



THE PULSE

We love our Donors and Community Partners!

Whether you're donating time, clothes, appliances, hygiene items, making a monetary donation, or coming along side us as a community partner, we appreciate you! There are a lot of ways to serve, if you're looking to get involved! Please reach out to Melissa via email: Melissa@MonadnockPSA.org



Alan Scherer
Photographer



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Feta Stuffed Sweet Potatoes

Ingredients

4 Medium Sweet Potatoes
1/4c Fresh Cilantro Leaves
2Tbsp Olive Oil
1tsp Chili Powder
1/2c Crumbled Feta Cheese

Instructions

Preheat oven to 425°F. Pierce the sweet potatoes all over with a fork and place in a microwave-safe dish. Cover with vented plastic. Microwave on high 10-12 min., until tender, turning over once halfway through. Let stand until cool enough to handle. Meanwhile, coarsely chop the cilantro. Halve potatoes lengthwise. Scoop out most of the sweet potato, leaving skins intact, and add scooped-out potato to a medium bowl. To bowl, add the oil and chili powder. Mash until mostly smooth. Fold in the feta cheese and cilantro. Season with salt and pepper to taste. Season sweet potato cavities with salt and stuff with sweet potato-feta mixture. Roast on a baking sheet 10 min., until tops are brown.



"Daddy Don't Cry"
By: Matthew Johnson

Do you know what I see when I look in Lilly's eyes? It's like a look of surprise, "Dad, why do you cry? Did you get hurt, fall down and scrape your knee? Or Daddy do you cry, cause you don't know me?" Lilly, I cry, and Daddy has his reasons. You may not know, but Daddy fights demons. I don't always win, and sometimes I get hurt. Sometimes I gotta pull myself outta the dirt. But I brush myself off and I bandage my knee. Then I get back up cause I know I have feet. Where I go from here, it can only be the top, but I still can't forget all those times that I dropped. There's a voice in my head and he tells me of my flaws. He tries to reach out and cut me with his claws. Sometimes I listen and I see what I'm missin'. That demon brings me down, his name is Addiction. "But Daddy, why don't you tell that voice to shut up? That you've heard it all before and enough is enough?". Lilly, I'd love to, that's the battle that I fight And I cry because one day, I know I'll have the might, but this demon has hurt me and I let him carry on. Then he deserts me, and I'm left all alone. Except for my pain, which has carried on to you, and That's Not What I Had Intended To Do! Sometimes I cry for all the pain that I've caused, And for all the reasons I gave you to mistrust. Just keep in mind that I still fight this battle, One day I'm gonna win and get outta this gravel. Sometimes I cry because I see the good things, Like risin' to new heights with a good set of wings, And being there to do all the good that I can do. Lilly, I cry cause of how much I love you.

Daddy Don't Cry
Cause It'll Be Alright
Tuck Me In Now
It's That Time Of Night
When The Sun Rises
And We See The Sun Light
You Won't Cry No More
Cause It'll Be Alright

Daddy, do you feel better? It's a brand new day, And I'm so excited we got together to play. Take me to the park and we can run a race, And if I let you win, will you please dry your face? "Lilly, you're great, how'd I ever let you go?". Daddy, I don't know but it's on with the show. I'm still young enough that you can watch me grow, And be a part of my life. There's always tomorrow. You can teach me stuff 'cause I know that you're smart, And you can learn how to love 'cause you got a big heart. So please don't be sad and Daddy dry your eyes. Today is the start of the rest of our lives.

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Lilly, I cry, 'cause I don't know where to go. "Daddy I told you, it's on with the show" But baby, I'm scared I can't be a good man. "Daddy, listen up, 'cause I know that you can. I know that you were there for me. You saw all my firsts and I know you love me". Yeah, I do and I can do more, But I missed Izzy's firsts, and her I adore. "Daddy, I know and I love Izzy Too, But you need to know that we don't blame you. You had a lot of struggles and maybe fell down, But you always did your best, you deserve a crown. We love you Daddy, Me and Izzy both. We're so sorry, you missed out on our growth. Yeah, we're bigger now but we're still growing, So you can still see all the things that we're showing. You are always my Daddy and you know I love you. No matter what you do, I know you love me too" Lilly, I do. Even if I can't show it Despite all mistakes, I'm glad that you know it. I admit to my flaws, which is a hard thing to do, Bet yes, I must confess, that my best, is you. "Daddy, I know. And I'm glad to see you smile. It's been a long time, I haven't seen it in a while". Lilly, I'm sorry, I should have always been strong. "Daddy, you are. Don't live in the wrong. You made a bad choice, but you can carry on". Lilly, I can. And I will reach the sun. "Good for you Daddy, can't wait till you do. I'm proud of you for all the good that you can do". Lilly, I'm the one who's supposed to be proud. "Daddy, you can be, when I help you out this cloud". Lilly, You're right, I'ma scream it out loud. You're like the best daughter ever, you make me proud. Because you were able to help me at my worst. Because you never gave up and you sang me a verse. You believed in me when I couldn't do the same. I'm so glad that you carry my name. All that we can do is help each other out You're my biggest motivation and there's no doubt. Lilly, I love you and I hope you love me back. "Daddy, I do, always remember that".

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Lilly, I'm sick and I don't feel well. I'ma have another drink cause I feel like I'm in hell. "Daddy don't you dare. I thought that you cared?" Lilly, I do. But I'm so scared. I can't do it on my own, I've tried it all before. No place to call home, far away from the adored. It's like I don't care, how far that I can fall "Daddy, it's time, that you gave it your all. You've tried it before, but I wasn't there. You need to stop giving into your fear". It's not just fear Lilly. That's why I cry. Daddy doesn't care about improving his life. I've fallen so far that I can't get back up. "Dad, I won't hear it, enough is enough. Me and Izzy love you and we just want a dad, But you were never there. You- we've never had. Now you're gonna say, that you'll carry on this way? Daddy sober up, all I wanna do is play". Lilly, I'm sorry, I've got something to do. "Dad, how many times will I hear a new excuse? You can keep crying 'cause that's all that you do. You might never change, and me- you'll lose". Lilly don't go, I need you in my life "Stop pushing me away and put up a fight. Tell your demon to get lost, he's not welcome anymore". Lilly, I can't "What do you struggle for? Is it for me, and for Izzy too? Or do you only do just what you wanna do?". Lilly, I'm sorry- "Matt, I don't wanna hear it. You've set yourself a goal but you'll never be near it. Daddy Don't Cry, you've done this to yourself And now I can see that you never wanted help But Matt, please do- I miss you Not only me, but little sis too". Lilly, that's hard but I've heard what you said And all those words spoken just went to my head. I can never be good 'cause I don't want to be. I've always been searching for something to need, But I didn't realize you were there all along. I never wanted to be right. I'm always wrapped in wrong. Now I think it's time to stand up and be a man. Lilly, you finally made me see that I can. Sometimes I cry, cause I feel sorry for myself, But I've never reached out, never asked for help. But Daddy's still sick, and I'm gonna get well. Gonna get the help I need, to get outta this Hell. Lilly, I'm sorry and that's why I cry. I wanna do the right thing, I just wanna get by, So I'ma do what I have to with tears in my eyes. And I'm gonna get help, Lilly, goodbye

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Lilly, wake up, it's a brand new day. How's this for a change? Daddy wants to play, So get outta bed and go find your shoes. We're gonna take a walk to anywhere you choose. "Good morning Matt, I'm glad to see you're back. You're eyes are shining bright, no rings of black. You look better Matt, but I'm still scared. How am I supposed to know that you cared?". Good question Lilly and I'm glad that you ask I'm gonna let you see me I'll take off this mask. I've been hiding from myself for a whole life time, Cause I was so scared, of what I kept inside. So Lilly don't cringe if Daddy looks ugly. Please have the strength to come over and hug me. "Dad, I've been waiting, so long to see your face, So take off your mask, and let me embrace. Dad, I'm still scared but I've been getting prepared. All I really wanna know: is if you can care". Look at me Lilly, 'cause I'm finally doing well. Tell your Momma I'm sorry, I put us all through hell. Things are finally changing and I'm finally doing right. I had to search deep inside to see if I had the might It turns out I did but I had to ask for help. Now I know I can't be ashamed of myself. I gotta stand tall and forget about the past. And I can't be afraid, to take off this mask. "Daddy, you're beautiful and your eyes are dry too. It's times like these that I wanna cry with you. Not because I'm sad but because I'm so happy. For the first time ever, I can have a Daddy!". Lilly I know and I'm glad that I'm here, But it wasn't easy to get over my fear. I had to go away and make some new friends. I had to learn new things and put others to an end. Some days are bad 'cause that demon still whispers, But I rely on the love of you and your sister. Lilly, I know, I can't change what I did, But I can do better, I've decided to live. One day at a time I've been making things better. I've whittled that demon's name down to a letter. Now he's just an "A", I know I can overcome. I can look back and see good things that I've done. I can look to my future and see better things to come, But TODAY is not over, lets go have some fun!

Lilly Don't Cry
Cause It'll Be Alright
Daddy's Finally Learned
How To Put Up A Fight
Now That I've Made You
A Part Of My Life
We Won't Cry No More
Cause It'll Be Alright



Exercise boosts the brain — and mental health

By Bob Holmes

Working out buffs up the body — and perhaps the mind, too. New research is revealing how physical activity can reduce and even ward off depression, anxiety and other psychological ailments.

Mental health disorders such as depression and anxiety aren't easy to treat. Medications help many but have a high failure rate and may bring nasty side effects. Talk therapy is time-consuming and expensive. And neither approach is suited to preventing the disorders from developing in the first place. But many people overlook another option that, when it works, can be one of the most effective, least disruptive and cheapest ways of managing mental health disorders: exercise.

It's hardly news that exercise is good for your physical health, and has long been extolled for mental health as well. But researchers are now making progress in understanding how, exactly, exercise may work its mental magic. Exercise, they are learning, has profound effects on brain structure itself, and especially in regions most affected by depression and schizophrenia. It also provides other, more subtle benefits such as focus, a sense of accomplishment and sometimes social stimulation, all of which are therapeutic in their own right. And while more is generally better, even modest levels of physical activity, such as a daily walk, can pay big dividends for mental health.

"It's a very potent intervention to be physically active," says Anders Hovland, a clinical psychologist at the University of Bergen in Norway.

But that knowledge has barely begun to percolate into practice, says Joseph Firth, a mental health researcher at the University of Manchester in the UK. Just ask a hundred people receiving mental health care how many are getting exercise prescriptions as part of that care. "You wouldn't find many," Firth says.

Exercise — a tool against depression

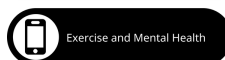
Some of the strongest evidence for the mental benefits of exercise centers on depression. In 2016, Hovland and his colleagues searched the published literature and identified 23 clinical trials that tested the effectiveness of exercise in treating depression.

Exercise was clearly effective and, in few studies, on par with antidepressant drugs, the researchers concluded.

And exercise offers several advantages. For one thing, antidepressant medications generally take several weeks or months to show their full effect. Exercise can improve mood almost immediately, making it a valuable supplement to frontline treatments such as drugs or therapy, notes Brett Gordon, an exercise psychology researcher at the Penn State College of Medicine. Plus, he says, exercise can counteract some of the unpleasant side effects of antidepressants, such as weight gain.

In addition, exercise has few of the negative side effects that are so common in drug therapies for depression and other disorders. "Many people who have mental health concerns are not enthusiastic about starting a medication for the rest of their lives, and are interested in pursuing other options. Exercise might be one of those options," says Jacob Meyer, an exercise psychologist at Iowa State University.

To read more, please scan:



ANNOUNCEMENTS

Donate

We are always happy to accept donations of hygiene products, laundry detergent, cleaning products, dairy products, flour, sugar, eggs and snack foods!

Thank You

We are so grateful to all the sponsors of our 1st Annual Floating Lanterns Festival! Your support was key in our success! Thank you!

Important dates to remember



Friday, June 9, 2023 - Delayed Opening - 11am

Friday, June 9, 2023 - Trip to the YMCA

Friday, June 16, 2023 - Father's Day Dinner

Monday, June 19, 2023 - Center Closed

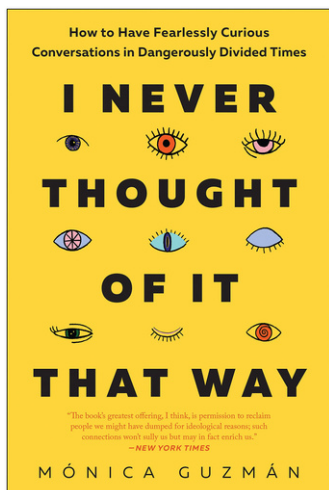
Tuesday, June 20, 2023 - Trip to Twinkle Town

Tuesday, June 20, 2023 - Community Meeting

Friday, June 23, 2023 - Trip to the YMCA

Friday, June 30, 2023 - Walk and Picnic in the Parks

Book Recommendations

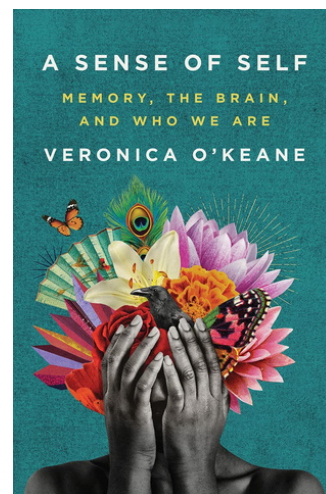


In these pages, you'll learn:

- * How to ask what you really want to know (even if you're afraid to)
- * How to grow smarter from even the most tense interactions, online or off
- * How to cross boundaries and find common ground—with anyone

Whether you're left, right, center, or not a fan of labels: If you're ready to fight back against the confusion, heartbreak, and madness of our dangerously divided times—in your own life, at least—Mónica's got the tools and fresh, surprising insights to prove that seeing where people are coming from isn't just possible. It's easier than you think.

Drawing on poignant accounts that include her own experiences, as well as what we can learn from insights in literature and fairytales and the latest neuroscientific research, O'Keane reframes our understanding of the extraordinary puzzle that is the human brain and how it changes during its growth from birth to adolescence and old age. By elucidating this process, she exposes the way that the formation of memory in the brain is vital to the creation of our sense of self.



June Trips



Twinkle Town
Tuesday
June 20th
12pm to 2pm

Scan to
view a list of
all our
community
partners!



Save the Date



Scan for more information:






Member Spotlight



Here is a beautiful drawing that Felicia Chase gave to the agency!

Carol Holt sanded and waterproof stained these planters for her herb garden!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
 <p>Center is Open to the Public Monday through Friday 9am to 6:30pm 24 Vernon Street Keene, NH 03431 603-352-5093</p>			<p>1</p> <p>Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am - 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm</p>	<p>2</p> <p>Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Siesta 12:30pm to 2pm Jammin' in the Gym 2:30pm to 3pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm</p>	<p>3</p> <p>Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm</p>
<p>5</p> <p>Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 11am to 11:30am Coffee Hour 11:30am to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 2pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm</p>	<p>6</p> <p>Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Healthy Eating 11am to 12:00pm Siesta 11:30am to 1:00pm Community Meeting 12pm to 1pm Journaling Group 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm to 4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>7</p> <p>Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Pantry Pizazz 11am - 12:30pm Building Boundaries 11:30am - 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm</p>	<p>8</p> <p>Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am - 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm</p>	<p>9</p> <p>Center Opening at 11am Lunch on the House Sundae Bar 11am to 1pm Siesta 12:30pm to 2pm Trip to the YMCA 1:30pm to 3:30pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm</p>	<p>10</p> <p>Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm</p>
<p>12</p> <p>Check-in 9:15am to 9:45am Siesta 10:00am to 11:30pm Silver Strength 11am to 11:30am Coffee Hour 11:30pm to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 2pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm</p>	<p>13</p> <p>Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Healthy Eating 11am to 12:00pm Siesta 11:30am to 1:00pm Community Meeting 12pm to 1pm Journaling Group 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm to 4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>14</p> <p>Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Pantry Pizazz 11am - 12:30pm Building Boundaries 11:30am - 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm</p>	<p>15</p> <p>Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am to 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm</p>	<p>16</p> <p>Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Father's Day Dinner 5pm to 6:30pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm</p>	<p>17</p> <p>Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm</p>
<p>19</p> <p>Sorry We're Closed Juneteenth</p>	<p>20</p> <p>Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Healthy Eating 11am to 12:00pm Siesta 11:30am to 1pm Trip to Twinkle Town* 12pm to 2pm Journaling Group 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm to 4pm Community Meeting 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>21</p> <p>Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Pantry Pizazz 11am to 12:30pm Building Boundaries 11:30am - 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm</p>	<p>22</p> <p>Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am to 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm</p>	<p>23</p> <p>Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Trip to the YMCA 1:30pm to 3:30pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm</p>	<p>24</p> <p>Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm</p>
<p>26</p> <p>Check-in 9:15am to 9:45am Siesta 10:00 to 11:30am Silver Strength 11am to 11:30am Coffee Hour 11:30am to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 2pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm</p>	<p>27</p> <p>Check-in 9:15am to 9:45am Survivors of Sexual Assault 10am to 11am Healthy Eating 11am to 12pm Siesta 11:30am to 1pm Community Meeting 12pm to 1pm Journaling Group 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm to 4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>28</p> <p>Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Pantry Pizazz 11am to 12:30pm Building Boundaries 11:30am to 12:30pm Siesta 12:30pm to 2pm Van Shopping Trip* 12:30pm to 3:30pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm</p>	<p>29</p> <p>Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am to 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm</p>	<p>30</p> <p>Check-in 9:15am to 9:45am Survivors of Suicide Attempts 10:30am to 12pm Walk through the parks Picnic 10:30am to 2:30pm Lunch on the House 11am to 1pm Siesta 12:30pm to 2pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm</p>	<p>Joining us via  zoom?</p> <p>Zoom ID: 603 352 5094</p> 

*Sign-up is required

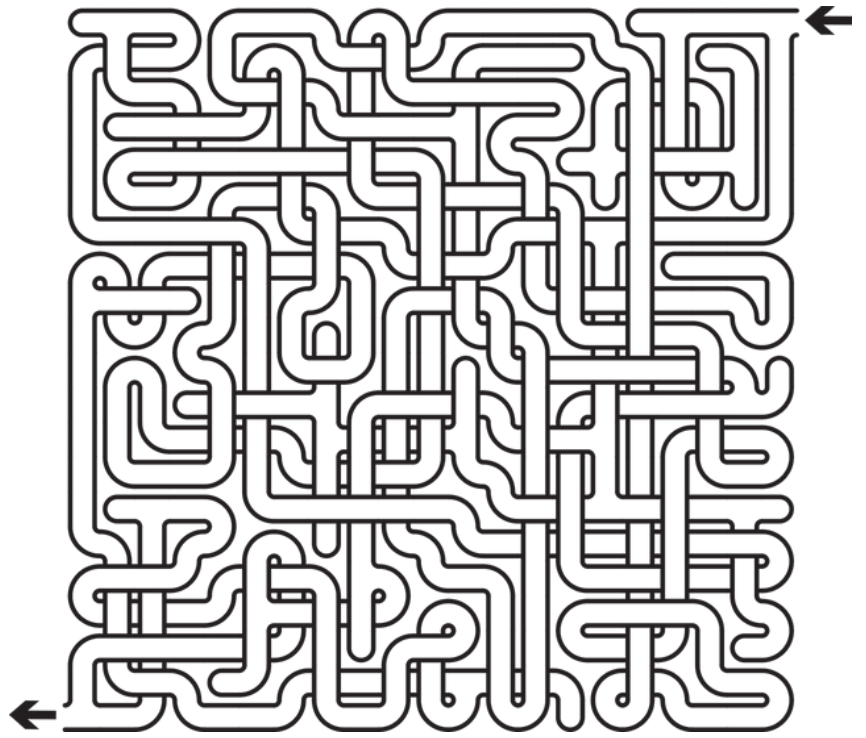
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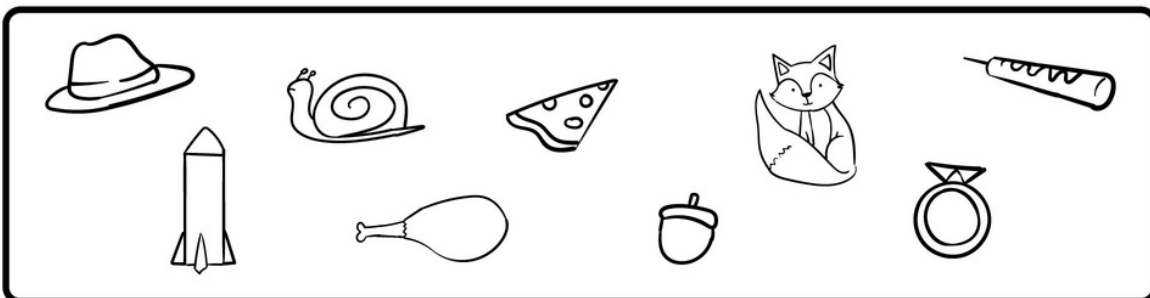


Monadnock
PEER SUPPORT



CAMPING SEEK AND FIND

FIND THE OBJECTS IN THE PICTURE





"I loved his smile. I loved how he talk about his mom and how he loved her. I also loved how he was willing to learn from what we talked about and consider others perspectives". ~Trish

"I am glad I got to have a good long talk with him for the first time this week. His eyes were soft, that gaze is ingrained in my memory". ~Sibeal

"The last time I talked to him he was really excited because Crystal bought him a pillow. He told me that he had a great nights sleep because he finally had a pillow". ~Sam

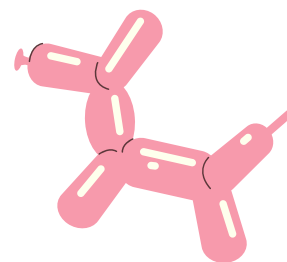
"Scott had made such great progress from when we first met him. I was looking forward to seeing his journey and see his pride for how well he was doing for himself" ~Melissa

June Birthday Spotlight

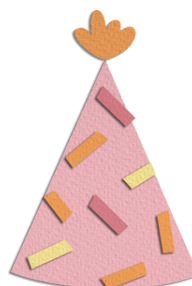
Tiana Watson - 1
Traci Watson - 1
Julie Gray - 3
Dave Carrier - 4
David Poston - 4
Jaide Hall - 4
Thomas Allen Jr - 4

**Happy
BIRTHDAY**

Brian Hinz - 12
Karla Bruno - 13
Jennifer Judd - 14
Dylan Chappel - 17
Wesley Maple II - 18
Leno Tempesta - 19
Lynn Major - 19
Tammy Rich - 20



Aaron Hill - 5
Carol Holt - 5
Karen Melissa Soler - 5
Ronald Legacy - 5
Erin Rushalko - 6
Paul Desrosiers - 7
Natasha Bofer - 10
Taylor Cahill - 10



Shannon Kitteredge - 22
Mark Bradley - 25
Crystal Royea - 27
Asa Doubleday - 28
Spencer Zamboni - 28
Mean Rogers - 29
Morgan Grant - 30

May

MEMORIES



Will & Frank



Twinkle Town Trip!



Felicia's Tie Dye!



Wagon ride!



Tie Dye Day!



Stacy & Michelle!



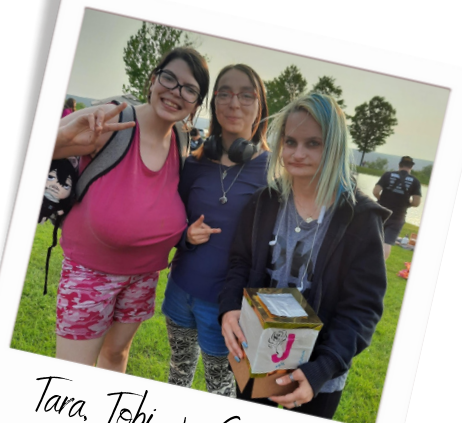
Pantry Pizzazz!



Beach Volleyball!



Ananda, Matt, Sam & Karen!



Tara, Tobie & Crystal!

May

MEMORIES



Stacy + Matt!



Felicia, Frank + Willy!



Tie Dye Day!



Jen Prepping for Lunch!



Shay + Stacy!



Michelle + Tini!



Sam + Karen Retrieving Lanterns!



Mr. + Mrs. Richi!



Diane + Billy!



*Thank you to everyone who
came to our 1st Annual
Floating Lanterns Festival!*



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