

Lake Hammock Village 36106 US Hwy 27 Haines City, FL 33844 863-421-5764

"The Park with a Heart"



**January**, 2023

# Gator Tales



#### **GATOR TALES STAFF**



**Editor:** Shelly Shaffer (910) 624-8925 shelly.shaffer81@yahoo.com

**Asst. Editor:** Joyce Middleton (330) 323-2247

middletonj33844@gmail.com

**Contributing Editors:** 

Jerry Smith, Dave Graham

"Gator Tales" is available online at: http://floridacommunities.com/lake-hammock-newsletter

#### **BOARD OF DIRECTORS**

**President:** Clark Smith (951) 965-0200

**Vice President:** Joyce Middleton (330) 323-2247

**Secretary: Temporary** 

Matt Rice (330) 603-9575

**Treasurer:** Richard Gould (863) 422-5902

#### **Directors:**

Terry Hofer (847) 845-8172 Bill Davis (609)-364-7529 Wanda Stanley (863) 353-2690

#### **COMMITTEE CHAIRS**

- Special Events / Activities Terry Hofer (847) 845-8172
- **Welcome** Margaret Rice (330)703-0934
- **Sunshine**—Carol Gould (863) 422-5902
- Memorials / Wreaths Dona Rawson (863) 547-9326

#### Message from.....

#### The President



2022 is now behind us, and all in all, I believe we had a very good year. We offered a variety of events in which our residents were able to participate, some new and some traditional. We saw new residents coming to our activities, offering new ideas, and stepping up to act as hosts and hostesses. It is always good to see new faces in attendance as they bring increased excitement and enthusiasm to our community. 2023 looks to be an even bigger and more exciting year, with still more new events, starting off with the Murder Mystery Dinner Theater on January 14<sup>th</sup>. This is the type of event generally reserved for much larger parks, due to the cost of this type of entertainment, so I want to thank all those advertisers, Bingo food supporters, and residents who have joined the HOA, in affording us the funds to support this event.

On January 17<sup>th</sup>, we will be having our Annual Meeting of the HOA. At this meeting, we will be voting on 4 new members to the Board of Directors, as as approval of the 2023 Annual Budget. I strongly encourage all residents to attend this meeting and see what lies ahead in 2023.

Wishing everyone a Happy and Prosperous New Year.

Clark Smith

HOA President

#### **ACTIVITIES CHAIRS**

<u>Birthdays/Anniversaries</u>- Dona Rawson (863)547-9326 - Sharyl Graham (603)915-1757

Audrey Gioiosa (708)516-9584

<u>Activities/Entertainment</u>: Terry Hofer-(847)845-

8172

Ladies' Lunches: Marie Combs 438-6643

Memorial: Dona Rawson – 863-547-9326(Wreaths)

#### **NEWSLETTER**

All newsletters can be viewed in color on the website @ www.floridacommunities.com (click on Lake Hammock @ bottom of page).

Just a reminder, any information for Gator Tales needs to be submitted to me by the **20**<sup>th</sup> of each month. There is a blue box outside my door, you can drop your stuff, or you can send it to the email below. All emails <u>MUST BE</u> in <u>WORD DOCUMENT</u>. <u>DO NOT SEND AS PDF, it will not be added to the paper.</u> If you have any questions about the Gator Tales, please contact Shelly Shaffer at 910-624-8925 or (shelly.shaffer81@yahoo.com). We are always looking for new ideas and way to improve our community paper.

Gator Tales Staff
Shelly Shaffer, Editor
64 Sargent St.
shelly.shaffer81@yahoo.com

Joyce Middleton, Asst. Editor 50 Sargent St. Middletonj33844@gmail.com

Andy & Nancy Belski Richard & Marion Spiegel



**NEW HOURS** 

Start 6:00 pm Stop Selling: 5:45 pm Doors Open: 4:30 pm

Hotdogs, Specialty Sandwiches, and homemade desserts.

Don't cook on Monday night, let <u>us do the cooking for you.</u>

#### ..... from Bear's Kitchen

Due to rising costs of dog treats my mom is restarting her dog barkery.

All home-made and all natural ingredients. Biscuits, bones, meatballs, and cupcakes. Every month a new recipe to sample.

For a free sample and ingredient consultation call Valerie, 68 Sargent St. 863-333-1077

#### LIBRARY

We want to thank everyone for the books for our library.

Would like to ask that when you bring a book back, please leave them in the material basket. We would like to put them away.

Thank You,
The Librarians

#### S.W.I.M. Club

Swim Club January meeting will be in the form of a trip To:

Haines City Community Theater on January 22<sup>nd</sup>. We will be attending the Sunday 2:30 pm matinee musical performance of Grey Gardens.

Sign up in the clubhouse. If you want me to order tickets,

Please give me your check (made out to me) for \$18 by January 10<sup>th</sup>, or call the theater to order your tickets on your own. 863-421-1893.

I hope you will join us. Call me with any questions!

Jeanne Blicker 203-915-1357

#### **Grandma's Attic:**

Grandma (Barb Pund) the founder of Grandma's Attic is retiring as of January 1<sup>st</sup>, 2023. However, the attic will remain, thanks to Chuck Presby. He lives at 38 Sargent St with Penny Rosseter and their pet Sassy. Phone # 386-402-2409.

All donated and returned medical devices are to be left with Chuck at 38 Sargent St.

Thank you for all your donations over the years. Remember to return them Clean

Barb Pund



#### **JANUARY BIRTHDAY'S**

1 <sup>st</sup>	Carol Lodge
	Norm Baczkiewicz
	Clark Smith
2 <sup>nd</sup>	Ruth Carol
4 <sup>th</sup>	Laura Miller
5 <sup>th</sup>	
5	Al Andriewx
	Gary Stanley
	Betty Sellers
9 <sup>th</sup>	John Stamps
10 <sup>th</sup>	Don Nolan
$11^{th}$	Alice Larson
12 <sup>th</sup>	Jerry Sibila
13 <sup>th</sup>	Jim Currey
14 <sup>th</sup>	Joan Butler
	Ken Hendges
	Yolanda Lopez
16 <sup>th</sup>	Georgette Chadwick
17 <sup>th</sup>	Sharyl Graham
	David Smith
19 <sup>th</sup>	Kathy Deuel
	Cindy Lyon
22 <sup>nd</sup>	Tami Frech
	Bill Patelunas
23 <sup>rd</sup>	Florence Browning
24 <sup>th</sup>	Joyce Wright
$28^{th}$	Audrey Hertsch
29 <sup>th</sup>	David Butcher
30 <sup>th</sup>	David Kelly



#### **JANUARY ANNIVERSARY**

4<sup>th</sup> Gary & Anna Smith
 21<sup>st</sup> Jim & Bonnie Fischer
 Perry & Cheryl Wolfe

(If you are a new resident, please feel free to contact Dona Rawson with your birthdays and anniversaries so she can put you on her list and if any of the above information is incorrect, please let Dona Rawson know 863-547-9326)

# Food Bank "Love is all you need"



The Beatles

Non-perishable items can be left in the clubhouse at any time. You can find the bin in the back room. The food is delivered on the first and third Friday of every month. If you are unable to bring them yourself, please call or send a text and we will pick them up.

Thank you for your support! Sharyl and Dave Graham 603-915-1757

# BIRTHDAY AND ANNIVERSARY CELEBRATION

Our next Birthday – Anniversary Celebration will be on Sunday, February 5<sup>th</sup> at 6:00Pm at the Clubhouse. We will be celebrating January & February birthdays starting with cruise style trivia where you can choose your own team. The winning team will receive a prize for their celebrant. Come join the fun!

#### C & D Bus Tours for 2022 & 2023

Informational brochures are available in the clubhouse where the sign-up sheets are.

#### **Diabetes Support Group:**

Brain storming Session #5
Topic: New Years' Resolutions!
Wednesday, January 4th, 7 pm - Clubhouse
New Members Welcome
For more info- Maureen Hatfield
617-874-7755

#### Poker anyone??

Looking for poker players!!! There are 2 poker tables and I'm looking to fill both with players. If interested, please call: Carmine Gioiosa (708) 516-9584
Lady's interested call Marian Spiegel 863-422-1570



December:

Bea Koenig – Hospital - Home



December:

Gary Hinrichs passed Wife, Debbie and Family

Please call if you know of a resident that has been ill or hospitalized so that Carol can send Get Well cards.

**Carol Gould** 

863-422-5902

# Happy Holidays from the HOA Emergency Preparedness Team!

#### **Team Looking Ahead to 2023**

by

HOA Emergency Preparedness Team - December / January

The Team would like to wish everyone a happy & healthy new year!

We are all pleased to put the 2022 hurricane season behind us! Living in Florida means being on alert for six months of every year! Hurricane Season begins in June and runs until November 30.

During 2022, our Team worked hard to help residents be prepared. Looking back on the two storms, the Team believes that our efforts (some would call them 'annoying reminders') have helped to increase awareness. This was especially true in seeing the response to the second storm, Nicole. Residents did not panic! They prepared, but watched, listened, and helped their neighbors – a great response by all!

#### **<u>Team Message to All:</u>** It pays to be prepared!

So, what is next for the Team? The Homeowners Association (HOA) will hold its annual meeting in January. At that time Board vacancies will be filled, and a 'new' Board will begin its work. The **HOA Emergency Preparedness Team** was created by the HOA Board in 2018 and is considered a standing committee.

In 2023 the Team would like to do even more. We will be discussing ways to do this, including looking at other emergency situations such as fire, flood, electrical grid collapse, etc. To continue this, we will need your assistance and support.

#### **Team History:**

Since being established, in each of the following years the Team has increased its activities and plans to continue this in 2023. The original goal was to provide information and assistance to residents to help them be better prepared for hurricanes. Since then, we have:

- ✓ At the beginning of hurricane season, around June 1<sup>st</sup> of each year, we have provided written information to all residents, including County Shelter Maps, information on planning for evacuation, how to deal with pets, organization of prescriptions, Hotel Listing, monthly articles in Gator Tales, and other information provided by Spectrum (Hurricane Guide) and the Polk Emergency Operations Center.
- ✓ In 2022 we held a **Hurricane Open House** on June 1<sup>st</sup>. We hope this will be an annual event and will consider planning additional events during hurricane season 2023.
- ✓ The Team organized LHV into eight Zones for the purpose of serving all residents.
- ✓ We provided Zone Maps and Zone Volunteer listings to all residents.
- ✓ Volunteers in each Zone communicated with residents, answered questions, and offered assistance.

✓ The Team put together a list of Volunteers from LHV who own generators and offered their use
to others during power outages. Some individuals made use of this during the 2022 power
outage to store medications. Some generator owners also stored food for some residents, so it
did not go bad! Some provided cell phone charging stations. We will be doing more in this
area as there is considerable interest in this.

#### Needs for 2023:

The Team needs more help to accomplish its goals and its Mission:

To help each other, to help keep our residents safe, and to help everyone be better prepared in case of an emergency.

#### Job Openings Available / No Resumes required!

Please consider helping! We have had a number of dedicated volunteers, many who have been members since 2018! We need help with a number of things – making phone calls, copying materials, talking with neighbors and referring needs and issues to the Team, etc.

We welcome anyone who would like to be a part of this important work in any way – helping your friends and neighbors be prepared and stay safe during challenging times. Choose what you would like to do, and you decide your time commitment.

#### 2022 HOA Emergency Preparedness Team Members:

Wanda & Art Stanley, Kathy & Dan Deuel, Matt & Margaret Rice, Pamela Leland, Lori Johnsen, Terri Cruz, Brin & Bob McDonald, Joyce Middleton, Deb & Gary Devore, Dona & David Rawson, Helen & David Hurr, Shelly Shaffer, Jerry Sibila, Jerry Smith, Darlene & Bill Davis, Gary & Valerie Stanley, Peter Morlock, Sharyl & Dave Graham.

#### Other Contributors:

Our Team would like to recognize and thank the many individuals who are not 'formal members' of the Team but whose dedication and assistance is appreciated by all! These individuals kept an eye on their neighbors, gathered socially, and provided ongoing support. Many with generators generously stored food for people, fed those who needed it, stored medications, and provided general support to many. It is very gratifying to see this and the caring for our friends and neighbors to help everyone stay safe through events such as the hurricane.

Some have asked how our friend Charlie ('The Procrastinator') is doing. Here is an update:



Charlie survived hurricane season. He has made a real effort to keep his fridge full and he is also storing canned goods for the future. He now realizes that he should have been better prepared and told our reporter that he was going to make a New Year's Resolution to do better! "I've learned my lesson after all these years! Next year I'll pay more attention to the information I receive and read the hurricane preparation articles in Gator Tales. I might even join this Team they have - even if they are annoying."

Need information or have questions? Contact Dave Graham at (603) 915-1368 or any Team Member

#### **January Space Coast Launch Forecast**

**Note:** Once again the launches are coming at the rate of almost one per

week or two, with many being scheduled with little (5-7 days) notice. Updates will be posted to our Launch Alert Facebook page on an as

known basis.

Space-X - TBD Space-X is planning on launching 6 Falcon 9 rockets this month,

including a Falcon Heavy version. No dates have been provided as of

today.

NASA will present "A Day of Remembrance" at KSC and other centers, on Thursday January 26, 2023. These events will honor the Astronauts of Apollo 1, Space Shuttle Challenger, and the Space Shuttle Columbia who lost their lives on 1/27/67 (Apollo 1), 1/28/1986 (Challenger), and 2/01/2003 (Columbia).





Maureen and Bruce Hatfield have been residents of Lake Hammock Village since Sept. of 2018. They moved in gradually as they had 2 leased apartments in Nalcrest, Florida and a home in upstate New York to sell. They finally completed the move in July of 2019.

The couple searched for almost 2 years to find a park and home that met their needs. Maureen wanted to be closer to Disney, her obsession. She also wanted a park that had well- paved streets as she is a runner and wanted to avoid any falls. Bruce also desired to be closer to civilization and to have room for his collections. LHV fit the bill.

Maureen and Bruce have only been married for 6 years. Maureen moved to Nalcrest, Florida in 2014 only 2 weeks after she retired. She was priced out as a retiree in her home city of Boston and was excited about having a fresh start. Bruce moved to Nalcrest in 2008 after he retired. Until he met Maureen, he was a snowbird from Elmira, New York.

Nalcrest is an active over 55 community of 500 rental apartments located 10 miles east of Lake Wales. The development is solely for retired union letter carriers and was built in the 60's by the national president of the letter carriers' union. Maureen was a letter carrier for 31 years; Bruce for 34 years.

In the fall of 2014 Bruce returned from Elmira to find that Maureen had joined the Nalcrest trivia team at Beef O' Brady's in Lake Wales. She shared his love of trivia. He wooed her with motorcycle rides and many wonderful meals. Their first date at Crazy Fish in Lake Wales lasted 3 hours. They knew they had something special. When Bruce asked her to marry him in 2015 Maureen said yes before Bruce could ask her!

Bruce attended Bryant Stratton college in Buffalo where he obtained an Associate degree. He was working in a bank there when he got drafted by the Army and was sent to Vietnam where he served in the signal Corp. He was honorably discharged as an E-5. He then went on to the Postal Service.

Maureen holds a bachelor's degree from the University of Vermont and a master's degree from Northeastern University. She taught high school in Boston before joining the Postal Service. While at the Postal Service she was elected to several different union positions. She was state president of the Massachusetts Letter Carriers' union- the first woman to hold this position. She represented 11,000 letter carriers in Washington where she lobbied on legislative issues on their behalf.

Maureen has one son who lives in Oklahoma with his wife and 5 children. Her son works for the USPS as a manager. Bruce has a son who lives in Binghamton, New York with his wife. He works in vehicle maintenance for the USPS. His grandson is now grown and is in international banking.

Bruce has a daughter who lives in Elmira heights, New York. She has a husband and 2 daughters. She works as a research scientist for Corning, Inc.

Maureen and Bruce also enjoy theatre and traveling. They have been to Europe several times. They love to visit Maureen's family in Ireland.

Maureen currently is a certified distance run coach and works with clients outside the park. She leads the diabetes group here in the park. Bruce supports Maureen's efforts. Both enjoy living here very much!



#### **CHRISTMAS DECORATING CONTEST WINNERS**

#### **GOLF CART WINNERS**

1<sup>st</sup> Place Dan & Kathy Deuel



2<sup>nd</sup> Place Carmine & Audrey Gioiosa



3<sup>rd</sup> Place Terry & Dawn Karaszewski



#29 The DeVore's



**HOUSE DECORATING WINNERS** 

#195 Bob Kruse



#210 The Abair's



#### **NEW YEARS**



by Users of the Gregorian calendar and calendars where months are based on Gregorian calendar

**Type**: International

**Significance**: The first day of the Gregorian year

**Celebrations**: Making New Year's resolutions, church services, parades, parties, sporting

events, fireworks

January 1 was celebrated as the start of the new year for the first time in 45 BCE, after Julius Caesar implemented sweeping changes to the **Roman calendar**.

The traditional New Year's song, "Auld Lang Syne," means, "times gone by" which was written by Poet Robert Burns in 1788.

The Pacific islands of Tonga, Samoa and Christmas Island/Kiribati are **the first to ring in a New Year**, while the uninhabited Howland and Baker Islands, near the United States, the last.

The Babylonians celebrated the new year in March as it was in March that they re-planted the crops and held a grand religious festival called "Akitu" that lasted 12 days.

Babies born on New Year's Day are commonly called New Year babies.

#### 

# Murder Mystery Dinner Theatre

January 14, 2023



Join us for a night of Mystery, Mayhem, and Murder.

Full course meal w/dessert, coffee, iced tea

Dinner at 6:00 pm – Show to begin at 7:30 pm

Ticket Cost: \$25 per person / B.Y.O.B.

"SOLD OUT"



# VALENTINE SOCK HOP SATURDAY, FEBRUARY 11<sup>TH</sup> 2023 LHV CLUBHOUSE

6:00 - 10:00 PM

DJ CLARK WILL BE SPINNING THE TUNES

HOSTED BY: DONNA LARMON, CINDY LYONS AND PATTI KELLER

TICKETS WILL BE: \$6.00 TO HOA MEMBERS

NON-MEMBER WILL BE \$8.00

FOOD WILL BE PROVIDED

COME AND SPEND THE NIGHT REMEMBERING WHEN TIMES WHERE GOOD, MUSIC WAS GREAT AND LIVING WAS EASY.



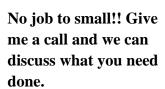
#### LHV Residents Corner

#### A Place for our Residents Services

Handy Man at your Service

Jerry Sibila

Cell: 910-876-7221 58 Sargent St.



Floors – Plumbing – Ceiling Fans – Painting – -Household Repairs – Bathroom Remodel – Kitchen Remodel – New Windows - ETC.



Valerie Trejo 68 Sargent St. 863-333-1077

#### **Power Washing / Painting**



**Gary Stanley 863-333-1079** 

(Licensed)

Free Estimates 68 Sargent St.

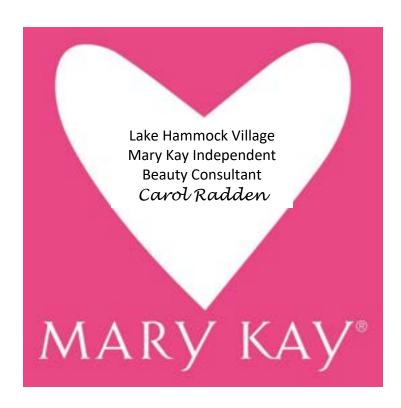


I do alterations, mending, sewing!! Years of experience from Weddings to replacing zipper. Call: "863-307-7206" or email "jultz56@yahoo.com"

Julie Camp 113 Reineke



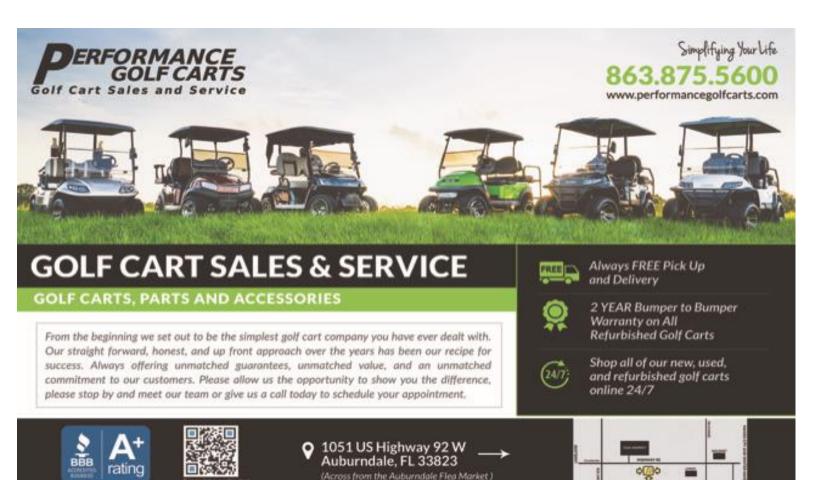




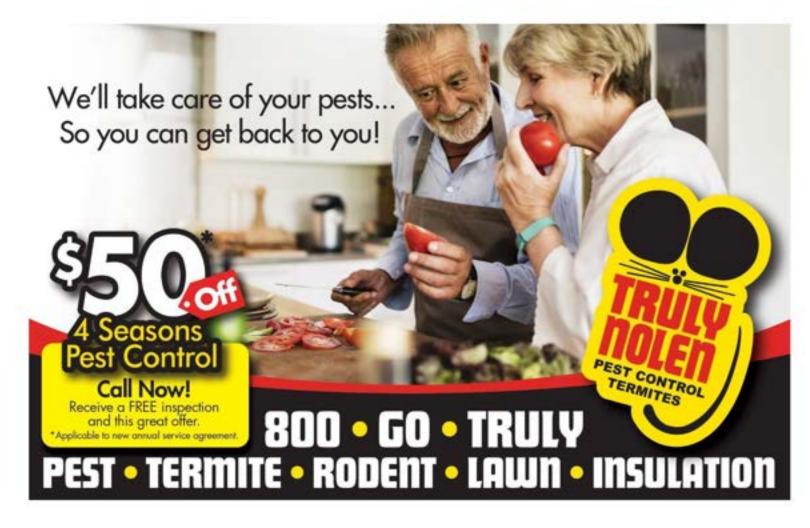
For residents of Lake Hammock Village, I give a 20% discount.

Mary Kay has a new product to deal with undereye puffiness – it works very quickly. If you would like to try it call or text me at 407 276-2307. If I don't answer, please leave a voice mail as I work full-time.

I have Look Books available and will be glad to drop them off to Lake Hammock Village residents.







# Insurance Program



Mobile • Modular • Manufactured Home • Condo

# Highlights of the Program

- "A" Rated Insurance
- Owner/Tenant
- Seasonal & Rental
- Value 10k to 125k
- Rates from \$212.00

- Approved Park
- Private Property
- 1970 and Newer Homes
- Replacement Cost Golf Cart Coverage

# Mr. Auto INSURANCE

Toll Free 1-888-249-5464
P.O. Box 1565 • Haines City, FL 33845
Roger Brandjes - License A028734

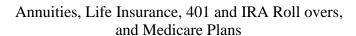
**CALL FOR A QUOTE** 

863-557-5465 NEW LOWER RATES

Or apply online MrAutoFL.com

#### **Brown Insurance Group**

**Complete Retirement Services** 



863-651-7784



Independent Agent Dbrown0115@gmail.com



### MOBILE HOME ROOFING

Family Owned & Operated





#### FREE VIDEO ROOF INSPECTIONS

- - Energy Efficient
  - Protects Your Home
  - **Roof Insurance Certifications** 
    - Financing Available
      - FREE Estimates

1.877.572.1019 AllFloridaRoofs.com



MEDICARE

ADVANTAGE

















# LOOKED UNDER YOUR MOBILE HOME LATE

Missing or torn insulation and vapor barrier can allow moisture, mold and mildew to build up, and provide access to insects and rodents into your home!

## Call today for a FREE Under Home Inspection

To our valued customers.

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respiretors which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

> Wishing you good health and safety, The Florida Anchor & Barrier Team



We Also Fi Soft Floors!

**ESTIMATES ALWAYS FREE** 

**OVER 10,000 VAPOR BARRIERS** INSTALLED





State Certified General Contractor CGC#004138 State Licensed Mobile Home Contractor #IH/102549/1 Insured • Bonded • Workman's Compensation Insurance 30 YEARS EXPERIENCE









# SUB-FLOOR & FLOORING EXPERTS!









STATE CERTIFIED GENERAL CONTRACTOR CGC# 004138

STATE LICENSED MOBILE HOME INSTALLER IH# 102549/1







863.812.4741

800.681.3772

# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H	2 9:15 am Water Aerobics 10 am Shuffleboard 1-3 pm Hand & Foot 6 pm BINGO	3 10 am Cornhole 11 am Activities Meeting 7 pm HOA Board Mtg	10 am Cornhole Doughnuts 11 am Activities Meeting 9:15 am Water Aerobics 1 pm Paint Class 7 pm HOA Board Mtg	5 10 am Shuffleboard 1 pm Line Dance Class	<b>6</b> 9:15 Water Aerobics 1 pm POKENO Food Bank Pickup	7 8:30 am Breakfast at Diner
8 Z z z z z z z z z z z z z z z z z z z	9 9:15 am Water Aerobics 10 am Shuffleboard 1-3 Hand & Foot 6 pm BINGO	10 10 am Cornhole 1 pm Sassy Stitchers	11 8 am Coffee & Doughnuts 9:15 am Water Aerobics	12 10 am Shuffleboard 1 pm Line Dance Class 7 pm Dominos	13 9:15 am Water Aerobics 1 pm POKENO 7 pm CIR	14 6 pm Murder Mystery Dinner Theater
	16 9:15 am Water Aerobics 10 am Shuffleboard 1-3 Hand & Foot 6 pm BINGO	17 10 am Cornhole 7 HOA Annual Mtg	18 8 am Coffee & Doughnuts 9:15 am Water Aerobics 11:30 am Lady's Lunch	19 10 am Shuffleboard 1 pm Line Dance Class 7 pm Dominos	20 9:15 am Water Aerobics 1 pm POKENO Food Bank Pickup 7 pm CLR	21
2:30 pm S.W.I.M. Club Haines City Community Theater 7 pm Euchre	9:15 am Water Aerobics 10 am Shuffleboard 1-3 Hand & Foot 6 pm BINGO 30	24 10 am Cornhole 1 pm Sassy Stitchers 31	25 8 am Coffee & Doughnuts 9:15 am Water Aerobics	26 10 am Shuffleboard 1 pm Line Dance Class 7 pm Dominos	9:15 am Water Aerobics 1 pm POKENO 7 pm CLR	28
7 pm Euchre	10 am Shuffleboard 1-3 pm Hand & Foot 6 pm BINGO					
m	4	Notes  We will be 7 pm. Brir	We will be starting Euchure up again on Sunday, January 8, 2023 Calendar Templates by Vertex 7 pm. Bring a \$1 bill and nickles	ure up again c nickles	n Sunday, Jan Calendar T https://www.ve	nday, January 8, 2023 Calendar Templates by Vertex42 https://www.vertex42.com/calendars/

#### **DIABETES SUPPORT GROUP 2022-2023**

Will meet on the following dates at the CLUBHOUSE at 7 pm.

WED. JAN. 4<sup>th</sup> – NEWS YEARS RESOLUTIONS

WED. FEB. 1<sup>st</sup> – DIET

WED. MARCH 1<sup>st</sup> – EXERCISE

WED. APRIL 5<sup>th</sup> – MEDICATION

WED. MAY 3<sup>rd</sup> – STRESS