

**Letter from the Executive Director**

It’s a great pleasure to present our 2015-2016 Community Report as we highlight our year for you. In the following pages, we share stories of lives changed through our work and we share the hope that we have for our community.

At CHS, our vision is to “ignite hope” and at the core of this hope is the belief that things can change. No matter how awful or uncertain they are at the moment, things can turn out for the better. With hope, we see possibilities and believe in a better future for those with whom we work.

This year, we had a wonderful opportunity to explore new possibilities in our neighborhood. As we settled into our new building, we decided to reach out to Rachelle Barkus, the principal at Garrison, our local elementary school, to see how we might partner with them to improve the outcomes for their students and families. As Mrs. Barkus shared her vision for the school, her desire to see reading levels improve and for stronger relationships between the school and parents, we began to see ways we could come alongside the school and provide support.

In April, we held the first Garrison “Parent Café”. We had over 100 parents and children sharing a family meal and rich conversation. While parents participated in discussion about how they can strengthen their parenting skills, they began to develop connections with each other and the school. The event was so successful that we committed to facilitating a monthly Parent Café for our Garrison neighbors. Each month, we see families consistently attend and express their gratitude for the time together. I recently received this note from Mrs. Barkus regarding a Family Math Night event held at Garrison:

“I just wanted to thank you again so much for your partnership. We are having a Math night and have many of the families here that come to the Parent Cafes. I believe that they are feeling more and more welcome at the site through these engagement activities and they are becoming more engaged in their child’s education.”

This is hope in action and it’s alive at Center for Human Services. Every CHS program aims to give the families in our community the hope that tomorrow will be better than today.

Thank you for letting us share our year with you. As always, none of our work would be possible without the support of our many partners, volunteers and donors. We are so grateful for you! Please know that our results are your results and together, we make a difference.

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**2015/2016 Leadership**

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- Kathryn Inman
  - Operations Director
- Rosemary McFadden, MFT
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- Taryn Muralt
  - Program Director
- Lori Schumacher
  - Program Director
- Kate Trompetter, MPA
  - Development & Communications Director
- Carmen Wilson, CPA
  - Finance Director
Who We Are

Center for Human Services (CHS) is a local non-profit that supports youth and families in Stanislaus County by providing access to treatment, prevention, education, counseling and shelter programs. Our mission is to change lives and build futures through programs that strengthen and support youth and families. We help meet the basic human needs of people in our community every day.

We began in 1970 as Headrest, a drop in center for youth struggling with drug abuse, with a single paid staff member and a handful of volunteers. Today we’ve grown into an agency with nearly 250 employees, serving every community in Stanislaus County.

WE VALUE

At Center for Human Services our work is directed by our core organizational values.

Integrity, Results, Partnerships, Innovation, Responsiveness, Respect
What We Do

We change lives, build futures, and help families through quality programs and services for youth and families in Stanislaus County. Each year we serve tens of thousands of children, individuals and families through six core program areas.

**MENTAL HEALTH SERVICES**
- Community Counseling - no or low cost counseling services
- Support Groups - depression and anger management support groups
- Parent Mentor Program - providing support services to parents
- LMFT & LCSW training site - in association with local universities
- LIFE Path - treatment, support and connections for youth and young adults experiencing early symptoms of psychosis (A partnership with Sierra Vista Child & Family Services)

**FAMILY RESOURCE CENTERS**
“One-stop shops" providing services and support to families
- Ceres Partnership
- Oakdale Family Resource and Counseling Center
- Patterson Family Resource Center
- Newman Family Resource Center

**SUBSTANCE ABUSE TREATMENT**
- Substance Abuse Treatment - teen and adult alcohol and other drug abuse treatment
- First Step - outpatient treatment for pregnant and parenting women with children 5 years of age and younger (A partnership with Sierra Vista Child & Family Services)

**FAMILY RESOURCE CENTERS**
- Hutton House - temporary shelter for 13-17 year old youth in crisis
- Pathways - transitional living, life skills and employment support for 18-21 year olds experiencing homelessness

**PROJECTS & INITIATIVES**
- Father Involvement Learning Network - a collaborative network to engage and serve fathers at risk of mental health problems in our community
- Cultiva La Salud - cultivating health in the communities of Ceres, Keyes and Turlock
- Love Modesto/Love Our Schools - a partnership with our neighborhood school, Garrison Elementary, to improve educational outcomes and raise morale
- On My Shoulders - a support group for non-custodial parents, primarily fathers, teaching skills, tools and strategies for more effective parenting (A partnership with Stanislaus County Department of Child Support Services)
- Workforce Development - assisting welfare recipients to obtain or prepare for employment (A partnership with Stanislaus County Alliance Worknet and Community Services Agency)

**YOUTH & SCHOOL BASED SERVICES**
- Friday Night Live - youth development/leadership training program
- Alcohol and Other Drugs - prevention, intervention & education programs
- Community Youth Connection - youth run, adult supported community service project operated by Hutton House
- Counseling Services - youth, individual and family sessions
- Student Assistance Program - education, prevention and intervention for students K-12
- Graduation Coach Program - comprehensive student engagement program targeting 7th and 8th graders at risk of dropping out (Funded by United Way)

**SHELTER SERVICES**
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We believe positive growth occurs when people choose to utilize their personal strengths to develop new skills, cope more effectively and build better relationships.

At Center for Human Services:

We build partnerships with individuals, families, and communities so we can help them help themselves.

We offer concrete support to individuals and families in times of need.

We provide opportunities for people to build new skills.

What We Believe:

People need a safe environment and the capacity to protect and support their families.

Relationships create the foundation for well-being and people are healthiest when they have positive connections with others.

Healthy communities create opportunities for people to connect with one another, access natural systems of support and act together to improve their lives.

How We Work:

We view individuals and families in terms of their strengths, not their deficits.

We provide a caring environment where people are accepted and treated with compassion and respect.

We connect people to their natural systems of support.
Art Is Therapy

What We Believe: People have the capacity to change and grow

Randy’s hands are rough. They are weathered and worn, bumpy and bruised. Sleeves of tattoos start just above his wrists, covering his arms. Randy’s hands have hurt people in the past, but this story is not about the past. This is a story about growth and the man Randy is today. Today, Randy’s hands flip pages in a book. Randy’s hands hold a paint brush.

Randy is a recent graduate of the Center for Human Services (CHS) Substance Use Disorder (SUD) treatment group. Randy tried drugs for the first time when he was 15 and spent 37 years of his life in prison.

“I was a killer and I didn’t care,” he said, “now I want to make people’s lives better.”

He came to CHS on a Prop 36 case after he turned himself in for possession of drugs. “I knew I couldn’t do anything if I was always looking over my shoulder,” he said.

Samantha Hosker, CHS SUD treatment group facilitator really had an impact on him. “She doesn’t just teach the group, she lives it. She’s as much a part of it as we are. She makes you want to be a better person.” Before Randy could grow, he had to be able to come to terms with his addiction and want to make changes for himself. “If I hadn’t wanted to stop, I wouldn’t have been able to,” he said, “today I buy meat with the money I used to spend on dope.”

For the first time since 1972, Randy has a driver’s license. He also has his own car and house and is in a loving relationship. Randy does landscaping at a church and now that he has an income, he has set up a checking account. Randy also volunteers at Church in the Park.

Life outside of prison is sometimes much harder for Randy than life in prison was but he believes “It’s not the problem you get that matters, it’s how you handle it.” Randy strives to make people’s lives better. He believes that everyone has something good to share with the world, including himself. His special talent is art.

“Art is a therapy for me,” he says, “I can shut out the rest of the world and travel.” Randy has had his art on display in galleries and has even sold some of his paintings, but money is not why painting is important to him. Painting is his release and his passion. He also loves to read and his art is inspired by books.

Randy has grown tremendously, changing his own life because he chose to make changes, and he will only continue to grow. He is proof that it is never too late for anyone to turn their life around if they truly want to change.
At Center for Human Services (CHS), we believe in strengthening families. We offer a variety of parent education classes utilizing the Five Protective Factors as a curriculum. The Five Protective Factors are part of an approach called Strengthening Families, designed by the Center for the Study of Social Policy, demonstrating what families need in order to prevent hardship. The factors are: parental resilience, social connections, concrete support in times of need and knowledge of parenting and child development.

At all four of our family resource centers and our local school Garrison Elementary, we host a parent education program called Parent Cafés that teach the Five Protective Factors framework.

Parent Cafés are a social, relaxed environment with a meal and childcare provided where parents can learn from each other. Every session, providers give an overview of what the Five Protective Factors are in language that is accessible to everyone, then parents discuss questions with one another about the factors.

No one is lecturing the parents or telling them what to do. They learn from each other. They listen, share experiences and reflect on their own parenting style. Parent Cafés are a starting point for conversation and allow parents to gain a peer support system.

When asked which of the five protective factors is the most important, Jennifer Rangel, Program Coordinator of CHS-Ceres Partnership replied, “A lot of the parents don’t see themselves as resilient. But doing the best with what you have is resiliency, knowing where to go to get help is a strength, that is resilient.”

At CHS, we want to help parents see their own strengths because strong parents raise secure children. “If you see strengths in yourself, you will start to see things differently,” Jennifer said, “and being strong will help your child.”

97.9% of parents reported they are more willing to ask for help when their family needs it.

Parental resilience is the ability to constructively cope with and bounce back from all types of challenges. It is about creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed.

- CENTER FOR THE STUDY OF SOCIAL POLICY

FOR MORE INFORMATION:
Visit www.centerforhumanservices.org/lovegarrison and www.strengtheningfamilies.net
Making Connections

What We Do: We build partnerships with individuals and families to help them help themselves

About 15 years ago, Amos Reyes, a CHS Student Assistance Specialist was placed at Wakefield Elementary School in Turlock as part of the CHS Student Assistance Program (SAP), a non-clinical level academic and emotional support program for k-12 students. He had a student named Javier who was 12 years old and was referred by a teacher for possible gang involvement, aggressive behavior and not doing his homework.

Amos was able to sit down with Javier’s parents and his teacher to develop a plan to support Javier academically at home and school. His parents would check on his homework daily, make contact with his teacher and check his room for gang related paraphenelia. Amos would pull Javier from class on a weekly basis and work with him during school hours.

10 years later, Amos received an e-mail from Javier, who is now a Deputy Corrections Officer in Merced County. He thanked Amos for changing the direction of his life. Even though Javier never mentioned to Amos during their SAP sessions that he was interested in law enforcement, their conversations sparked those thoughts within him. You never know what change a connection with a young person can make in their life long term.

Building Community

What We Do: We connect people to natural systems of support

Arte Unido, an art therapy group that meets at CHS - Ceres Partnership Family Resource Center recently celebrated their one year anniversary. Arte Unido is part of our Promotora Program, which promotes good physical and mental health in the Latino community.

Participants in Arte Unido make art pieces using recycled materials including egg and milk cartons, trash bags and soda cans. As a group they encourage sustainability, practice self-care and build leadership skills.

When the group first started, it was facilitated by a CHS staff member. Today, the leadership responsibility is shared among the women in the group.

The group also helps them make new social connections. They all live in the same community and share common struggles and joys. Even though many are hesitant to show off their own accomplishments, they are quick to celebrate one another’s.

Along with Arte Unido, there are many other Promotora groups at Ceres Partnership including knitting and dance therapy groups. CHS just provides the space, the groups continue because they have become natural systems of support.

3,975 students were seen last year by Student Assistance Specialists at OVER 50 school sites

100% of school administrators at participating school sites say that students benefit from the program

93% of people who attend Ceres Partnership programs believe their well-being is positively affected by their relationships with other members of their community

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Ways To Give

Center for Human Services (CHS) is thankful for the many ways our community supports our work. Here are some different ways you can support CHS:

**TIME**

Become a volunteer in one of our many programs by lending a helping hand to our staff, sitting on a fundraising committee or inquire about our active Board.

**TREASURE**

Provide monetary support by giving through the Annual Campaign, sponsoring or attending a special event like Edible Extravaganza, donating in-kind goods or supplies or by making a planned gift.

**TALENT**

Offer to share one of your talents and create teachable moments with the people we serve and our employees. You could help teach a class, provide general maintenance and repairs at our facilities and more.

**GIFT YOUR legacy**

Center for Human Services (CHS) is a tax-exempt 501(c)(3) organization that provides quality prevention, education, counseling and shelter services for youth and families. Gifts through estate planning support the work we do and can provide significant federal and state tax deductions for you. Contact our Development and Communications Department for more information.

We believe you are never too young to be a philanthropist so we even have a program for kids to collect change to change lives. Contact us for more information or to sign-up.

**CENTER FOR HUMAN SERVICES**

Making gratitude look easy since 1970

For more information, please contact our Chief Gratitude Officer (aka Development and Communications Director) Kate Trompette at (209) 526-1476 or ktrompette@centerforhumanservices.org.
## Financials

**Fiscal Year July 1, 2015-June 30, 2016**

### ASSETS

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<thead>
<tr>
<th></th>
<th>FY 2016</th>
<th>FY 2015</th>
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<tbody>
<tr>
<td>Cash</td>
<td>$1,085,309</td>
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<tr>
<td>Investments</td>
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<td>$476,746</td>
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<td>Accounts Receivable</td>
<td>$825,050</td>
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<td>Promises to Give</td>
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<td>Prepaid Expenses</td>
<td>$52,260</td>
<td>$64,990</td>
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<td>Property and Equipment (less depreciation)</td>
<td>$2,863,737</td>
<td>$2,838,169</td>
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<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$5,802,372</strong></td>
<td><strong>$5,143,630</strong></td>
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### LIABILITIES & NET ASSETS

<table>
<thead>
<tr>
<th></th>
<th>FY 2016</th>
<th>FY 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable and Accrued Expenses</td>
<td>$433,544</td>
<td>$462,039</td>
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<tr>
<td>Notes Payable</td>
<td>$2,364,879</td>
<td>$1,965,611</td>
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<tr>
<td>Deferred Revenue</td>
<td>$427,581</td>
<td>$379,277</td>
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<td><strong>TOTAL LIABILITIES</strong></td>
<td><strong>$3,226,004</strong></td>
<td><strong>$2,806,927</strong></td>
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<tr>
<td>Net Assets</td>
<td>$2,576,368</td>
<td>$2,336,703</td>
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<tr>
<td><strong>TOTAL LIABILITIES &amp; NET ASSETS</strong></td>
<td><strong>$5,802,372</strong></td>
<td><strong>$5,143,630</strong></td>
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### REVENUE

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<tr>
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<th>FY 2016</th>
<th>FY 2015</th>
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<tbody>
<tr>
<td>Grants and Contract</td>
<td>$10,192,002</td>
<td>$9,145,151</td>
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<tr>
<td>Program Fees</td>
<td>$447,215</td>
<td>$227,850</td>
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<tr>
<td>Fundraising and Contributions</td>
<td>$719,011</td>
<td>$1,217,669</td>
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<td>Other Income</td>
<td>$21,813</td>
<td>$25,204</td>
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<tr>
<td><strong>TOTAL REVENUE</strong></td>
<td><strong>$11,380,041</strong></td>
<td><strong>$10,615,874</strong></td>
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### EXPENSES

<table>
<thead>
<tr>
<th></th>
<th>FY 2016</th>
<th>FY 2015</th>
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<tbody>
<tr>
<td>Hutton House (5%)</td>
<td>$546,791</td>
<td>$555,566</td>
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<tr>
<td>Pathways (4%)</td>
<td>$404,840</td>
<td>$425,527</td>
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<tr>
<td>Youth Services (5%)</td>
<td>$526,708</td>
<td>$396,481</td>
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<tr>
<td>Family Resource Centers (19%)</td>
<td>$2,145,003</td>
<td>$1,909,401</td>
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<td>Community Capacity Building (1%)</td>
<td>$135,658</td>
<td>$85,901</td>
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<tr>
<td>Community Counseling (40%)</td>
<td>$4,397,845</td>
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<tr>
<td>Student Assistance Program (22%)</td>
<td>$2,496,858</td>
<td>$2,055,726</td>
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<td>First Step (2%)</td>
<td>$260,542</td>
<td>$222,334</td>
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<tr>
<td>Management and Fundraising (2%)</td>
<td>$226,131</td>
<td>$437,741</td>
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<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td><strong>$11,140,376</strong></td>
<td><strong>$9,949,837</strong></td>
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### Change in Net Assets

<table>
<thead>
<tr>
<th></th>
<th>FY 2016</th>
<th>FY 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Change in Net Assets</strong></td>
<td><strong>$239,665</strong></td>
<td><strong>$666,037</strong></td>
</tr>
</tbody>
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### Net Assets at End of Year

<table>
<thead>
<tr>
<th></th>
<th>FY 2016</th>
<th>FY 2015</th>
</tr>
</thead>
<tbody>
<tr>
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<td><strong>$2,576,368</strong></td>
<td><strong>$2,336,703</strong></td>
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**AGENCY EXPENDITURES**

**40%** Community Counseling and Substance Abuse Treatment

**22%** Student Assistance Program (SAP)

**19%** Family Resource Centers and Workforce Development

**5%** Hutton House

**5%** Youth Services

**4%** Pathways

**2%** Management & Fundraising

**2%** First Step

**1%** Community Capacity Building

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John Rogers is well known in our community for his big heart and philanthropic spirit. He runs the Mary Stuart Rogers Foundation, passed down to him by his mother in 1993. Staying true to his mother’s desires for the community, the Foundation supports programs all over the west coast, mainly focused on education. The foundation supports grade school, high school, undergraduate and even graduate programs as well as many others. “We help people help themselves,” John said. He is also the president of the United Samaritans Foundation board, a member of the Toastbreakers chapter of Toastmasters International and is a long time donor to CHS. When he is not working on philanthropy, he enjoys fly fishing, golfing, watching movies and traveling among many other activities. He also flies planes and has flown himself on many of his travel adventures. He has visited all over the world, his favorite place is New Zealand where he has taken many fishing trips. We recently sat down to talk with him about his philanthropic life.

John Rogers has been a donor to CHS since 2004. He was first drawn to CHS because we have a strong Board of Directors and a track record of stability. When asked if anything has surprised him about working with CHS he spoke of our growth. “When an organization is stable, instead of being surprised by growth, you are able to just appreciate it,” John said. John donated to our Capital Campaign and saw our growth first hand and is happy that we were able to find a facility we could own. “You’re able to do what your vision is,” he said, “to support people that need human services.”

When asked who inspired his commitment to philanthropy he said without any hesitation his mother, Mary Stuart Rogers. “She led by example,” he said. He is passionate about philanthropy and believes that people have lots to share with one another. “Share your talents, share your time and share your treasure,” he said, “you can’t take it with you.”
Our Donors

Center for Human Services would like to thank the following donors who supported us during the 2015-2016 fiscal year.

ANNUAL CAMPAIGN

Leila Abdalla
Everett and Edith Adelman
Juanita Aguirre
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Claudia Alcala-Linares
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Keith Amador
Ronald Azevedo and Deborah Ange
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Edward Aubert
Monica Bahr
Charla Baird
Viviana Barajas
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Janice Bender
Sarah Birmingham
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Norma Foster-Maddy
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Mitchell and Leesa Gagos
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Mary Gallo
Veronica Garcia
Martha Garcia-Magana
Joan Gisler
Stacey Glover
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Michael Greenlee
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Austin Gunter
Raquel Gutierrez
Maria Hagan
Chris Hallis
Haley Hampton
Benjetta Harrison
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Rosa A. Hernandez
Rosa M. Hernandez
Heydi Herrera
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Sarah J. Hunt
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Sola and Katie Keo
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Reed Countryman & Alta Kiernan
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Michael and Eleni Kordazakis
Garrett and Stacey Laituri
Sergio Lara
Monica Leon
Mitchell Lima
Margaret E. Lindsley
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