

Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

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93-year-old looks back on Navy career



Bob holding a photo of him and his daughter, who also had a career in the Navy.

Bob Robinson's uncle enlisted in the military in 1939, and Bob remembers the stories he told when he'd return home for visits from Alaska and Hawaii.

"In January of 1942, six weeks after World War II started, my uncle was killed when his ship was torpedoed and sunk by a Japanese submarine," Bob recalls. "All the teenagers in our family said we'd join the Navy someday. There were four of us and we all did."

Bob chose the military as a career, enlisting on May 20, 1946, the day after his high school graduation, and heading to San Diego for boot camp. He retired as a commander 27 years later and insists he doesn't deserve the status of veteran – he views veterans as those who made greater sacrifices than his.

He spent most of his first several years on a submarine and met his first wife, Marie, during ROTC duty at the University of Oklahoma. Bob was chosen for officer candidate school in 1957 and was commissioned in the Navy Supply Corps before retiring in 1973 and returning to Iowa for a 22-year career at Wayne Engineering.



The USS Tallahatchie County, where Bob served in 1958.

Bob also used his master's degree in international relations to teach night classes at Upper Iowa University. "I always wanted to teach," Bob says. "I taught political science, international relations, foreign policy and the American legislative process."

His love of history and learning still guides Bob's life; he took more than 40 trips between 2006 and 2012. Now he reads avidly; his bookshelves include more than 200 books on history.

With deep appreciation to Bob and all veterans for their service as we observe Veterans Day on November 11.



Away from Home with Western Home hits the road this fall



October saw dozens of residents climbing on board a Hawkeye Stages motorcoach for a tour. The first was an overnight visit to Dubuque with time in Galena, Ill., the following day. A week after its return, another group departed for Gatlinburg, Tenn., and Asheville, N.C., to see the Smoky Mountains in their autumn splendor and take in sights along the way. Next stop: An early December visit to Milwaukee!



Greta Magee and Joan Baumgartner with Mark Twain at the Mississippi River Museum.



Treats of muffins, scones, coffee cake and coffee at Convivium Urban Farmstead in Dubuque before hitting the gift shop.



AJ, the farm manager at Convivium Urban Farmstead, talking about produce in season.



Mae Capone, wife of Al Capone, joined the group to tell tales of Al's colorful past in Dubuque.



Jane Jackson, Diane Muller, Marlene and Rodger Kruger, and Kathleen Franck ready themselves for a ride up the hillside on the Fenelon Place Elevator in Dubuque.



The travel group pauses for a photo after enjoying a first class, sit-down dinner with the captain at the Titanic Museum in Pigeon Forge.

Residents tour Utah's "Mighty Five"

When villa resident Mary Ellen Murphy organized a 12-day western tour primarily for fellow church members, eight others who are residents of Western Home Communities jumped at the chance to visit Utah's five national parks: Arches, Canyonlands, Capitol Reef, Bryce Canyon and Zion.

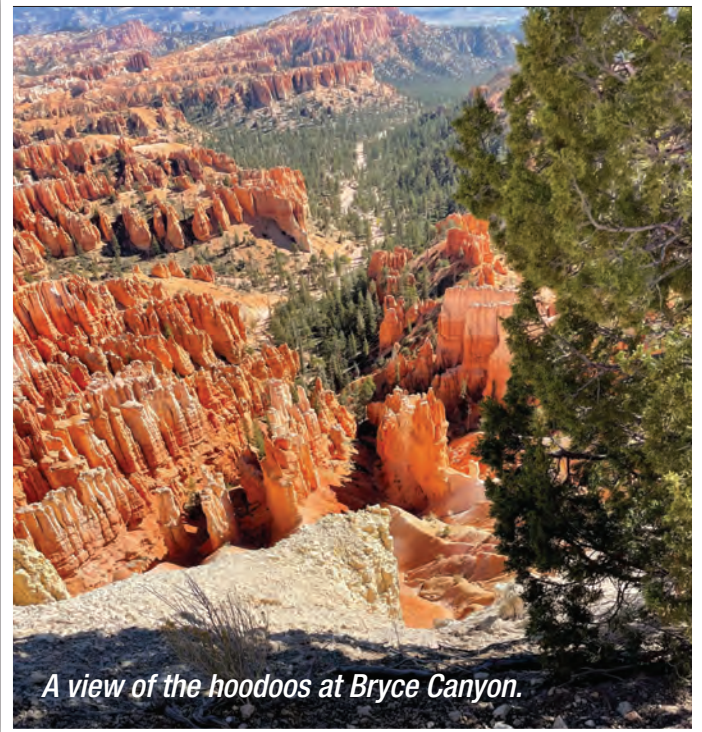
"It was a very good experience and we were tired every night! The scenery was lots of mountains and rocks," explains first-time Utah visitor Doris Hewlitt of Windridge. She and her husband, Bob, especially appreciated Bryce Canyon, with its famous red rock hoodoos – tall, thin spires of rock formed by erosion.

"We stood at the top and looked down," Bob recalls. "It was fantastic! We didn't know Utah has so many rock formations and canyons."

Bryce Canyon is also considered one of the best places to stargaze in the United States, and the group enjoyed an astronomy program on a very cold night. They spent three nights at Red Cliffs Lodge in Moab, with surrounding scenery made popular in commercials and movies such as "Thelma and Louise" and "Geronimo."

"It was really very nice, with the Colorado River right behind us and rock formations all around us," Bob reflected.

The group also toured Monument Valley inside Navajo Nation before heading into southern



Colorado, stopping at the world's highest suspension bridge. Royal Gorge towers 1,053 feet above the Arkansas River. Fog rolled in and obscured the view but the travelers still enjoyed a vintage train ride along the river.

The next day, the group boarded the Pikes Peak Cog Railway for a nine-mile excursion to the 14,110 foot summit, a breathtaking end to their tour; in fact, the panoramic views inspired Katharine Lee Bates in 1893 to pen a poem that became the lyrics to "America the Beautiful."

From left, residents Mary Ellen Murphy, Sally Davis, Doris and Bob Hewlitt, Kathy and Jay Agness, Marge Polacek, and Dan and Jan Krause pose with their bus driver, Jake.





Western Home Foundation and Western Home Communities appreciate being honored through estate gifts, memorials and other donations. We list donor names each month as one way of thanking donors for their generosity. This list reflects gifts received through Oct. 17, 2022.

For information on supporting Western Home Foundation, contact Director of Administrative Services Susan Steffy at susan.steffy@westernhome.org or 319-222-2022.



In memory of:

Margery Andrew

Dot Clausen

Marilyn Boysen

Dot Clausen

Vern Cordes

Larry & Sharon Petersen

Richard Douglas

Judith Harrington

Donna Falk

Dot Clausen

Dorothy Haskins

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Frances Peterson Family Scholarship

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Employee Appreciation Fund

Lucinda Klodt

Dot Clausen

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Other Gifts

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Karla Foust

Dr. Richard & Connie Frankhauser

Steve McCrea

Kathleen Niedert

Jeanne Thuesen

Chad & Cindy Wiles

Lunch and Learn this month



Curious to find out how a charitable gift annuity works? Your anticipated refund from your independent living apartment or villa/townhome at Western Home Communities can provide an income stream for you now and a charitable gift to WHC later.

Find out more at a Lunch and Learn this month, sponsored by Western Home Foundation.

11:30 a.m. at Windcove dining room on November 10

11:30 a.m. at Windridge dining room on November 16

RSVP required in advance as a light lunch will be provided. Email susan.steffy@westernhome.org or call 319-222-2022.

Donor funds put to use for employee appreciation

The 2021 year-end appeal from Western Home Foundation raised \$40,000 for employee appreciation efforts.

CEO Kris Hansen, COO Jerry Harris, Chief Strategy Officer Pat O'Leary and Chief Talent Officer Steve Hopkins delivered insulated mugs with the WHC logo and a Visa gift card for \$40 on Oct. 5 and received an enthusiastic response from employees. Gifts were provided to nearly 900 full- and part-time employees in Cedar Falls, Grundy Center, Jesup and Madrid.

Thank you, donors, for making this possible!



George Ahrenholz at the front desk of Jorgensen Plaza accepts his gifts of appreciation.



Kris and Pat deliver to Thuesen Cottage.



Jerry visits the transportation and security office.



Pat hand-delivers a mug at Deery Suites.



The Jorgensen Plaza kitchen staff gathers when Kris stops by.



The team at Windridge with their mugs and gift cards.



Jerry and Steve with Martin Suites employees.



Chaplain's Corner: Pray right, think right, live right

by Chaplain Byron Simar

Anxiety: probably all of us have experienced it. We have plenty of reasons to be anxious; in fact, we may be living in the most anxious time of history.

The Greek word translated “anxious” (careful) in Philippians 4:6 means “to be pulled in different directions.” Our hopes pull us in one direction, our fears pull us the opposite direction, and we are pulled apart. The Old English root from which we get our word “worry” means “to strangle.” The picture is clear. Worry strangles a person.

Symptoms include avoiding new experiences or social interactions; chronic sleep issues; irritability; an inability to concentrate, work or attend school; a mind that is constantly racing; and numerous physical consequences.

Thankfully, there are solutions. Health workers offer some practical tips: keep physically active, make sleep a priority, eat healthy, and practice

stress management and relaxation techniques.

Spiritually, is there any counsel in the Word of God that helps us overcome anxiety?

In Philippians 4:4-9, Paul laid down some conditions for conquering anxiety. One Bible scholar sums it up with three points: right praying, right thinking and right living.

When we find ourselves worrying, our first action ought to be to get alone with God and worship him through prayer. Supplication is an earnest sharing of our needs and problems. Giving thanks to God is the best antidote for anxiety and worry.

Then Paul says we need to think right: Think on things that are true, honest, just, pure, lovely and of good report. Our thinking determines our behavior – or, our right living. Paul not only taught the Word but also lived it; he “practiced what he preached” and he encourages us to do the same.

The passage ends with a promise when we follow these conditions: The peace of God will guard the heart and mind, taking away the stranglehold of anxiety that is not God’s will for anyone. We are invited to bring all our anxiety, burdens and cares to the Lord instead.

“Never a burden He cannot bear, never a friend like Jesus.” – Edward Henry Joy

Upcoming in-person FreshWind Worship services

November 6 – November 20 – December 4 – December 18

10:30 a.m. at Diamond Event Center

Memorial service is November 6

You’re invited to remember, honor and celebrate our residents and friends from the Cedar Falls campuses who died between January and June 2022. We will hold this semi-annual service during FreshWind Worship on Sunday, November 6, at 10:30 a.m.

All are welcome to attend this time of remembrance, reflection and refreshments afterward.

Book Talk features villa resident as published author

Villa resident Cherie Dargan and friend Felecia Babb are hosting a series of Book Talks with authors this fall in the Prairie Wind third floor conference room, and you're invited.



On Thursday, November 10, at 10:30 a.m., Cherie will discuss her newly published novel, "The Gift." This is the first in her series of books called "Grandmother's Treasures." The book just became available for purchase online.

Each book focuses on a quilt, a time in American history, and has dual timelines and narrators. In the present day, Gracie O'Connor learns about her family history while her Grandmother Grace tells the story of three Iowa farm girls who went to California during World War II.

Please RSVP to save your spot at feleciababb@gmail.com.



Author and villa resident Cherie Dargan.



Join us to learn more

Age safely and independently at home with the help of technology and living space updates.

Attend a free gathering to learn more:

November 10 at 2 p.m.

Grosse Wellness Center Classroom

RSVP to Jacob Bates at

319-260-4267 or

jacob.bates@westernhome.org

About Fortified Life



Receive **custom wellness programs** from your personal health concierge



Access a **technology platform** designed to monitor and prolong your health from home



Home readiness assessments so you and your home age gracefully, together





Beekeeping can produce sweet results for villa resident

Just a few years ago, Marv Dillavou reintroduced himself to beekeeping. "I have an apple tree on my acreage near Dike with a flowering crabapple tree next to it. To produce apples, I either needed bees or another apple tree," says Marv. With experience as a youth, he introduced a colony of bees and his tree produced three bushels of apples when it produced none before.



Marv shows off one of his bottles from last year's harvest of honey.

"My dad got into having honeybees when I was junior high school-aged and he bought a book called 'The ABCs of Beekeeping.' We were taking care of bees, collecting the honey, processing it and selling it. Over a period of about three or four years we grew from one colony of honeybees to 25. We kept pretty busy with it," says Marv. "Bees are very interesting in the way they manage themselves and the hive and how they reproduce through a process called swarming. They're amazing little insects."

The process isn't always a sure bet, however. "I had a good year in 2021. I ended up with 120 pounds of honey from one hive. It's not unusual for a good colony to produce that much in excess of what they need over a winter," Marv explained. Then, all of his bees died during the winter of 2021-22, and the new package of bees

that went into the hive in April didn't make it. "It was miserable weather and the queen bee disappeared. Once she was gone, as the lifeblood of the colony, all the bees dwindled and died. I'll probably try again and buy another package of bees next spring."

"It may be easier to keep bees in the country where there are plenty of wildflowers and clover, but it's possible to raise bees at Western Home," says Marv, who recognized scout bees near his villa a few years ago.

"Beekeeping is a lot of work and it's fun, rewarding and interesting. It can also be expensive. But someone who wants to learn more about beekeeping might want to read 'Beekeeping for Dummies' to get started."

Otherwise, honey is meant to be enjoyed. "Comb honey tastes better to me than straight honey," Marv says. "And it melts when spread on a hot muffin or piece of toast."

Marv's bees produced 120 lbs. of honey in 2021.



Scenes of Fall



Margaret Grimm looks happy with her ice cream selection in early October.

Our international interns practiced their pumpkin carving skills!



Villa resident Larry Martin found what he is sure must be the oldest resident of WHC - and convinced him to take out the trash!



On Oct. 10, beautiful weather made a perfect day for a fall bus ride and stop at Cedar City Creamery for, from left, Karen Wagner, Margaret Grimm, Marlys Hanks, Jan Burnett, Jo Grover, Dione Young, Donna Allee and Jane Jackson.



Windhaven residents Jean Bilyeu, Marilyn Wieman, and Virginia Loveless get to know cook Shamear Brown after an international cuisine tasting of sea bass and pumpkin rice.



From left, Randy and Debbie Hickok, Bob and Deb Lee, Jim and Anita Altenbaumer (seated), and Nick and Elaine Rosenau had fun socializing at BBQ Bash.



Residents hit the dance floor at the annual BBQ Bash.



Words of wellness: Don't wait for the New Year

by *Director of Wellness Morgan Lehmann*

Did anyone else blink and suddenly the calendar read, "November?" It's hard to believe Thanksgiving is quickly approaching, Christmas isn't far behind and soon we will be turning over another calendar year. I often heard my grandma say, "The days are long, but the years are short." And now I get it. They really are.

Speaking of another calendar year, I am reminded of the resolutions that are often tied

to the new year. A fresh start. A clean slate. A time to break bad habits and finally make that change for good this time, right?! To no surprise, many individuals find themselves making goals at the beginning of the year to exercise more, improve their health or happiness, and just live healthier overall.

I am here to challenge you: Don't wait for the new year - start today! Whether it's trying an exercise class, joining the fitness center to build up your strength or catching up over coffee with friends - start today. I know when 2023 rolls around, you will be glad you did.

Interested in joining or learning more about the WHC Wellness Center? Reach out via email to morgan.lehmann@westernhome.org or call me at 319-859-9362.

November Wellness Happenings

Bean Bag Baseball

Wednesdays at 2 p.m. in JP Wellness Center

Come see what the talk is all about! Not only will this game have you moving, but it's a great way to meet new people and socialize with your peers. All are welcome - no baseball experience necessary.

Crossnet™ H2O

M-W-F 11:45 a.m. - 12:45 p.m.

Back for the winter! This is a fun game that will keep you moving and doesn't feel like exercise. Crossnet™ H2O combines volleyball and four square in the water.

Must be a wellness member to participate

Senior Fitness Assessments

During the month of November, we will offer personalized fitness assessments. This is a seven-part functional fitness assessment that measures your upper/lower body strength, upper/lower body flexibility, balance and endurance. Upon completion, you will have a consultation to go over your results to help determine your strengths and where you may have opportunity for improvement. This is a great way for us to work with you one-on-one and help find the best group classes or exercises for you.

Wellness Members: Free of charge

Non-Members: \$10.00

To sign up, email morgan.lehmann@westernhome.org or call 319-859-9362.



Passion for mountain climbing took Prairie Wind couple to more than 45 countries

From Colorado to Montana, Canada to Switzerland: When asked why he climbed mountains, Harry replies, "There's a plaque on the wall of the school of mountaineering in the Grand Tetons that reads, 'Only he or she who stood on the summit knows the exhilaration of the mountaineer.'"

Harry's passion for climbing began as a teenager when his family visited Colorado. Harry says, "I saw Pikes Peak and I told myself I was going to be on top of that one day."

Soon after Harry and his wife, Carol, began teaching, they attended summer school in Colorado. They did a lot of backpacking, camping and climbed without the use of technical gear (called walkups). Over the years, Harry attended several climbing schools and his climbs became more technical and vertical.

With a local mountaineering group, they joined several lengthy expeditions. Harry climbed the San Juans of Colorado, Montana's Beartooth Mountains, and the Lake of the Hanging Glaciers in Canada, to name a few.

"I always wanted to climb the Matterhorn. It was a precipitous mountain," says Harry. With the



Harry shows the route taken to the summit of the Matterhorn.

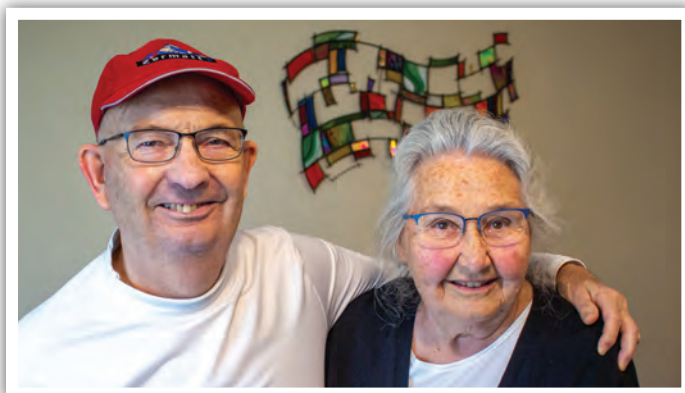
help of a guide, it took a full day to get to the Hornli Hut at the foot of the Matterhorn. "We went to bed, got up at midnight and started out in the dark with headlamps and reached the summit at about 2 or 3 in the afternoon."

"Mountaineering is risky," says Harry. Once, they got caught in a blizzard on Grand Teton. As the rock became slick and visibility decreased, they decided to take a shortcut in their descent and rappelled down 300 feet in the blowing snow, saving five hours.

Although it was an achievement, for Harry, mountaineering wasn't about proving himself. What he liked most was looking out and seeing the scenery from the summit.

Carol and Harry traveled most places together. Carol says, "While he was climbing the Matterhorn, I was sitting in Zermatt drinking hot chocolate and shopping for cuckoo clocks."

Carol says, "We've had a lucky life. We came to UNI for college and got jobs in Monticello for 33 years. We made good use of our summers traveling."



Harry and Carol Black in front of Harry's artwork made of glass.

Become a Dementia Friend this month

Do you want to help raise awareness, increase understanding and empathy, and decrease the stigma associated with dementia? Attend a one-hour free session this month to become a Dementia Friend:

Wednesday, Nov. 2 at 11 a.m.:
Prairie Wind third floor conference room

Thursday, Nov. 10 at 2:30 p.m.:
Windgrace dining room

Western Home Communities was the first organization in the state of Iowa to train Dementia Friends Champions in June 2021. So far we have 18 trained champions who can help others become Dementia Friends. This global movement helps people change the way they think, act and talk about dementia.

Those champions have so far trained 354 "Dementia Friends" among residents, employees, volunteers and others. Join them by attending one of the November sessions.



CEO Kris Hansen places a medal around Kevin Dill at the inaugural 5K Run to Remember, organized by Dill to fundraise for organizations that support Lewy body dementia research and patients.

This team from Western Home Communities participated in the 2022 Walk to End Alzheimer's on Sept. 24.



Happy November birthday!

Lorraine Isley	CTG	Nov. 1	Trenna King	WR	Nov. 18
Thelma Stevens	VTH	Nov. 1	Margaret Wiebke	WHAL	Nov. 18
Marlene Danielsen	WR	Nov. 1	Bob Clark	VTH	Nov. 19
Barbara Anderson	VTH	Nov. 2	Roger Oltman	WC	Nov. 19
Shelby Wiethorn	WHAL	Nov. 2	Dale Waack	VTH	Nov. 20
Carol Zanatta	VTH	Nov. 3	Rita Sommers	VTH	Nov. 20
Jim Heisinger	PW	Nov. 4	Craig Zanatta	VTH	Nov. 20
Dianne VanGorp	PW	Nov. 4	Pete McCart	MS	Nov. 21
Hovey Brom	PW	Nov. 5	Sue Eastman	VTH	Nov. 21
Mary Lea Purcell	VTH	Nov. 5	Bev Ridder	WG	Nov. 21
Joanne Helland	VTH	Nov. 5	Jack Mussett	DS	Nov. 22
Paula Decker	VTH	Nov. 5	Mary Beth Dieter	VTH	Nov. 22
Linda Davis	WR	Nov. 5	Vicki Grimes	VTH	Nov. 22
Paul Neal	WR	Nov. 5	Cherie Dargan	VTH	Nov. 22
Erma Vander Linden	WW	Nov. 6	Phyllis Fett	DS	Nov. 23
Darwin Hofer	VTH	Nov. 7	Richard Monson	CTG	Nov. 23
Dan Langan	WM	Nov. 7	Pam Hileman	VTH	Nov. 23
Loyce Dumke	VTH	Nov. 8	Craig Fanton	WM	Nov. 23
Paul George	CTG	Nov. 9	Judy Mohling	VTH	Nov. 24
Jerry Larson	VTH	Nov. 9	Melba Widmer	VTH	Nov. 25
Deloris Bixby	WC	Nov. 9	Mike Seavey	VTH	Nov. 25
Carol Neumann	PW	Nov. 10	Jim Townsend	VTH	Nov. 25
Jennifer Kramer	WHAL	Nov. 11	Bev Michael	VTH	Nov. 26
Ned Ratekin	PW	Nov. 12	Carol Draper	VTH	Nov. 26
Kathleen Franck	VTH	Nov. 12	Beverly Crooks	CTG	Nov. 27
Mary Hornback	WC	Nov. 12	Jake Jacobson	VTH	Nov. 27
Donna Mincks	VTH	Nov. 13	Jean Oleson	WR	Nov. 27
Alice Hansen	VTH	Nov. 13	Jack Hovelson	DS	Nov. 27
Suzanne Emkes	WW	Nov. 13	Robbin Burns	VTH	Nov. 28
Becky Budensiek	VTH	Nov. 15	Max Lowe	VTH	Nov. 28
Ed Baker	VTH	Nov. 15	Dick Buchanan	VTH	Nov. 28
Winston Burt	WR	Nov. 16	Mary Bauer	WHAL	Nov. 28
Betty Brocka	PW	Nov. 17	Karen Mukai	VTH	Nov. 29
Barbara Kirkle	PW	Nov. 17	Connie Herbon	WR	Nov. 29
Marlys Cook	MS	Nov. 18	Maribelle Betterton	VTH	Nov. 30
Harriet Healy	WHAL	Nov. 18	Pat Williams	VTH	Nov. 30
Delores Reints	VTH	Nov. 18	Marcia Hanson	VTH	Nov. 30
Bob Chittenden	VTH	Nov. 18	Deanna Grimstad	WHAL	Nov. 30
Craig Thielen	VTH	Nov. 18			

Congratulations!

These employees celebrate anniversaries this month. We thank them for their loyalty, dedication and service to Western Home Communities.



Tom Hoey
5 years
November 6
Occupational
therapy assistant



Olive Frias
5 years
November 13
Physical Therapist



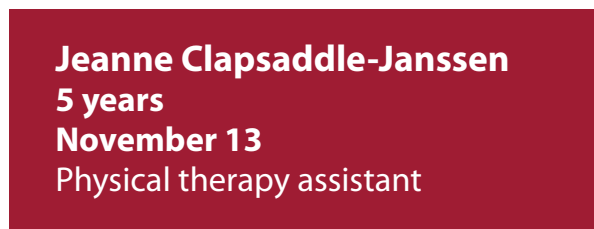
Carrie Ruhde
5 years
November 6
Physical therapy
assistant



Tynesha Gordon
10 years
November 14
Lead cook,
Windridge



Tiffany Gunhus
5 years
November 13
Occupational
therapy assistant



Jeanne Clapsaddle-Janssen
5 years
November 13
Physical therapy assistant



Meet the Employee of the Month, Katryna Hauser

Katryna works as a CNA at Martin Suites and has been part of the Western Home Communities family since November 2020.

Here are a few things co-workers and a resident said about Katryna:

- Katryna is a great asset to the employee team and our residents.
- She always comes to work with a positive attitude and a smile on her face.
- Katryna is always willing to help in any way to best serve our residents.
- A resident said, "Katryna is so kind and loving! I'm always happy to know Katryna is at work. She makes me feel safe."

Your Western Home Communities family congratulates you, Katryna, on being named our employee of the month for October 2022!



Holiday Hours at Jorgensen Plaza



Gilmore’s Pub, The Market and Salon Iris will be closed on Thanksgiving, Christmas Eve, Christmas and New Year’s Day. The Market and Salon Iris will also be closed on New Year’s Eve.

Gilmore’s Pub will be open New Year’s Eve during regular hours of 11 a.m. – 8 p.m.

Salon Iris will be closed Dec. 24 – Jan. 2, 2023.

 **We’re on Instagram**
 @westernhomecommunities is where you’ll find content on our newest social media page. Check it out! Facebook users, we’re still busy on that page – just adding Instagram to reach another audience. Engage with us on your favorite platform!

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Building Abbreviations

Martin Suites	MS
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowwood	WW
Windgrace	WG
Windermere	WM
Windcove	WC
Windridge	WR
Windcrest Villas & Townhomes	VTH
Nation Cottage and Thuesen Cottage	CTG
Prairie Wind	PW
The Deery Suites	DS

The Journal is a monthly publication of the WHC office of communications and public relations. To subscribe, ask questions, offer content suggestions or unsubscribe, please contact Linda Hudwalker Bowman, editor, at (319) 859-9337 or linda.bowman@westernhome.org.

In sympathy

Ken Kampman, VTH	Oct. 16
Karen McAlister, DS	Oct. 11
Mary Hogan, WR	Oct. 9
Tom Fuller, DS	Oct. 3
Richard Douglas, CTG	Oct. 2
Shirley Schmitz, CTG	Oct. 1
Kay Drew, MS	Sept. 29
Paul Jaehrling, DS	Sept. 20
Mary Seitz, DS	Sept. 20



WesternHome
communities

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Cedar Falls, Iowa 50613

www.WesternHomeCommunities.org

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November FEATURE

REUBEN

November 3, 4 & 5

Oven-roasted corned beef topped with sauerkraut and house-made Thousand Island dressing on toasted rye bread.

STUFFED PORK LOIN

November 17, 18 & 19

Locally sourced pork loin stuffed with wild rice, smothered in brown gravy and served with sautéed squash and roasted red potatoes.

10-OZ. SIRLOIN

November 10, 11 & 12

Locally sourced sirloin topped with Gorgonzola cream sauce and paired with a gnocchi vegetable medley.

PRIME RIB

November 25 & 26

(Gilmore's Pub is closed Thanksgiving, November 24)

Sliced prime rib served with garlic mashed potatoes and seasonal vegetable.



GILMORE'S
EST. **PUB** 2018

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