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Winter 2015 Featured Articles

STRIVING FOR EXCELLENCE Nominated Again for Wisconsin Manufacturer of the Year

SAFETY AWARENESS NEWS OSHA & GHS Compliance Safety Reward Program

HEALTH & WELLNESS Dental Defenders Easy New Year Resolutions Supporting Kim

COMMUNITY CORNER Beer by Bike Brigade Charity Chili Cook-Off & Bake Sale Joshua Hli Xiong Benefit

EMPLOYEE SPOTLIGHT Bling It On–Holiday Spirit Contest Penny & Kris Say Farewell A Pallet of Creativity

> CALENDAR ACTIVITIES & EVENTS

EMPLOYEE ANNIVERSARIES

NEW EMPLOYEES EMPLOYEE ANNOUNCEMENTS



Empire Captures Second MOTY Nomination

Empire Screen Printing has captured its second Wisconsin Manufacturer of the Year (MOTY) nomination. In 2013, we were nominated in the medium-sized business category. This year due to increased business and job growth we are competing in the largesized business category.

Each year, a strong field of nominees demonstrates that there are good stories to share in manufacturing. As one of the thirty-nine companies nominated on December 17, 2014, Empire stands a good chance of winning its first MOTY.

The Wisconsin MOTY award program honors businesses for their commitment to excellence, their employees, and the state. As a nominee, Empire is dedicated to building a better Wisconsin.

There are only nine awards to be

distributed. Four of the awards are based on overall performance and company size.

Small (1-99 employees) Medium (100-299 employees)

Large (300-750 employees)

Mega (751+ employees) There are also five special awards

that recognize

- Workforce Development
- Investing Locally, Growing Globally Award
- Innovation Excellence Award
- Investing in the Future Award
- Employee Engagement and Commitment Award

A formal black-tie awards banquet will be hosted on Thursday, February 26, 2015, at the Pfister Hotel in Milwaukee to announce the winners of the 2014 MOTY Awards.

For a complete list of all the nominees please see page three (3).



SAFETY AWARENESS NEWS

Beer by Bike Brigade stop at the Bodega while on their holiday ride

OSHA & GHS Implementation Schedule ~ Amy Bettis



Before GHS was created and implemented by the United Nations, there were many different regulations on hazard classification in use in different countries. Given the extent of international trade in chemicals, and the potential impact on neighboring countries when controls are not implemented, it was determined

Safety Reward Program

~ Safety Committee

Once again Empire employees have reached their safety milestone of 765+ days with no lost time accidents and counting. That is over 2 years without an accidentimpressive!

We celebrated this achievement with a delicious catered meal and a safety drawing of 100 chances for \$20.

Our next milestone will be reached on March 6, 2015. Until then stay focused on doing your job safely.

As always if you've any concerns about safety at Empire don't hesitate to bring the issue up with ANY safety committee member. We meet the 2nd Tuesday of each month to address concerns



A scrumptious cake from Festival Foods rounds out the safety meal provided by Log Cabin Catering

Safety Coordinator:	
Keith Cook	.R & D
Committee Members:	
Lee Vieth	. Plant Manager

that a worldwide approach was necessary. The GHS was designed to replace all the and present one universal standard which all countries

should follow.

Of course the standardization and implementation of GHS could not be done overnight. It must be implemented in phases. Per OSHA guidelines the following schedule has been approved. December 1, 2013,-businesses must train

their employees on the new label elements and the Safety Data Sheets (SDS).

June 1 - Dec. 1, 2015–Per GHS compliance distributors shall not ship containers labeled by the chemical manufacturer or importer unless it has proper GHS labeling.

June 1, 2016-Employers must update workplace labeling and hazard communication programs as necessary and provide employee training for newly identified physical or health hazards.

Beer By Bike Brigade-Holiday Ride & Chili Slam ~ Troy Stockers



What do you get when you meet for a night of merriment, a collection of dry goods, a ride through the amazing Rotary lights with a two bar run- Beer By Bike Brigade's (BBBB) Holiday Ride!

This year we had 92 cyclists and collected over 500 lbs. of non-perishables for our local food shelves. We started out at the Wine Guyz for spiced wine, hot chocolate or a cold beer, and proceeded to our ride through the Rotary Lights and finished up

John Johnson	Operations Coord.
Autum Jacobs	
Sheri Noble	Insurance Agent
Dawn Adamson	Accounting

at local establishments Earl's & the Bodega.

The BBBB is also hosting another charitable event, the first annual Chili Slam on January 24, 2015 from 11:00 am to 1:00 pm at the Freighthouse. Three local bike shops and past BBBB hosts are donating their favorite chilis for sampling. Cost of the event is \$5/person. Enjoy some chili, vote for your favorite and raise funds for a good cause.

Since the chili is donated, 100% of the money earned purchase bicycles and safety equipment for a family in need. The BBBB Committee will select a family with the help of La Crosse Social Services. The bicycles will be of reputable quality, purchased through local bike shops with a full warranty and guaranteed smiles.

As always, make sure you invite any number of your friends, have working front and rear bicycle lights, warm clothing and most importantly your never-out-of-fashion fun attitude.

Beer By Bike Brigade...Selfless at its core.

Amy Bettis	Art Department
Nancy Gilbertson	
Curtis Johnson	
Jay Yehle	
	0

2014 WI Manufacturer of the Year Nominees

Company

Alliance Laundry Systems, LLC Amerequip Corporation Apache Stainless Didion Milling, Inc. E.K. Machine Co. Inc. Ellsworth Cooperative Creamery EmbedTek, LLC Empire Screen Printing, Inc. **EVCO** Plastics Fox River Fiber Company, LLC Gamber-Johnson LLC General Plastics, Inc. **Global Finishing Solutions LLC** Grede Holdings LLC Green Bay Packaging Inc. Hatco Corporation HUSCO International, Inc. Kolbe & Kolbe Millwork Co., Inc. MEGTEC Systems, Inc. MGS Mfg. Group, Inc. N.E.W. Plastics Corporation Nicolet Plastics, Inc. **Orion Labels LLC** Plank Enterprises, Inc. **Plexus** Corporation Seats, Incorporated Services Plus, Inc. Signicast LLC Spectrum Industries, Inc. Super Steel LLC Tenere, Inc. TLX Technologies, LLC Trostel, Ltd. **Universal Acoustic & Emission** Technologies Vargo Tool & Die, Inc. Visual Impressions, Inc. Waukesha Metal Products, LLC Winsert, Inc. Wisconsin Metal Parts, Inc.

Category	City
Mega & Workforce Development	Ripon
Medium & Workforce Development	Kiel
Medium & Workforce Development	Beaver Dam
Medium & Workforce Development	Johnson Creek
Medium & Workforce Development	Fall River
Medium	Ellsworth
Small & Workforce Development	Hartland
Large	Onalaska
Mega & Workforce Development	DeForest
Small & Workforce Development	De Pere
Small & Workforce Development	Stevens Point
Small	Milwaukee
Large & Workforce Development	Osseo
Mega & Workforce Development	Southfield
Mega & Workforce Development	Green Bay
Large	Milwaukee
Mega & Workforce Development	Waukesha
Mega	Wausau
Mega	De Pere
Mega & Workforce Development	Germantown
Medium & Workforce Development	Luxemburg
Small & Workforce Development	Mountain
Small	Seymour
Medium & Workforce Development	Eau Claire
Mega & Workforce Development	Neenah
Large & Workforce Development	Reedsburg
Medium & Workforce Development	Green Bay
Mega & Workforce	Hartford
Medium & Workforce Development	Chippewa Falls
Large & Workforce Development	Milwaukee
Large & Workforce Development	Dresser
Small & Workforce Development	Pewaukee
Large	Lake Geneva
Large & Workforce Development	Stoughton
Small	Marinette
Small	Milwaukee
Medium & Workforce Development	Sussex
Medium	Marinette
Small & Workforce Development	Waukesha

Above & Beyond, Winter 2015 Page 3

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Sept. 2013 - Mar. 2014

Coulee Region Chill Hockey Green Island Ice Arena La Crosse, WI • 608-618-0160 crchill.pointstreaksites.com/ view/crchill/tickets



Jan. 24 - Jan. 31, 2015

29th Annual Winter Rec Fest sponsored by the City of La Crosse, WI featuring a variety of winter activities for all ages. 608-789-7533 www.cityoflacrosse.org



Beer by Bike Brigade • Chili Slam 11:00 am - 1:00 pm The Freighthouse Restaurant Cost \$5 per person (see article on page 2)

Feb. 14, 2015

Catch-A-Cure for Lung Cancer 8:00 am - 1:00 pm on Lake Onalaska Shaefer's Boat Landing & Red Pines Ice Fishing Tourney Entry Fee \$10/Adult • \$5/Kids 12 & under Food • Family Activities • Raffle Proceeds benefit Gundersen Medical Foundation Lung Cancer Research

***** Feb. 28, 2015

Joshua Hli Xiong Memorial Benefit 2:00 pm -1 1:00 pm at All Star Lanes 4735 Mormon Coulee Rd., La Crosse, WI Live Music/DJ • Free Food Silent Auction • Wingspan Raffle 50/50 Raffle (see article on page 4)

> For more events and activities, visit www.explorelacrosse.com

Community Corner

Freedom Honor Flight Charity Event Benefits Veterans & More



The charity chili cook-off and bake sale have become traditions at Empire. Choose your favorite recipe, and bake some delicious cookies or prepare a batch of chili to enter on **Wednesday, Feb. 18, 2015**. For such good causes you could do both! Please sign up by the time clock or in the Art Dept. Call Jen Schloesser at x2398 or Amy Bettis at x2371.

Our chili cook-off we will be recognizing the Coulee Region's efforts in helping veterans through the Freedom Honor Flight (FHF) program.

FHF is a La Crosse based organization founded in April of 2008. It is supported solely through donations. Its mission carried out by volunteers. FHF's mission is simple: fly our veterans to Washington D.C. to visit the memorials that stand in their honor. Empire employees will help vets realize their dreams of visiting D.C.

In honor of their service, those Empire employees who have or are currently serving in the military, will be treated to FREE chili as a thank you for representing the USA and protecting our freedom at home and abroad.

Our chili judges will include representatives from FHF, local media outlets, and restauranteur/



chef Mary Cody to sample all the chilis and determine a winner. Prizes will be awarded for 1st place in mild/medium, HOT, and specialty categories.

This year the bake sale proceeds will be donated to the Josh Hli Xiong Memorial Benefit on Feb. 28, 2015. Employee sign ups to donate baked goods will be posted in both lunchrooms. Your culinary skills will help Josh's family.



February 28th, 2015 from 2pm to 11pm All Star Lanes 4735 Mormon Couler Rd. La Crosse, WI \$4501





Supporting Kim

One in 8 women will be diagnosed with breast cancer in their lifetime. None of us ever expect to be the 8th person. Unfortunately, Kim Radke (SVS), became victim of that statistic.



In support of my best friend Kim, I, Nancy Gilbertson (Customer Service x2593) am selling 'Love/Support Kim' bracelets for \$2.00 each.

Kim is undergoing treatment and faces multiple surgeries and various cancer therapies. As we all know battling cancer is expensive. Proceeds from bracelet sales will help Kim and Scott defray expenses during her treatment.

As we think of Kim in her battle, keep in mind breast cancer is the most common non-skin cancer among women. It is a very treatable form of cancer when detected early. According to the American Cancer Society, patients whose breast cancer is detected while still in localized form have a fiveyear survival rate of 98%.

In solidarity with all breast cancer survivors and those struggling with the disease, make sure you are performing routine self-examination of your breasts for lumps or changes. Undergo regular check-ups at which clinical examinations are performed to assess breast health and detect lumps and signs of breast cancer. Annual mammograms also aid in early

also aid in early <mark>detectio</mark>n.

All Freedom Honor Flight Pictures–photo credits, Dave Larsen. Additional photos can be viewed at http://www.freedomhonorflight.org/photo-gallery

Recycled Pallet Projects ~ Nikki Gensmer



Start with your imagination and your raw materials

It's no secret that at Empire, WE RE-CYCLE (polycarbonates, polyethylene, plastics, polyester, paper-- you name it.) But beyond general recyclables, we also recycle our wooden pallets!

While walking past the stacks of

them on my way out of work every day, I started to think about the many projects I'd like to attempt with recycled pallets.

I'm sure the craftier, avid Pinterest users out there have seen the amazing things you can do with pallets. I found my inspiration on Pinterest, as well. You fellas out there who are prob- Nikki's custom caddie

ably thinking, "Yeah, yeah... no thanks," I'm here to tell you-- from work benches, shed shelving and tool racks, to patios, wood sheds and small cabins, there's something in it for the gentlemen too.

Every DIY project seems to start with a little creativity, and even more so, the need for something different than what you have. I had two small issues: (1) I was falling into that seasonally distressed "how am I ever going to tackle everyone on my Christmas list this year?!" blues, and (2) after moving twice in the last 4 months, I was growing more and more sick of my heavy, mismatched furniture, especially my metal bed frame.

All of the rustic bed frames I liked the best seemed to cost a small fortune. So I drew up a couple of plans for both the Christmas presents and the bed. With 25 FREE pallets from my dad's shop, a little work, some help King-size creativity turned into a comfy bed w/ headboard nail to the sides of from a friend. stain.

bolts, wood screws, and sandpaper, I solved my small problems–I created 20 Christmas presents that ended up being a hit, and I replaced my old metal bed frame with the recycled pallet board bed of my dreams. The best part: I covered my entire Christmas list, and snuck something in for myself (Shh... don't tell!) with a little effort and close to no set back to my bank account.

For the Christmas presents, I made 2 different things: what I like to call "caddies" and also some wine racks. I started with the "caddies." My original thought was that these caddies could be used by the phone for all of the telephone numbers, to do lists, and

random notes that are otherwise scattered all over the counter. While some people will actually be using them by their phones, others ended up using them for a variety of different thingsspice racks, pen holders under a calendar, sewing kit storage, shelves, etc. I'm just glad that people found them so useful! Cost of these caddies: about \$5.00 all together.

I hit the dollar store for large packs of pens and stationary to include in them and had the cork board and glue left

over from a previous project.

Second, I worked on the wine racks. I made wine racks of all different sizes. Some included slots to hang wine glasses in. For others, I just tacked on a bottom, knowing that I had to An amazingly simple wine rack-beautiful! cover presents for peo-

ple who aren't necessarily wine drinkers. My Grandpa, being one of those

> people, is using his to put aged whiskey bottles in. Cost of the wine (or whiskey for Gramps) racks: \$1.00 per rack. Again, I hit the dollar store and bought cork screw/ bottle openers to each rack. That's it!

My third and largest undertaking was the recycled pallet bed frame. While looking at plans and blueprints

online, I got way too many ideas of what I wanted, so I mixed my favorites together into my own plan. I knew I wanted it to be rustic (but not so rustic that it gives me slivers while I sleep,) and I wanted it to be easily portable. My final design was able to fit my kingsized mattress, have space underneath to fit a dog pillow for my puppy, and featured storage compartments for shoes, extra sheets, whatever really!

To complete my recycled pallet bed frame, I used:

12 pallets, all of which were free \$5.00 box of wood screws \$7.00 worth of nuts and bolts

\$50 worth of stain

I have yet to find a pallet board bed frame being sold online for anything under \$400.00. The average runs somewhere around \$1,500. (Uff da!)

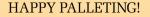
I am still planning to add some type of lighting that will shine from underneath and candle lanterns or shelving that will hang from either side of the headboard. I also want to add handles and hinges to the sides, so that the pallets can easily fold up and be transported that way. If I find some affordable wooden milk crates, I am going to stain them the same color as the bed frame



table...all, of course, out of recycled pallets! For something as simple as a pallet, there sure are a lot of awesome options and possibilities!

center.

For pictures and plans of more pallet projects (including upright planters and even a small cabin), go to http:// willowhavenoutdoor.com/featuredwilderness-survival-blog-entries/2cool-recycled-pallet-projects . If you plan to do your own pallet project, or have completed one in the past, I'd love to see! You can send pictures to me @ nikkig@empirescreen.com. They may be featured in a different upcoming newsletter.





2014 Bling It on Christmas





Mariya Selzneva - 1st Runner Up



Marilyn Heinz - 2nd Runner Up



Sharon Erler - 3rd Runner Up

Deb Gorniak was crowned Queen of Holiday Bling!





Rebecca Burg–Illuminating! Amy Bettis–Glitzy!



Troy Stockers–Festive!



Nikki Gensmer–Sparkling!



John Freismuth–Nice Shoes!



Let the feasting begin!



Santa's elves found John Johnson's car



Christmas ladies in red



Second shift Xmas selfie–Mike Wolf & Ben Bettis



Log Cabin Catering–Delicious!



With legs like that Steve Stenberg should've entered the holiday contest. He might have won!

Easy to Follow New Year's Resolutions

~ Article courtesy of www.simpletruth.com

It's 2015. How are you going to make this year the best yet? Sticking to a New Year's resolution takes work; make sure to choose something worth working for! Here are some ideas for simple resolutions that can make a big difference.

- Walk or ride your bike more often instead of driving.
- Schedule "me" time to turn off your cell phone, computer and other electronic devices.
- Cook at home more often you will learn new cooking skills and save money.
- Be more than punctual—try to be early to every meeting you attend.
- Write one handwritten letter a month to someone special.
- Do something out of your comfort zone.
- Read one new book each month.
- Refrain from gossiping and listening to gossip. You'll be a more trustworthy person and will engage in healthier conversations.
- Participate in "Meatless Monday" by forgoing meat once a week. It's budget-friendly and helps improve your health and the environment.
- Get more vitamin D by taking some time to spend outside. Don't forget the sunscreen!
- Try cutting fat from your diet. Fat is not a good energy source and causes major reductions in your physical endurance.
- Spend a few hours a week enjoying time with your family. Don't allow any external distractions.
- Grow herbs that are easy to grow and maintain.
- Spend time once a quarter to declutter your home. Get rid of

What's Cooking?



anything you don't use or haven't worn in a year.

- Buy fresh vegetables instead of canned, which often don't have as many vitamins and minerals.
- Designate a family dinner night that everyone must attend.
- Walk your dog every evening after dinner.
- Keep in touch with loved ones update address books, email addresses and phone numbers.
- Pick up a new hobby.
- Help others by volunteering.
- Boost your energy and health by adding fresh juices or green smoothies into your everyday diet.
- Invite friends or family over for a monthly gathering.
- Have more fruit available throughout the day to refuel your energy.
- Drink water or green tea instead of coffee to reduce caffeine intake and keep you hydrated.
- Eat with the seasons. You'll be eating fresh, high-quality ingredients that are packed with the nutrients your body needs.
- Improve your quality of life by getting more involved in your community and connecting with nature.
- Support local small businesses and keep your money where you live.
- Eat five new foods this year. Have you tried kale, quinoa, coconut oil or almond butter yet?
- Give someone a compliment once a day, and really mean it.

Empire H&W Dental Defenders Challenae

Above & Beyond, Winter 2015 Page 7

~ Article courtesy of Mayo Clinic & Health Traditions



Save those pearly whites! It takes only minutes a day to maintain a great smile A simple routine avoids pain and expense in the future. Good dental hygiene protects overall health. Dental care is smart, preventive medicine. It's also easy to do.

While everyone enjoys seeing bright, healthy smiles, the most convincing reasons to practice good hygiene are all about what happens without it. Bacteria leads to bad breath and gum disease, leading to tooth loss, expense, pain, social embarrassment and difficulty eating—poorer and poorer health.

QUICK FACT: According to Mayo Clinic, certain medications such as decongestants, antihistamines, painkillers and diuretics can reduce saliva. Saliva helps protect from microbial invasion or overgrowth that can lead to disease. Some diseases and conditions also affect oral health.

Crock Pot Breakfast Casserole

Recipe courtesy of WallStCheatSheet.com/Food

Ingredients:

32 oz. frozen hash browns

- 1 lb. bacon, diced cooked and drained (or 1 lb. cooked ham, cubed)
- 1 onion, diced
- 1 green bell pepper, diced
- 1¹/₂ cups cheddar cheese, shredded
- 12 eggs
- 1 cup milk
- Add salt and pepper to taste

Directions: Place layer of frozen potatoes on the bottom of the slow cooker, followed by a layer of bacon, then onions, green pepper, and cheese. Repeat the layering process two or three more times, ending with a layer of cheese. Beat the eggs, milk and salt and pepper together. Pour over the crock pot mixture, cover and turn on low. Cook for 10-12 hours. Yields 12 servings.

Employee

Between the two of them they have over 53 years of experience. They contributed many things to make Empire what it is today.

Kris Zwiefel (a.k.a. Kris Roush for those of you who have been here as long as she has OR LONGER!) has been a part of Empire since 1986. Kris landed many of the familiar accounts we see at Empire on a regular basis, such as Alliance Laundry, Johnson Outdoors, Multitech and Dexter to name a few. She helped put Empire's sales into the millions.

After 28 years Kris is going to enjoy her retirement with her husband.

Penny Nordstrom has logged

Employee Announcements

Congrats to Empire Newlyweds Kim Kaiser (SVS) & Scott Radke were married on 07-05-2014

*

Amy Bettis (Art) & her husband Michael celebrated their 25th wedding anniversary 10-28-2014

Rebecca Burg (Art) & Rick Fortner (Ink) were married on 11-01-2014

*

Our sincere condolences to the family of Lee Ann Savidia (SVS) Lee Ann passed away 12-5-14 and will be sorely missed

Please submit any announcements to Amy Bettis x2371



QUALITY POLICY

Empire Screen Printing has an ongoing commitment to fully satisfy our customer. Through continual improvement in all aspects of our business, we supply the best product and service in the screen printing industry, in the most efficient and professional manner possible. many hours in production since her first day at Empire in 1989, approximately 52,960 hours, minus vacations and OT not included! Her wealth of production knowledge was of great service when implementing cellular manufacturing. Penny was a key player in many Kaizens.

Penny dedicated 25+ years to Empire. She is now following her dreams and her fiance to Texas, where they plan to bask in the warm sun and spend time with Penny's daughter.

Both Kris and Penny supported Empire in the best possible way. Their talents will be missed.



Thank You Kris for all you have done for Empire.



Thank You Penny, we wish you the best in Texas!

Employee Anniversaries

JANUARY

)
Dawn Adamson31 yrs.
Steve Nelson
Randy Hoff26 yrs.
Fred Baures22 yrs.
Tina Karaffa19 yrs.
Chris Mikunda17 yrs.
Jen Schloesser15 yrs.
Mai Khang8 yrs.
Vanessa Fox*8 yrs.
Eric Wienkes7 yrs.
Diane Fitzpatrick5 yrs.
Nicholas Wolfe5 yrs.
Allison Pedrin4 yrs.
Sylvester Kendrick 4 yrs.
Richard Fortner1 yr.
FEBRUARY

Colleen Matthews41 yrs.
John Freismuth23 yrs.
Shane Hulbert21 yrs.
Guy Gregerson 19 yrs.
Jason Harnisch14 yrs.
Doug Billings 12 yrs.
Jordan Coleman 12 yrs.
Angie Meistad11 yrs.
Ron Vian9 yrs.
Scott Gates
Burt Kendrick
Michael Parker8 yrs.
Stacie Boisen
Leanna Klotz7 yrs.
Dan Poff6 yrs.
Shelly Kendhammer5 yrs.
Josh Parr3 yrs.
· · · ·

Teresa Mills1 yr.		
Katelyn McGinnis1 yr.		
Tracy Smith1 yr.		
MARCH		
Jim Schwinefus44 yrs.		
Clark Martin26 yrs.		
Jeff Gierok 22 yrs.		
Sherrie Vinson22 yrs.		
Jessica Kamrowski19 yrs.		
Petra Vogel 18 yrs.		
Lu Ebersold14 yrs.		
Andy Kiedrowski9 yrs.		
Cindy Brush5 yrs.		
Amber Williams3 yrs.		
Alexis Marsh1 yr.		

*Part-time employees

Welcome New Employees

Mariya Selezneva Nicholas Patchen Gregory Weyers Dawn Hoesley Amanda Henthorne Kristine Borger Michael Baird Jeremy Riddle Ryker Todd Lori Lemke Sara Harding Eric Smith Rebecca Bridges Emily Gullickson Jason Koopman Carl Denstad Phong Xiong Brian Lor Olena Bilous Brittany Wise Toua Toua Vang David Parris Ashley Karaffa Lance Howe Annie Wolfe Tara Pataska Shane Harter Justin Geirok*

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Editor	Amy Bettis
Layout Design:	Cathy Buttell
Photographers: Amy Bet	tis, Troy Stockers
Rebecca Bu	
Nikki Gens	mer, Dave Larsen

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DEADLINE FOR NEXT NEWSLETTER: March 31, 2015
All articles and announcements can be submitted to: Doug Billings (2311) or Amy Bettis (2371)