retired, he serves on the California Fraternal Order of Police as President and as a director on the Board of Retired Employees Association of Orange County (REAOC). Roger will begin his new term on the OCERS Board as the Retiree Member, in January 2023. He is thankful for his endorsement from the REAOC Board and his mentorship and friendship with legendary OCERS Board Member, Frank Eley.

Presidents' Message

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can be heard. Your support is indispensable and sincerely appreciated.

EVENTS

On October 27th REAOC and the County co-sponsored a 2023 Open Enrollment Health Plan Workshop for retirees who are interested in available County health plans. Representatives from each plan were present to answer questions and discuss 2023 health plans and insurance rates. The workshop was well attended, and we thank each of you who participated. A video presentation of the workshop was made available on the REAOC website at www.reaoc.org following the workshop and prior to the November 8th closing date for Open Enrollment in order to provide information to retirees who could not attend the presentations.

We would like to give special

recognition and gratefulness to all of our veterans who so honorably served our nation over the years and ensured the freedom we hold dear today. Your service is precious as is your family and the friends who have supported you. We hope November 11th held special meaning for you. It does for all of us. Thank you, Veterans. You are appreciated and loved.

GREAT NEWS

After more than 2 1/2 years of the Covid interruption REAOC held its first in-person luncheon on Wednesday, September 28th in Fountain Valley. Over 150 retirees attended the event, and we are hopeful many more retirees will be joining us for the Annual Holiday Luncheon and Business Meeting to be held on Wednesday, December 7th. Please

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REAOC

P.O. Box 11787
 Santa Ana, CA 92711-1787
 Phone: 714-840-3995
 Website: www.reaoc.org
 Email: reaoc@reaoc.org

OFFICERS

Linda Robinson	Co President
Doug Storm	Co President
Vacant	Secretary
Bill Castro	Treasurer

DIRECTORS

Tom Cooney
 Frank Eley
 Gaylan Harris
 Roger Hilton
 John Iagjian
 Larry Leaman
 Sara Ruckle-Harms
 Michael Schumacher

APPOINTED STAFF

Ilene Bárcenas	Executive Director
John Iagjian	Membership Committee
Ilene Bárcenas	<i>The Informer</i> Editor
Vacant	Luncheon Committee
Norma Roberts	Board Watch
Linda Robinson	CRCEA Delegate
Michael Schumacher	Legislation
Vacant	Scholarship Committee

The Informer is published 5 times a year. Readers are encouraged to write *The Informer* expressing their views and comments on the subjects of interest to them.

The mission of REAOC is to promote and maintain fellowship and camaraderie of OCERS retirees and their spouses by sponsoring social and recreational activities and by maintaining contacts via the newsletter, the REAOC website, e-mail, or other means of communication. A secondary purpose is tracking and dissemination of information relating to pension and legislative actions, financial matters, physical and mental health care, volunteer and employment opportunities and other concerns that may be of interest to our members.

OCERS retirees and their spouses are eligible for regular association membership. Dues are \$3.00 per month, payable through payroll deduction. Active employees, who will receive their retirement through OCERS, are eligible for Associate Membership. Dues for associate members are \$1.00 per month payable for the year each January.

Luncheons are held at Mile Square Golf Course in Fountain Valley on the fourth Wednesday of January, March, May and September, and on the first Wednesday of December. A local chapter of REAOC is active in Hemet.

Three Ways to Beat Stress

by Kaiser Permanente, September 14, 2022



Stress is a fact of life—but it doesn't have to set you back. You can't control what worries, concerns, or annoys you, but you can control how you react. And you can be prepared for stress by finding ways to stay calm in the moment and understanding what's causing it.

WHAT'S STRESSING YOU OUT?

Everyone experiences stress in different ways and for different rea-

sons. But there are some causes that almost everyone can identify with. Some common sources of stress include:

- Money and finances
- Relationships
- Health issues
- Current events

EFFECTS OF STRESS

Too much stress can take a toll on your body, mind, and behavior. Some symptoms you might experience can include: Feeling tired and drained. A sense of being overwhelmed. Anxiety (including panic attacks). Hopelessness. Loneliness. A lack of motivation or focus. Trouble controlling your emotions. Excess stress is linked to physical conditions, too, such as an upset stomach, headaches, and trouble sleeping. It can also weaken the immune system, making it harder to fight illness. And those with a pre-existing condition might find that

stress makes symptoms worse. Long story short—too much stress is bad for your health.

SIMPLE WAYS TO ADDRESS YOUR STRESS

It's normal to feel overwhelmed sometimes. While you can't avoid every stressful situation, you can learn ways to handle stress when it comes up. These healthy habits can help you stay cool under pressure, even when you're pressed for time.

WORK THAT TENSION OUT

Symptoms of stress can create a vicious cycle between your mind and body. Stress can make it difficult to sleep, which can leave you feeling exhausted and unfocused. Stress can also cause your muscles to tense up, which can lead to pain and soreness. And that can lead to even more stress. Break this vicious cycle by working out. Regular exercise has

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REAOC Officers and Directors Election

At our September luncheon, Linda Robinson and Doug Storm led a discussion regarding the REAOC Officers and Directors election and the Slate of Officers. At that meeting, attendees were asked for any suggestions for new volunteers for the positions within the REAOC Officers and Directors. At that time, there were no new volunteers identified to be considered for these positions.

Per the REAOC Bylaws, the following must take place:

ARTICLE III ANNUAL MEETING – ELECTION OF DIRECTORS AND

OFFICERS – TENURE

Section 1. ANNUAL MEETING

There shall be an annual meeting. At this meeting the Directors and Officers of the Association shall be elected and installed. All Directors and Officers will serve for the next calendar year.

Section 2. ELECTION OF DIRECTORS AND OFFICERS

The Nominating Committee shall nominate candidates for each office. The names of the nominees will be presented at the Association's regular General Meeting immediately prior to

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Presidents' Message

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refer to the first page of this edition for specifics and reservations. We hope to see you there. Join us for fun, entertainment and really good grub. Perhaps a special visitor will land on stage to greet you and bring Happy Holiday greetings to one and all.

In closing, Doug and I thank you all for your support, participation and on-going membership. YOU are an invaluable source of strength to this Association—YOUR retiree organization. Wishing you the best during this holiday season. Be well and be safe, Retirees!

– Linda and Doug

Officers & Directors Election

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the Annual Meeting and included in an *Informer* article. Election of Directors and Officers shall be by a vote at the Annual Meeting. A majority vote of members present and voting shall be necessary to elect. When there is only one nominee for an office, he or she may be elected by acclamation.

At the December 7, 2022 REAOC luncheon and during the annual meeting, the Directors and Officers for REAOC shall be elected and installed.

Remember, REAOC is only as strong as the commitment of its individual members! We hope that we have some retiree members who will consider volunteering to assist the REAOC Board in the future by running and then serving as a Director of REAOC.

Ways to Beat Stress

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been proven to improve sleep—and being well-rested can leave you better equipped to handle stress.

Meanwhile, the endorphins released during exercise act as natural painkillers, fighting some of the body aches and tension caused by stress.

TAKE A BREAK TO BREATHE

Meditation can be an effective tool for battling stress and anxiety. It can slow the heart rate and calm the nervous system. Plus, meditation helps you be more mindful. By focusing on the present moment, you're shifting attention away from any disruptive thoughts.

You don't need to meditate for long to notice the effects. When uncomfortable emotions start to

build, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling calmer and grounded.

UNPLUG TO RECHARGE

Your phone needs time to recharge, and so does your brain. Too much screen time has been linked to sleep issues, which can make stress worse. And simply having your device nearby makes it difficult to focus.

If difficulty focusing on tasks is causing you stress, put your phone away. Spending lots of time on your

devices, such as scrolling social media, can also distract from what's happening around you. Try unplugging for a while and focus on reconnecting with loved ones instead.

MORE STRESS-FIGHTING STRATEGIES

It's normal to have stressful moments—but these simple strategies can help protect your health from the effects of stress. Visit kp.org/stressmanagement for more helpful tips.



Orange County Grand Jury tour of landfill in Tione, CA



VOLUNTEER TO SERVE ON 2023-2024 ORANGE COUNTY GRAND JURY

Make a Difference & Support Sound Government

To be eligible you must be **County of Orange Resident**, a **U.S. Citizen**, **18 or Older**, have **Knowledge of English Language**, and **Sound Judgement**.

APPLY NOW!

See reverse side for recruitment timeline.



The role of a Grand Jury differs substantially from a trial jury. It is a fulltime assignment. Approximately 80% of time is spent in a civil watchdog role with remaining time spent in criminal indictment hearings. No jury trials and all proceedings are closed to the public.

Improve government
with your
recommendations

Issue indictments for
serious crimes

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performance of
county, city & other
local agencies are
proper and ethical

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**19 GRAND JURORS SHALL
TAKE OATH OF OFFICE FOR**

**ONE YEAR TERM
JULY 1, 2023—JUNE 30, 2024**

How do I improve my gut health?

by Kaiser Permanente | September 14, 2022

When it comes to your health, the old saying “listen to your gut” is sound advice. While many people think gut health is all about digestion, a healthy gut can benefit your whole body—and mind. Need tips for keeping your gut healthy? Kaiser Permanente’s Regina Ragasa, DO, a family doctor certified in lifestyle medicine, explains everything you need to know.

WHAT EXACTLY IS GUT HEALTH?

Your intestinal system is home to trillions of “good” and “bad” bacteria known as your microbiome. According to Dr. Ragasa, when people talk about gut health, they are really talking about the right balance of good and bad bacteria in your microbiome.

Too much bad bacteria can be harmful because it promotes chronic inflammation, which is linked to health conditions like irritable bowel syndrome, diabetes, cancer, and heart disease.

Good bacteria produce short-chain fatty acids, which decrease inflammation throughout the body.

Dr. Ragasa also says that gut bacteria can also affect your mood and health. Some studies have even linked certain gut bacteria to depression.

SIGNS OF POOR GUT HEALTH

If you experience any of the following conditions regularly, it may be a sign that your gut has more bad bacteria than good:

- Abdominal cramping
- Bloating Constipation
- Diarrhea
- Gas

“Some people may also experience menstrual cramps, brain fog, or have difficulty losing weight,” says



Dr. Ragasa.

Fixing your gut health starts with a healthy diet.

WHAT TO EAT FOR A HEALTHY GUT

A balanced microbiome is all about eating foods that promote the growth of healthy bacteria and suppress the growth of bad bacteria.

GET YOUR PROBIOTICS AND PREBIOTICS

Probiotics are good bacteria that replenish your microbiome. They occur naturally in yogurt and fermented foods like kimchi, sauerkraut, pickles, miso, and kombucha. And you don’t need to eat large servings to benefit. Enjoy probiotics as side dishes or in small portions. For example, says Dr. Ragasa, nonalcoholic kombucha is often sold in 16-ounce bottles, but the recommended daily serving is only 4 ounces.

While probiotics get a lot of attention, Dr. Ragasa says people should focus more on prebiotics, which feed the good bacteria and help them grow.

The prebiotic she recommends most is fiber, which is found in fruits, vegetables, and whole grains like brown rice, barley, and oatmeal.

LIMIT MEAT

To prevent the growth of bad bacteria, Dr. Ragasa recommends limiting the amount of meat you eat, including fish and lean chicken.

“I put meat in the same category

as cake,” she says. “It’s something we can have once in a while, but not 2 to 3 times a day.” She recommends enjoying it just a couple of times a week.

AIM FOR VARIETY

Since different foods contain different kinds of probiotics, it’s also important to eat a variety of food. “The more diverse the microbiome, the healthier the gut,” says Dr. Ragasa.

A simple strategy for variety: Eat fruits and vegetables that are in season. “If you’re eating foods that are out of season, it means that you’re probably eating certain types of foods all the time,” she says.

ARE PROBIOTIC SUPPLEMENTS NECESSARY?

While there are aisles full of probiotic pills and powders, it’s unclear whether these supplements will boost your microbiome health.

“I definitely have patients that have reported benefits from probiotic supplements, so I’m not going to tell them to stop taking them,” says Dr. Ragasa. “And then there are some who don’t feel any benefit. For those people, I don’t think it’s necessary to keep taking them, but rather focus on prebiotics and feeding the good bacteria.”

KEEP IT SIMPLE

If you remember one thing about maintaining gut health, make it this: Eat fresh food. Avoid processed foods such as those that are canned, frozen, or packaged.

“Those foods don’t have what we need for a healthy gut,” says Dr. Ragasa. “The more it looks like it grew from the earth, the more it belongs on your plate.”

Operation Santa Claus and Senior Santa & Friends



The County of Orange Operation Santa Claus program provides new gifts and toys to children who are abandoned, neglected, and/or abused and are placed in foster care in Orange County. In addition, Operation Santa Claus provides new holiday gifts to children of disadvantaged families who are receiving services from the County of Orange.

Operation Santa Claus is a County of Orange Board of Supervisors approved program and is the only official County holiday toy drive. Last year this program distributed over 19,000 new toys and gifts, bringing joy and a message of hope to our most vulnerable children in Orange County who might otherwise have gone without. This would not be possible without the generosity and collaborative effort of County of Orange employees, churches, businesses and individuals in the community who play an important role in collecting toys.

The Operation Santa Claus program is coordinated by the Orange County Social Services Agency, with support from community volunteers. Approximately 2,500 hours annually are graciously given by volunteers from County agencies and the community. These volunteers have been the backbone of Operation Santa Claus since its inception.

The Operation Santa Claus program has greatly expanded over the past several decades. What began as a small effort to meet the needs of a handful of children in 1962 has become a major event for the com-

munity. Each year gifts and monetary donations are selflessly donated at pickup sites throughout the county. For more information please call (714) 679-2438 or email: OperationSantaClaus@ssa.ocgov.com.

Senior Santa & Friends provides gifts and special request items to low-



income individuals who are elderly or adults who are severely disabled. The individuals are clients of Orange County Social Services Agency and/or the Orange

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Recipe Corner

Pumpkin Hummus

Hummus is a protein- and fiber-rich healthy snack. This pumpkin version is ready for the season and adds additional nutrients and flavor. Garnish with toasted pepitas, pomegranate arils, chopped Italian parsley, or just a swirl of olive oil. If you're eating as a dip, try this with broccoli or cauliflower florets, carrot sticks (rainbow carrots ideally), or whole-wheat pita triangles.



Prep: 5 minutes • Servings: 3 cups

Ingredients

- 1 15-ounce can low-sodium or no salt added chickpeas, rinsed and drained
- 2 garlic cloves, peeled and minced
- 1/2 cup + 2 tablespoons pumpkin purée (1/2 can)
- 1/4 cup tahini
- 1/4 cup olive oil
- Juice of 1 lemon
- 1 teaspoon apple cider vinegar
- 2 tablespoons water
- 1 teaspoon fine Kosher salt

Directions

1. Purée all ingredients in a food processor until smooth.
2. Add additional water, if needed, to make a loose paste.

Nutrition Facts (per serving) Calories: 50 Total fat: 3.5 g Sodium: 45 mg Total carbohydrate: 3 g Dietary fiber: 1 g Total sugars: 0 g Protein: 1 g

Contributed by Linda Shiue, MD, Kaiser Permanente



Senior Santa & Friends

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County Health Care Agency. Each year staff identifies clients who would benefit from having such things as household appliances, special medical equipment, nutritional supplements, or clothing. Often times these individuals are isolated from family and their community. Items received through Senior Santa & Friends help to enhance the quality of life, making life easier, more comfortable or more independent. Last year Senior Santa & Friends provided almost 6,500 gifts to this vulnerable

population. This was largely due to the efforts of volunteers and donations received from County employees, private companies, community-based organizations and private individuals who donate to Senior Santa & Friends annually.

For more information please call (714) 825-3111 or email: Senior.Santa@ssa.ocgov.com.

REAOC will have a drop-off box for all donations at our December 7, 2022 luncheon.

In Memoriam

We extend our deepest sympathy to the families and loved ones of those who meant so much to so many.

August 2022 - November 2022

Michael Adams, CEO
 Mildred Archuleta, Superior Court
 Diana Bensinger, OCTA
 Florence Bobleter, District Attorney
 Jacqueline Brewer, SSA
 Darryl Brown, Probation
 Brenda Butler, HCA
 Barbara Carpenter, HCA
 Bernice Carson, OCSD
 Clayton Carter, Probation
 Helen Casmero, Superior Court
 Charles Coleman, SSA
 Timothy Collins, District Attorney
 Florence Conley, OCCR
 Karen Cordell, Superior Court
 Raymond Cunningham, OCTA
 Lynne Dehler, OCSD
 Cecilia Delgado, SSA
 Randall Douglas, OCTA
 Peggy Dow, HCA
 James Drinkard, OCTA
 Edward Dunacheck, OCSD
 Betty Dunn, HCA
 John Feehan, District Attorney
 Paul Fels, Sanitation District
 Elizabeth Fullmer, HCA
 Thomas Gallivan, OCSD

Phyllis Goyette-Kozabar, OCPW
 Theodore Grumkoski, OCSD
 Virginia Hajek, SSA
 Robert Hartwig, OCTA
 Peter Hass, Sanitation District
 Eleanor Henry, SSA
 Hnach Ho, HCA
 Nancy Holmes, SSA
 Kathy Hutcherson, SSA
 Madge Iverson, HCA
 Ronald James, OCSD
 Jo Ann Jarvis, Superior Court
 Gary Jones, OCTA
 Marion Kadota, OCPW
 Shirley Kirwin, Child Support Services
 Naomi Klecak, HCA
 Carol Kohler, Superior Court
 Andromachi Kyriakidis, OCSD
 John La Gourge, HCA
 Henry Lambooy, OCTA
 Svend Lerche, OCTA
 Robert Lincoln, OCSD
 Phillip Matson, Auditor/Controller
 Gordon Mc Connell, OCSD
 Eunice Murphy, OCTA
 Kathy Naughton, OCSD
 Therese Nida, HCA
 Alphonsus Novick, District Attorney
 James Paul, OCTA
 Pauline Peralta, HCA
 Joseph Perry, OCPW
 Robert Pfrimlin, OCPW

Gregory Powers, OCTA
 Burdette Pulver, OCTA
 Patricia Randall-Many, Probation
 Nelly Rios, HCA
 Elaine Rowan, JWA
 Charlotte Rutkowska, SSA
 Cheryl Smith, SSA
 Sandy L. Smith, OCCR
 George Tait, OCCR
 Timothy Wall, OCSD
 Otis Weickum, OCSD
 Gary Winne, Probation
 Delia Yazon, SSA
 Arthur York, OCWR

Surviving Spouses

Teresita Avelino
 Bernice Carson
 Barbara DeCarlo
 Peggy Dow
 Caroline Farr
 Many Hansen
 Barbara Kennedy
 Constancia Kimbrough
 John Ray
 Laureen Reid
 Robert Reid
 Sharon Stavenhagen
 Judith Tarter
 Frances Van Fleet

Welcome, New Members

Assessor: Carmen Latuska

Auditor Controller: Sylvia Lozano

District Attorney: Michelle Gonzales

HCA: Christine Uyeno, Lida Perez,
Cindy Sterkel, Alison Halderman

OCCR: Janeane Dominey

OC Fire Authority: Tracy Mc Clelland

OCIT: Maxwell Ralsten

OCSD: Daniel McLain

OC Waste & Recycling: Jesus
Rodriguez

Probation: Sharilyn Brayall

SSA: Patricia Schwenn, Heather Lim,
Cheryl Grimsley, Martha Walter

Superior Court: Alma Bovard, Flor
Perez

Not Stated: Sandra Montoya, Dale
Heard

Surviving Spouse: Gilberto Rios,
Nancy Raith, Barbara Robinson



PHOTO BY JILL WELLINGTON / PEXELS.COM

Dated Material – Please Deliver Immediately

Grand Jury Recruitment

Three Ways to Beat Stress

Holiday Luncheon

Operation Santa Claus and
Senior Santa and Friends

How do I Improve my Gut Health?

REAO Officers and Directors Election

Presidents' Message

INSIDE THE INFORMER

P.O. Box 11787, Santa Ana, CA 92711-1787

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

The Informer



PLEASE CAR-POOL!

is served at noon.

Check-in begins at 11:00 a.m. and lunch

11787, Santa Ana, CA 92711-1787

REAO and mail to: REAOC, P.O. Box

Please make your check payable to

Enclosed is my check for \$ _____

of Vegetarian lunches: _____

of lunches at \$17.00 each: _____

New/Changed Email Address: _____

Print Name: _____

**Luncheon Reservations
Due Wednesday,
November 30, 2022**

Presorted
First Class Mail
U.S. Postage
PAID
Permit No. 100
Gardena, CA