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AFRH-WASHINGTON
Iron Chef competition heats up again

By Carol Mitchell

On Friday, January 16th the Armed Forces Retirement Home-Washington held their Annual Iron Chef Challenge. The Challenge entailed having three teams all cooking a type of Macaroni and Cheese dish. Team 1 included staff member Sarah Kenan, Assisted Living residents Santo Dibella, and Catherine Delitch who chose to make a “Lobster Mac n Cheese”. Team 2 included staff member Carol Mitchell, Long Term Care resident Ray Marriott, Assisted Living resident Edith Ellington, and Memory Support resident Charles Cromack who chose to make a “Cajun Shrimp Mac n Cheese”. It was a wonderful event for Residents and Staff to join together and work as a team! The event took place in the Scott Community Center which was transformed into a gourmet kitchen... hot plates and all! The Chefs went into action at 10:00 a.m. and was open to all for viewing. Each team had a variety of tasks to perform such as: frying bacon, chopping and sautéing shrimp, grating cheeses, adding in spices, and of course boiling up the various types of noodles. The dishes were then put into the ovens to bake. At 1:30 p.m. Residents and staff were asked to come back for the Judging and Tasting. Our judges for this tasty event were Ron Kartz, Chief, Resident Services, Teresa Hul, Supervisory Dietitian, Cleophus Snow, Dining Hall Manager, and Phil Ford, Resident Advisory Committee Chairman. While the judges were making their decision, all in attendance were able to try the different types of Mac and Cheese. Special thanks to our judges and participating chefs. The expert judges were scoring the dishes on appearance, texture, taste, etc. This led Team 2 to a 1st place win! Congratulations to Amanda, Eleanor, and Ray! All the dishes were delicious. We look forward to next year’s “Challenge” and new chef’s in the House!

AFRH-GULFPORT
Happy 100th Birthday to Gulfport Resident, Stephen J. Lucas

By Christopher Alexander, Admissions Officer

On Sunday, January 11, 2015, the Armed Forces Retirement Home in Gulfport Miss celebrated the 100th birthday of resident Stephen J. Lucas. Lucas retired from the Navy on September 1, 1955 after serving 22 years between the Navy and the Marine Corps. He served in both WWII and Korea. Born in New York, New York on January 11, 1915, Mr. Lucas joined the US Marine Corps April 1, 1935 serving until November 7, 1940 in China, Quan- tico, Cuba, and Norfolk, VA. After a brief hiatus, he joined the US Navy on January 10, 1941 and retired September 1, 1955. His military ratings include gas and diesel engines and refrigeration.

On behalf of all the staff and residents at AFRH-G we would like to wish you a very Happy 100th Birthday. Mr. Lucas is the first resident to turn 100 years old since the re-opening of Gulfport in 2010.

President Obama sent his best wishes to Mr. Lucas for his 100th birthday.

Chuck Dickerson congratulated Mr. Lucas on becoming a centenarian.
Frank Haney was born on August 30, 1924 in the Delta region of Mississippi in the town of Friars Point. His father worked for the city of Clarksdale and his mother was a housewife. Some of his fondest memories of growing up in the Delta are working at his first job. At age sixteen, he delivered groceries by bicycle earning $1 per week. He later worked at a bakery in town.

In 1943, Frank and a few of his closest buddies were drafted into the military to fight in WWII. He was sent to Army basic and tactical training at Fort Sill, OK. The Army trained him to be a cook and baker and he was assigned to the 100th Division. His division did a winter time maneuver before being sent overseas in April 1944. There was the first convoy to land in Mar-seilles. At the time, the Germans were retreating and his division followed them up and shelled them. Then the division got held up in a citadel near Collège de Blître (as a joke, they had an organization called “Sons of Blître”). Here, they battled back and forth with the Germans. Unfortunately this wasn’t the only combat he saw. He spent a total of nineteen months in combat.

After the war was declared over, he was sent to Berlin. He said Berlin was quite attractive. He was put in charge of the dining hall and named Service Supervisor. When he left Berlin in 1946, his rank was Sergeant First Class.

Arriving back in America by ship, Frank decided to get out of the Army but was still in the Reserves. Before too long, he was activated with the Air National Guard for the Berlin Crisis staying a couple of years. After he left the Army National Guard, he enlisted with the Air National Guard for the Air National Guard. Working for the Air National Guard, he was chosen to supervise the dining hall and barracks at Gulfport Field. His rank by this time was Master Sergeant.

When questioned whether or not he was married, Frank answered, “That’s the most important part!” He met his wife in 1951 when he was set up on a blind date. They were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

When asked if he enjoys living at AFRH-G, he replied, “This place is a blessing.” He also spoke of his experience in the Army saying, “The Army taught me how to live. That was the blessing the Army gave me.”

2005. His son and daughter have definitely made him proud. His daughter, who is a retired school teacher, works for the Department of Education. His son is a state representative for Mississippi. Between his two children, he has five grandchildren and one great-grandchild.

When asked if he enjoys living at AFRH-G, he replied, “This place is a blessing.” He also spoke of his experience in the Army saying, “The Army taught me how to live. That was the blessing the Army gave me.”

Military Bowling Championship

The 58th Annual Military Bowling Championships were held at The Orleans and The Gold Coast Hotels & Casino in Las Vegas, NV for the 9th consecutive year from January 18-22, 2015. The tournament brings together military bowlers from worldwide assignments to participate in the outstanding competition in 3 divisions: active duty/veterans, retired, and senior retired (age 60+). The Military Bowling Championships (MBC) is primarily a “Scratch” Team Event comprised of 6 individuals per team. There were 262 teams bowling in this year’s event (1,572 bowlers). This is Pete Hudson’s 9th year bowling in the MBC. Pete represented the Armed Forces Retirement Home-Washington very well in this Worldwide Military Bowling Tournament.
**Message from the Chief Operating Officer**

Wow, the New Year is flying by! It seems like I was just writing an article yesterday! January was a good month; we welcomed in several new residents and had a myriad of visitors, to include a contingent from the NBA's Washington Wizards to the AFRH-Washington campus.

The Wizards visited the AFRH-Washington Residents as part of the NBA's FIT week, a wellness/fitness campaign. The NBA is attempting to get the public to make a pledge, “whether you pledge to drink more water, swap your snack for a healthier alternative, or commit to work out like the pros, NBA FIT and Kaiser Permanente are helping empower fans with health-related content and opportunities to “Be Active, Eat Healthy and Play Together.”

AFRH-Gulfport sponsored several trips this month to include the USAF Armament Museum and the Reese’s Senior Bowl Game in Mobile, AL (my Executive Officer is still angry he missed that one!). AFRH-G also welcomed an amazing donation from the Magnolia Quilters. The group is made up of members from Biloxi, Gulfport, and Saucier, MS ranging in age from teenagers to 84.

Last month I spoke about communication and answered some of the anonymous communications I received. This month I would like to expand on the communica
tion efforts, and talk about transparency.

My staff and I make every effort to be transparent in our actions; between Focus Groups, Town Halls, All Hands, the Communicator, et al. We make every effort to ensure both Residents and Employees are aware of events/issues at AFRH. We have also increased our communication efforts with the AFRH Advisory Council as well as the surrounding communities.

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**World War II Story**

During the visit, resident, James Burkett shared his military experience aboard the USS Comfort (AH-6) with beds for 700 patients. The ship ended up in Keesler Air Force Base 335th Training Squadron gathered all the donations for our residents and helped pass out the gifts.

**New Year gift baskets & visit spark amazing WWII story!**

By Susan Bergman, MT-BC, Recreation Services

SSIgts Amanda Gallegos, KAFB 335th Training Squadron Instructor gathered donations for 62 gift baskets for Healthcare residents including toiletries, puzzle books, socks, candy, ornaments, cards, pens, pads, lotion, and several Mary Kay products. SSIgts Gallegos along with several volunteers from KAFB and the 335th Training Squadron helped pass out gifts, visit, and reminisce with residents on Valor, Loyalty, & Allegiance Halls on Tuesday Day December 30, 2014. SSIgts Gallegos also received donations through Ocean Springs Girl Scout Troop, active duty military at KAFB, and her generous Mary Kay clients.

During the visit, resident, James Burkett shared his military experience aboard the USS Comfort. He described how a Japanese kamikaze plane circled their ship to ensure both Residents and Employees are aware of events/issues at AFRH. We have also increased our communication efforts with the AFRH Advisory Council as well as the surrounding communities.

**Comedy power hour**

By Dennis Crabtree, Recreation Specialist

On January 5, 2015 the AFRH had a Comedy Power Hour in the theater. If you do not know what the Comedy Power Hour is then you need to come to the theater and find out. There were 50 residents who came to see Jeff Dunham’s Very Merry Christmas Special. Jeff Dunham and his cast of characters make Christmas very special, and hilarious, like only Jeff Dunham can show. This was such a success that the Comedy Power Hour will be on the calendar each month. Residents were also lined up for popcorn and drinks.

By Jerry Carter, Fitness Specialist

Aerobic exercise includes activities during which the body uses oxygen to fuel muscle activity. Most any activity you do from taking a walk to doing the dishes to mowing the lawn requires oxygen. When your aerobic capacity is high, your heart, lungs and blood vessels efficiently transport and deliver large amounts of oxygen throughout your body. As a result, you don’t fatigue as quickly. If you don’t get enough aerobic exercise, your aerobic capacity is reduced and you fatigue easily. Aerobic exercise also burns calories to help you lose weight or maintain a healthy weight and it can increase your life span and improve the overall function of your body.

**Fitness News: Aerobic Exercise**

Aerobic exercise plays an important role in the release of energy in your muscles. Aerobic exercise involves some of the most important popular, and fun exercises you’ll do. Examples include walking, dancing, biking and swimming at a low moderately intense pace. No matter what your age, aerobic exercise will help you in your daily activities. It will help your heart, blood vessels, lungs and muscles complete routine tasks and rise to unexpected challenges. It will improve your stamina and endurance so that you can do the things you want to, whether it’s training for a marathon, or playing hide-and-seek with your grandchildren.

Most any activity you do from taking a walk to doing the dishes to mowing the lawn requires oxygen. When your aerobic capacity is high, your heart, lungs and blood vessels efficiently transport and deliver large amounts of oxygen throughout your body. As a result, you don’t fatigue as quickly. If you don’t get enough aerobic exercise, your aerobic capacity is reduced and you fatigue easily. Aerobic exercise also burns calories to help you lose weight or maintain a healthy weight and it can increase your life span and improve the overall function of your body.

**Ron Kartz, Armand Johnston and Steve McManus join in the aerobic exercise program during the NBA FIT Week.**

So...what’s on the horizon? We will be having a ceremony, 9 Feb, to celebrate the signing of the lease with Creative Minds International (CMI) Charter School. CMI will be bringing a charter school to the AFRH-Washington campus in the Sherman Building. This is a major accomplishment for AFRH that has community and more importantly revenue implications. It will also afford the opportunity for AFRH-Washington Resident interaction, allowing our veterans to share their knowledge and experience with future generations.

Additionally, in honor of Black History Month there will be a ceremony at AFRH-Washington 27 Feb at 1300. In Gulfport there will be an International Cultural Social on 24 Feb at 1400 and a Black History Month movie series. Of course we will also be having Super Bowl parties at both campuses. Please take the time to participate in these scheduled activities. I believe you will find them enjoyable and enlightening.

Steve McManus
Winter Poetry Event

By Christine Baldwin

On a cold evening in January, a group of AFRH-W residents enjoyed poems of humor and sadness that were recited in the Scott Theater. It started with a short poem written by resident William Sorience called “Snowman.” Esther McConnell followed by reciting “My Captain, My Captain.” To keep the cold theme going, Rick Walk did “The Snowstorm,” followed by a poem written by resident Idia Emily Simpson called “The Old Year is Ending, The New One Is Coming.” Martin Cody read a prose piece on “Winter,” followed by two short poems recited by Armand Johnson on cold weather. A wonderful reading of the powerful “My Christmastree” by Paul Grimes finished the official program and left many tears in their eyes! What a wonderful variety of poetry!

From the AFRH-W Administrator

Sarah Kenan receives the Employee of the 2nd Quarter from Shaun Servais.

Notes from the AFRH-W, Chairman Resident Advisory Committee

It is hard to believe February is already upon us; I can only hope the winter stays as mild as it had been so far. In my last article I mentioned that during the month of February we introduced the RAC-W to many amazing people. One of the places I had the opportunity to know, and enjoying communication with, is my counterpart at AFRH-G, RAC Chairman Henrik Gibson. He and I presented the voice of the residents at the semi-annual agency board meeting in late October. We had no idea at the time that your voices would be heard so succinctly by the agency. As you are most likely aware, changes were made, the costs increased and the increase was officially announced in September; the percentage for upper levels of care has been reduced from 95% to 80%, active service persons/retirees’ contributions will be increased from $1.00 from the .50, and the fee increase will be spread over two parts (3% in July and 2% in January 2016) for upper levels of care. That increase will be spread over two parts (3% in July and 2% in January 2016) for upper levels of care. The common denominator for select events.

The RAC Fund always welcome donations, and requests that residents consider remembering the AFRH-W RAC Recreation Fund in their final bequests. The RAC Fund are always welcome donations, and requests that residents consider remembering the AFRH-W RAC Recreation Fund in their final bequests.

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It’s hard to believe that January has come and gone already. It’s been another busy month at AFRH-G. We started off the New Year with a champagne brunch, one of our residents celebrated his 100th birthday, we had a Comedy Power Hour, a Parisian Cafe Social, the monthly Birthday Dinner, and the Fall Game.

By Becki Zschiedrich, Public Affairs

Francis Symans moved into AFRH-G in August of 2014. He said he likes the combination of being a resident, working in a capacity to store 5 times the information as Wikipedia. If that’s so, how come I can’t remember to date my checks correctly?

as a heavy equipment operator in Germany. Francis stayed in the Army for 3½ years and discharged as a staff sergeant. Two months later he decided to join the Air Force as a heavy equipment operator. He looked around and everybody who was wearing “wings” had more stripes than him, so he became an in-flight refueling technician. In 1969 Francis was grounded due to his loss of hearing from exposure to loud noises. He then became an Air Force recruiter in Flagstaff, Arizona. While he was a recruiter young men would ask him which branch of service is the best? His reply was, “If you want to have fun, join the Navy, if you want to make money, join the Army and you will make proficiency pay for digging a ditch, and if you want to go home in the evening to be with your family, join the Air Force.” He retired from the Air Force in 1972 after 12 years of service. He has a total of 27 years in three different branches of the military.

His favorite duty assignment was at Castle Air Force Base in California, where he was an in-flight instructor. A boom operator flies on his stomach and “pauses gas” to the receiving aircraft. When asked what he liked most about being an in-flight instructor he replied, “I like teaching new guys how to fly the in-flight refueling boom. I enjoyed seeing people who had no experience become a qualified in-flight refueling technician.”

During Vietnam he was stationed in Thailand and was responsible for refueling Fighters and Bombers. He said, “I received a distress call over the airways from an F-105 fighter bomber that was low on fuel over North Vietnam. The crew went and met him over North Vietnam. We did a careful “hookup” and towed him back to South Vietnam and dropped him off at the DaNang Airport where he coasted into and met him over North Vietnam. We did a careful “hookup” and towed him back to South Vietnam and dropped him off at the DaNang Airport where he coasted into Flagstaff, Arizona. Francis said his favorite branch of the military was the Air Force because he could be home with his wife and children at night. He was married to his wife Marilyn for 52 years and they had three children.

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AFRH-W January Activities

By Sheila Abar, Public Affairs Officer

The NBA FIT Week for the Washington Wizards kicked off at AFRH-W on Monday, January 26th with the Wizard’s Girls and G-Wiz (Wizard’s mascot). Residents participated in exercises with the Washington Wizards representatives that were geared towards the senior population. FIT Week education is focused on Be Active, Eat Healthy and Play Together. They promoted the benefits to both the mind and body, living healthier, preventing unhealthy weight gain and minimizing other health related risk.

Residents, staff and members from the Washington Wizard organization come together for the NBA FIT Week Kickoff.

Resident Glen Blasdel and staff member Nicole Chappell move down the Soul Train line with cheers from the Washington Wizards representatives.

Two residents feel right at home in the Art Studio

Mike Martinez is originally from Las Cruces, New Mexico but has called AFRH-Washington home since 2003. When Mike arrived at the DC campus he took up painting full time as a hobby, but also sells his artwork at the Home and throughout the DC Metro area. His work ranges from southwestern landscapes to large downtown metropolitan areas. Mike is a very talented artist who also served his country in the U.S. Navy.

Mike with a steady hand makes the brush strokes very clean and crisp.

Lewis Burkett hails from Corbin, Kentucky and has lived in DC since May 2014. Lewis is a Vietnam Veteran as he joined the U.S. Army in 1966. After Lewis was settled into his new home at AFRH-Washington he started a new hobby working with pencils and pastels in the Art Studio. Lewis spends several hours a week in the Art Studio and produces wonderful pictures.

Lewis is sizing up his art work before he continues on this piece.

Lewis keys brings pastels to life on his current art project.
It’s a pizza bash!

By Jen Biernacki, Recreation Assistant

On Saturday January 3, 2015, the Pizza Bash consisted of making homemade pizzas, sharing, laughing and reminiscing amongst friends. The Bash began with the gathering of all the ingredients, utensils and equipment needed to create the homemade pizzas. The pizza creations began with a flour mixture and water in a bowl. The ingredients were mixed until the perfect dough ball was formed. After the dough ball rose, it was then rolled out into very unique shapes. The dough shapes were the foundations to the very scrumptious pizzas that each Resident attending made individually. The choices of toppings were pepperoni, green peppers, spinach, mushrooms, black olives and cheese. The toppings were placed on the dough with preciseness by the Residents. Once all the toppings were added, the pizzas were baked until the dough was golden brown. Even before the pizzas had a chance to cool, the group enjoyed the delicious taste of homemade pizza, as Larry Papale stated, “Excellent!”

Pool maintenance

By John Cage, Chief of Campus Ops

The AFRH Gulfport pool was closed for a few weeks for a good reason. It has been re-surfaced with a white marcite plaster finish in order to protect the surface area for several years to come. THANK YOU again for being patient while this project was being accomplished.

Army Navy game

By Dennis Crabtree, Recreation Specialist

By entering the game room on Saturday December 12th at 1400 kick off time. Army 17- Navy 10. Residents watched the Army Navy Game in the Community Center Saturday Dec 12th at 1400 kick off time. Even though Army scored the first touchdown Navy still came out ahead to win the game. Hooters brought out the wings for the residents during the first and second quarter. Domino’s brought out the pizza’s for the third and fourth quarter. Army and Navy were both represented by active duty military personnel.

Christmas Takedown

By Dennis Crabtree, Recreation Specialist

On Saturday January 3, 2015, there were six Coast Guard, Ability Works and one Airman that came to help with taking the decorations off of the AFRH-Gulfport Christmas trees. Ability Works helped to take down the trees next to Fiddler’s Green and the front lobby next to the Security Desk. Four of the Coast Guard and one Airman tackled the trees in Administration, Business Center, Library, Wellness Center, Community Center and the two downstairs in the main lobby. Two of the Coast Guard helped with taking down the Christmas trees on D-tower. All seven military personnel also helped decorate the Mardi Gras tree. The easy part was taking the decorations off of the AFRH-Gulfport Christmas trees. Ability Works helped with taking down the downstairs in the main lobby. Two of the Coast Guard and one Airman tackled the trees in Administration Desk. Four of the Coast Guard and one Airman helped with taking down the trees next to Fiddler’s Green and the front lobby next to the Security Desk. Four of the Coast Guard and one Airman tackled the trees in Administration, Business Center, Library, Wellness Center, Community Center and the two downstairs in the main lobby. Two of the Coast Guard helped with taking down the Christmas trees on D-tower. All seven military personnel also helped decorate the Mardi Gras tree. The easy part was taking the decorations off of the AFRH-Gulfport Christmas trees. Ability Works helped with taking down the downstairs in the main lobby. Two of the Coast Guard and one Airman tackled the trees in Administration Desk. Four of the Coast Guard and one Airman helped with taking down the trees next to Fiddler’s Green and the front lobby next to the Security Desk. Four of the Coast Guard and one Airman tackled the trees in Administration, Business Center, Library, Wellness Center, Community Center and the two downstairs in the main lobby. Two of the Coast Guard helped with taking down the Christmas trees on D-tower. All seven military personnel also helped decorate the Mardi Gras tree. The easy part was taking the decorations off of the AFRH-Gulfport Christmas trees.

The train layout is taking shape

By Jen Biernacki, Recreation Assistant

The Valor Hall and Independent Living Residents have been “working on the railroad” layout that is now beginning to take shape. The layout contains a town square with a town, mountains, lakes, waterfalls, a forest and roads. Clifford “Smitty” Smith has been working hard to create scenery such as mountains, roads, lakes and waterfalls while Jim Eberhardt is working on the locomotives, cars and track. Marvin Heth is creating the “Heth Forest and Reserve” while Mildred Knoble is making “Knoble’s Diner” a building that will be featured at the entrance of the town square. The town and other features have not been named at this time however, in the future we might see “Smith Lake” and “Eberhardt Crossing” just to name a few. The trains are open to all and anyone interested are welcome to join in on the fun of model railroading. (Who knows the town hall is yet to be named?)

Magnolia quilters give amazing donations to AFRH-G

By Susan Bergman, MT-BC, Recreation Therapy Services

On Wednesday, December 17, 2014, AFRH-G welcomed an amazing donation from the Magnolia Quilters. The group is made up of members from Biloxi, Gulfport, and Saucier, MS ranging in age from teenagers to 84. The group welcomes new members as they meet twice a month at Coastal Sew and Vac in Gulfport, MS (2nd & 4th Monday of the month from 6:30-8 pm – 12100 US Hwy 49 N). The quilters made 80 plus smocks / bibs and 30 quilted bags for wheelchairs, rollators (walkers), and powered mobility devices for AFRH-G Healthcare residents. Coastal Sew & Vac and others assisted in fabric donations for the project. Residents will be offered a choice on Christmas Day to promote person centered care and to meet the needs of the veterans. We thank the many hours that went into creating amazing gifts that will be utilized throughout the year.

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Army Navy game

By Dennis Crabtree, Recreation Specialist

Army Navy were both represented by active duty military personnel.

Christmas Takedown

By Dennis Crabtree, Recreation Specialist

The Hooter Girls are always very involved with activities at the Armed Forces Retirement Home.
Gulfport
Happy New Year....2015!

By Dennis Crabtree,
Recreation Assistant
The New Year’s Eve Dance and Celebration at the
Armed Forces Retirement Home in Gulfport was a
blast. Residents and Guests celebrated New Year’s Eve
with Music By Sonny Tanner.
Buffalo wings, BBQ
meatballs, spinach dip, fajita
wraps, and pigs in a blanket
were served, topped off by
key lime pie, brownies, and a
fruit tray.
Residents celebrated the
New Year with champagne
and a balloon drop that had
prizes for five dollar bills. A
fun time was had by all.

Bringing In the New Year at AFRH-Washington

By Constance Maziel & Amanda Jensema
In this season of celebration, AFRH-Washington residents, family, and friends all gathered to-
gether in the Scott Community Center, and Defender’s Inn on December 31st, 2014 to bring in the
New Year. The party began as you entered the room. Everyone was gifted a noisemaker and beads.
Music was provided by resident Ray Anderson to get all of the guests in the mood. The history of New
Years was discussed and there was trivia which gave residents an opportunity to earn a dollar or two!
 Afterwards they were able to share their best toast and the best one won $5.00, which went to resi-
dent, Catherine Deitch. We then proceeded to do an early countdown for those who wanted to cele-
brate early. A grand time was had by all.
Later that evening, the festivities continued with live music performed by the Tower of Talents
Band. Residents and guests cheered, danced, and reminisced as the band played music from the
1920's to the present. The celebration continued as participants enjoyed delicious finger foods and
drinks provided by AFRH dining, while partaking in New Year’s Eve trivia and games. All participants
lightly joshed amongst each other, as they competed for winning prizes during the games. As the
countdown began, everyone turned their attention to the “Ball Drop” on television, and raised their
glasses with excitement for the possibilities of what the New Year may bring. The band trailed with the
song “Auld Lang Syne” as everyone joined in. Joy, laughter, and anticipation filled the air as everyone
toasted into the 2015 New Year.