

Adelante LAHIDAN

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"Going Green" or "Vive Verde!"

The theme of this newsletter is "Going Green" or "Vive Verde" and I was reflecting on how prevalent this message is! I have seen 'green' messaging in everything from the *ADA Journal* to my parenting magazine, which featured an article on "green" toys. The best example was on Nickelodeon where the cartoon my daughter was watching showed "Eco Rangers" talking about unplugging from outlets and turning off the lights. My daughter is only 6 months old! Although I think she was more entertained by the color green than anything else, it makes me hopeful for a future where protecting the environment is second nature.

As this year comes to a close, I am amazed at how many milestones LAHIDAN has met (and me). We quadrupled our membership after only one year; we established relationships with fantastic sponsors like Almond Board of California, Kellogg, and McNeil; we developed and published *Adelante*. In addition, *Platicas Latinas* was developed, and a pilot call yielded information on how to develop a program that all members would enjoy. Carmen Roman-Shriver became our first Ginny Trinko Service award winner. We had a fantastic party at FNCE, and had two priority sessions. Among everything we've accomplished, we also started the LAHIDAN list serve

and are sending out monthly e-blasts to members. All of this while your chair had a baby, LAHIDAN didn't skip a beat. This is to the credit of the phenomenal Executive Committee and regional coordinators. Without their help and support, I wouldn't have been able to do it!

Next year is already starting out with a bang, with the inaugural year of *Platicas Latinas*. If you want to learn Spanish, practice your Spanish, or learn about the different cultures within the Hispanic and Latino community, this is the webinar for you! Having access to *Platicas Latinas* is reason enough to sign up again for LAHIDAN membership. We are continuing to grow and as always are looking for those who are interested in opportunity. If you want to volunteer next year, contact our incoming Chair Danny Santibanez at djsantibanez@gmail.com.

It has been an honor serving as your chair, and I hope you have enjoyed being a member as much as I have. I love that I have a network of Latino dietitians that I can call for help with a patient, a business question or even a recipe for dinner!

Thank you all for making this a great year!

Carina Saez, RD, LD, CDE
LAHIDAN, Chair 2008-2009



Dear LAHIDAN members,

I cannot believe this is my last editorial. It's been a great experience collaborating with members and professionals in the field for newsletter content. I've learned a lot about many programs and resources targeting Hispanics/Latinos. Most of all, I have felt a great sense of teamwork and passion working with LAHIDAN Executive Committee members, who have supported and worked hard to meet deadlines, and provide up-to-date information. There are even greater things in store for the 2009-2010 membership year.

Thank you!

Farewell,
Christina Persaud, MPH, RD, CDE
LAHIDAN Editor

We'd Like to Build Something For You!

As the faces and homes of your clients grow more diverse, ADA would like to assemble some cultural resources for you. With your input, we'll gather the tools and topics that you need to engage in culturally relevant client relationships.

Please let us know what topics on cultural competence you'd like to see addressed. For example, do you want to know what challenges and successes in diverse populations that your colleagues have encountered? Do you want to determine how "culturally aware" you are? Do you want patient materials or visuals? Do you need help in planning for the future "face" of America?

Whatever your suggestions are, we'd like to hear them, at the Journal Team Mailbox (journal@eatright.org). Many thanks. We look forward to bringing you a useful Cultural Resource Center in the near future.

Jennifer Herendeen
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 **American Dietetic Association**

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Quaker Offers "Go Grants" for RDs to help fight hunger

Quaker not only helps fuel the body with products made with whole-grain oats, but helps power your potential as registered dietitians (RDs) to do good in the community through Quaker RD Go Grants.

Quaker is awarding grants to help fight hunger and educate people about the importance of nutrition in their communities.

Visit www.quakeroats.com/gohumansgo for more information. Award announcements will be made monthly through August 31, 2009. Let Quaker help you make your project a reality!

THE QUAKER GO PROJECT



LAHIDAN to Roll-Out Platicas Latinas Program

Nicole Patience, MS, RD, LDN, CDE

In July 2009, LAHIDAN is set to begin phone and internet based classes for the highly anticipated Platicas Latinas program. Platicas Latinas is a member benefit that offers a forum to discuss personal experience with clients, speak Spanish, learn about culture-specific beliefs and cuisine, and network live on the phone with other nutrition professionals. The service entails four language proficiency options, or tracks, which are based on the member's comfort with Spanish language. Each track offers 12 teleclasses. Platicas Latinas participants will have the opportunity to receive CEUs, pending Commission on Dietetic Registration (CDR) approval.

The design for the Platicas Latinas program is based on feedback from an online survey that yielded responses from more than 200 nutrition professionals. The survey, and a pilot call that followed, identified topics of greatest interest and highlighted varying comfort levels with speaking Spanish and working with Latino/Hispanic families.

It was clear that Platicas Latinas could not be a one-size-fits-all program. Therefore, four separate tracks were identified and developed: beginner, intermediate, expert and cultural. Each track has 12 topics. The beginner level track focuses on vocabulary, pronunciation, and basic assessment questions. For those who have basic reading and listening comprehension, the intermediate level track offers more in-depth medical nutrition therapy vocabulary. The expert level track is for speakers that master the language, but can benefit from discussions and support primarily in Spanish on specific nutrition-related areas. Track four

entails an English language discussion that will focus on Hispanic and Latino values and culture in specific Spanish-speaking countries.

At every level, calls include role-play Spanish-language scenarios to encourage participation. Handouts to support the call content will be distributed to participants prior to the call. Facilitators will be recruited among our own

LAHIDAN membership to help foster community among dietitians working with Hispanic and Latino clients. Leaders will direct discussion with a provided outline, and guide prepared role-play scenarios.

If you are interested in contributing to LAHIDAN as a Platicas Latinas facilitator, please contact Nicole Patience, npatience@temple.edu.

ADA Active Member Dues	\$216.00
Includes:	
Subscription to the Journal of the American Dietetic Association	\$268.00
CFE quizzes in the Journal	\$1,080.00
Subscription to the Evidence Analysis Library	\$400.00
Subscription to Daily News	\$500.00
Subtotal:	\$2,464.00
Total cost to you:	\$216.00

***TOTAL SAVINGS ***
\$2,248.00
Total savings: 91%

Thank you for being an ADA member.

These are just a few of the dozens of ADA membership benefits that can save you money. Visit Eatright.org for a comprehensive list of benefits, such as receiving the award-winning ADA Times, tools for building professional skills, client education resources, discounts on books and products, and optional benefits like liability insurance, long term care insurance, travel discounts and credit card services.

Thousands of dollars in benefits at a fraction of the cost.

Membership renewal is under way.

www.eatright.org

 American Dietetic Association

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Americans Earning an “F” in Fiber: Kellogg Aims to Clear Up Confusion Between Whole Grains and Fiber

Nine out of 10 Americans aren't getting the recommended amounts of dietary fiber. What's especially concerning about this shortfall is that it's well documented that fiber is important to overall health, and scientific research continues to show U.S. fiber's critical role. For instance, a recent Life Sciences Research Office Study (LSRO) funded by Kellogg Company, suggests that the health benefits of whole grains, like heart disease prevention, may be primarily driven by the fiber component of the whole grains.¹

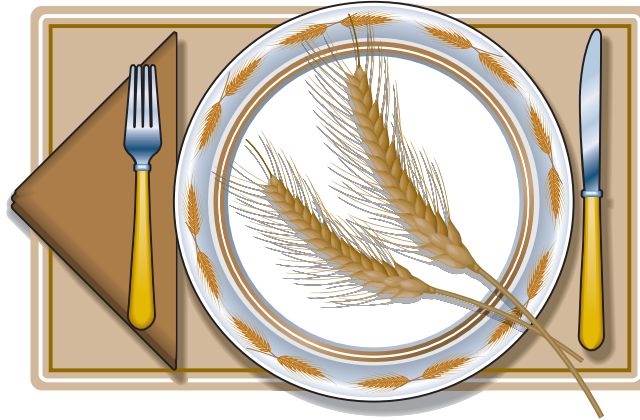
While fiber is important to all populations, the importance is elevated among U.S. Hispanics. For example, the prevalence of type-2 diabetes mellitus is two to three times higher in Hispanics than in non-Hispanic whites, with an estimated 25 to 30 percent of those over the age of 50 affected.² Numerous studies have shown consumption of fiber-rich foods may be associated with a reduced risk of type-2 diabetes, therefore it's important to generate awareness among Hispanics about what foods are good sources of fiber.³

According to a new Kellogg Company survey of 1,000 consumers, including Hispanics, the majority recognize that fiber is important, however they are unaware that the amount of fiber in products “made with whole grain” varies.⁴ So, while many are trying to get more fiber from foods that say “whole grain” on the package, those products are often not contributing much to overall fiber intakes.

This confusion underscores the need to provide resources that help empower consumers to increase their fiber intake. To help, Kellogg Company is offering **FIBER-pe-dia: A comprehensive look at fiber**. FIBER-pe-dia explains what fiber is, why it is good for us and how to get more of it. It's designed

with you in mind as it provides scientific information you need to know, along with consumer-friendly information you can share with your patients and clients.

Kellogg is committed to helping educate people about the benefits of fiber; it has more ready-to-eat cereals that have at least a good source of fiber than any other food company, as well as other foods with fiber, such as *FiberPlus Antioxidants Bars*™, *All-Bran Crackers*™, *Nutri-Grain Waffles*™ and more.⁵ Dietitians and health professionals can turn to resources such as **FIBER-pe-dia** and other tools at www.kelloggsnutrition.com for helpful information and useful tools to share with patients.



1. LSRO Report: Whole Grain Intake and Cardiovascular Disease and Whole Grain Intake

and Diabetes: A Review, November 2008.
<http://www.lsro.org/articles/wholeGrainIntake.html>.

2. U.S. Department of Agriculture, Agricultural Research Service (1999). "Data Tables: Food and Nutrient Intake by Hispanic Origins and Race, 1994-1996." Available from <http://www.barc.usda.gov/bhnrc>.

3. Cochrane Database of Systematic Reviews 2008 Issue 2. Priebe MG, van Binsbergen JJ, de Vos R, Vonk RJ. Whole Grain Foods for the Prevention of Type 2 Diabetes Mellitus. <http://www.cochrane.org/reviews/en/ab006061.html>.

4. Survey of 1,000 consumers, 50 percent male, 50 percent female, 18 and older, 6 percent Hispanic, conducted by Greenfield; online in March 2009.

5. Based upon 80.7 percent share of cereal category according to IRI, 52 weeks ending 2/22/09.

Eligibility Requirements to Become a Registered Dietitian (RD) Credentialed by the Commission on Dietetic Registration (CDR) in the United States

Frequently, the Commission on Dietetic Registration (CDR) receives inquiries about how one can establish eligibility to become a registered dietitian with the Commission. CDR is a US national credentialing organization and is separate and distinct from the American Dietetic Association (ADA). The following provides information for prospective international candidates.

Registration Eligibility Requirements for Dietitians

1. Completion of a minimum of a bachelors degree from a regionally accredited degree-granting institution in the US, or foreign degree equivalent.

Since your academic preparation was completed at an educational institution not in the United States, you are required to have your education transcripts, documenting the degree(s) earned, evaluated by one of the Foreign degree equivalency agencies listed. The link is: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_15536_ENU_HTML.htm.

You can access the complete International Fact Sheet on-line at the following link: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_398_ENU_HTML.htm.

2. Completion of an ADA approved Didactic (academic) Program in Dietetics (DPD) program.

Interested candidates must contact an ADA approved DPD program director and ask her/him to review your original transcript(s) and foreign degree evaluation report. They will determine if you meet the current DPD requirements, and counsel you on your next steps.

You can access the Directory of Dietetic Programs, which lists the approved program directors for the academic and supervised practice programs at the following link: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_401_ENU_HTML.htm.

3. Completion of an ADA approved supervised practice program. All candidates must complete either a Coordinated Program and Dietetic Internship Program. The coordinated program combines/coordinates the academic and the supervised practice programs.

Registration Eligibility Reciprocity

Registration eligibility reciprocity is extended to individuals who have completed all certification requirements (didactic, supervised practice, and examination) in one of the five countries that CDR has established an agreement. Eligible candidates are able to take the registration examination without additional education or experience requirements. CDR currently has reciprocity agreements with the following foreign regulatory boards:

- Dietitians of Canada (DC)
- Dutch Association of Dietitians/Ministry of Welfare, Public Health and Culture (DAD)
- Philippine Professional Regulation Commission (PRC)
- Irish Nutrition and Dietetic Institute (INDI)
- Health Professions Council (HPC) United Kingdom

Membership In the American Dietetic Association

Membership in the American Dietetic Association (ADA) is separate, distinct, and independent from registration (RD and DTR credential) with the Commission on Dietetic Registration (CDR). CDR is the credentialing agency for the ADA. Separate procedures, timelines, and fees are required for ADA membership, versus CDR registration. Being a member of ADA does not imply or validate one as registered with CDR.

Becoming a U.S. State Licensed Dietitian

Not all of the 50 U.S. states have regulations for dietitians. To determine if you must obtain a state license that regulates dietitians residing and/or practicing dietetics in that state, please access the State Licensure Agency List on CDR's website: <http://www.cdrnet.org/certifications/licensure/agencylist.htm>.

Individuals who pass the Registration Examination for State Licensure have five years, from the year they pass that exam, to complete the CDR Registration Eligibility requirements to become a CDR Registered Dietitian.

Tips for “Going Green”

By Rebecca Sparks, MS, RD, and Christina Persaud, MPH, RD, CDE

Current global food production practices are hastening the depletion of non-renewable resources, and increasing global warming. The processing and transportation of these foods are major contributors to energy use. As a result of global eating patterns, obesity and world hunger are increasing simultaneously. We need a solution that concurrently improves the health of people, and preserves our ecosystem.

“Going Green” often seems like something only affluent individuals can do. There are many basic changes that anyone can do regardless of their socioeconomic standing to help the environment, and improve the quality of their lives. Low-income minority groups, especially those of Hispanic descent, are greatly impacted by health and environmental concerns because they often live in heavily polluted areas with limited access to recreational spaces or fresh affordable produce. The good news is that as dietetic professionals, we can promote strategies to eat well, and protect the environment among our clients and within our communities.

Here are some “Green” tips that can help the environment and can save you money too. Every bit counts. Start “Going Green” today!

1. Recycle plastics, papers, glass, and metal.
2. Avoid buying bottled water. Instead, buy a water filter and carry your own reusable water bottle.
3. Find creative ways to reuse your plastic bags, or start carrying your own reusable cloth bag when you go shopping.
4. Save money and help the environment by supporting your local farmers markets.
5. Buy less process and packaged snacks --- eat fruits and vegetables instead!
6. Reuse glass jars.
7. Use cloth napkins instead of paper.
8. Buy food that has less packaging.
9. If you drive, cut down mileage by carpooling, using public transportation, walking or biking.
10. Line dry your laundry – especially during the summer.

Ideas para “Vivir una vida verde”

Las prácticas actuales de producción global de alimentos están agotando los recursos no-renovables, y aumentando el calentamiento global. El procesamiento y transporte de estos alimentos aumentan principalmente el uso de energía. Como resultado de los cambios en los patrones de alimentación la obesidad y la desnutrición están creciendo simultáneamente en el mundo. Necesitamos una solución que mejore la salud de la población, y al mismo tiempo preserve nuestro ecosistema.

“Vive Verde” parece ser algo que solo personas de amplios recursos puedan hacer. Pero sin importar el estatus socioeconómico hay muchas cosas básicas que cualquiera puede hacer para ayudar al ambiente, y mejorar nuestra calidad de vida. La salud y el ambiente de grupos, de escasos recursos, especialmente de origen Hispano, se están viendo impactados de manera abrupta, porque viven en áreas de gran polución y con acceso limitado a áreas de recreación y a alimentos saludables y frescos. La buena noticia es que como dietistas podemos, ayudar a promover estrategias para comer bien y proteger el ambiente entre nuestros clientes y en nuestras comunidades.

Aquí les damos algunas ideas “Verdes” que pueden ayudar a proteger el medio ambiente y que además le pueden ayudar a ahorrar dinero. Cada granito de arena cuenta. Así que empecemos a “vestirnos de verde” hoy mismo!

1. Recicle plástico, papel, vidrio y metal.
2. Evite comprar botella embotellada. Prefiera, los filtros de agua y vuelva a usar su propia botella.
3. Encuentre formas creativas de reutilizar sus bolsas plásticas, o comience a llevar su propia bolsa de tela cuando vaya de compras.
4. Ahorre dinero y ayude al ambiente apoyando los mercados campesinos.
5. Compre menos bocaditos procesados y empaquetados --- prefiera las frutas y vegetales frescos!
6. Vuelva a usar las vasijas de vidrio.
7. Use servilletas de tela en vez de servilletas de papel.
8. Compre alimentos que vengan menos empaquetados.
9. Si maneja un auto, ahorre millas compartiendo su carro con un amigo, usando transporte público, caminando o montando en bicicleta.
10. Deje secar sus ropas al sol – especialmente durante el verano.

Farmers' Markets – Take Advantage!

By: Sandra Arevalo, MPH, RD

Nationally recognized for providing fresh products directly from the farm, farmers' markets allow consumers to have access to locally grown, farm fresh produce, enable households to establish a relationship with the farmers who grow the produce, and learn more about different fresh foods. Dietitians working in communities with scarce access to healthy fresh foods can refer clients to the nearest farmers markets and thereby promote intake of seasonal produce and other healthy foods. Farmers also benefit because they have the opportunity to sell directly to consumers to supplement their income.

Other advantages of farmers' markets are that 25 percent participate in emergency food programs, and 58 percent participate in local and/or state nutrition programs. The Women Infants and Children (WIC) Farmers' Market Nutrition Program (FMNP) provides WIC program participants with coupons redeemable at farmers' markets in addition to their regular WIC checks. The Senior Farmers' Market Nutrition Program (SFMNP) provides eligible low-income seniors with coupons to purchase foods at participating markets as well. The State Departments of Agriculture, Aging, and

Health are creating new partnerships with local agencies to expand access to farmers' markets and promote increased consumption of fresh fruits and vegetables in different cities and states. Innovative nutrition education programs are also collaborating with farmers' markets conducting food tastings and cooking demonstrations.

Farmers' markets are well received in communities throughout the United States, because they bring affordable, quality foods to consumers; foster an environment to learn about and taste new foods, and promote sales for farmers. The growing importance of farmers' markets is reflected in the dramatic increase of sales from 2002 to 2007. The USDA Agricultural Census shows that direct food sales sold by farmers to household consumers rose from \$812 million in 2002 to \$1.2 billion in 2007. This is an increase of 30 percent after adjustment for inflation. As of August 2008, there are 4,685 farmers' markets operating in the US selling fresh produce and helping to promote good nutrition.

For more information on farmers' markets, or to look for a market near you, go to: <http://www.ams.usda.gov/AMSV1.0/> [Source: DOA Agricultural Marketing Service Website].

MEMBER SPOTLIGHT

LAHIDAN Member Presents "Global Nutrition Communications"

LAHIDAN member Sylvia Melendez-Klinger will be presenting "Global Nutrition Communications" at the Global Conference on Health and Lifestyle: An Exploration of Lifestyle in Primary and Spiritual Care.

Some objectives of this conference are:

1. Examine lifestyle initiatives of holistic primary health care that aligns with the United Nation's Millennium Development Goals (MDGs), World Health Organization's Alma Ata Declaration (AAD), World Health Organization's Medium Term Strategic Plans (MTSP), and United States Healthy People 2010 Goals and Objectives.
2. Challenge the traditional medical and religious communities to go beyond usual practices to a more holistic blend of medicine and faith.
3. Address not only the participants' acute short-term medical and spiritual needs, but also their long-term mental, social, and environmental needs.
4. Demonstrate how health promoting practices can reduce medical costs while increasing quality of health and spiritual care.
5. Explore prevention education opportunities during treatment to reduce reoccurrence of injury and infectious diseases.

This conference is a timely piece as many of us and our Hispanic/Latino clients believe in the efficacy of alternative therapies. It is important that we learn about, understand, and validate the beliefs of our clients.

Peach Tomato Salsa

Yield: 8 servings (1/2 cup each)

Ingredients:

3 ripe tomatoes (2 cups chopped)
3 tomatillos with outer covering removed
(chopped small)
½ green bell pepper (½ cup chopped small)
½ cucumber, unpeeled (½ cup chopped small)
2 peaches (1 cup chopped)
½ red onion (½ cup chopped small)
2 Tablespoons jalapeno pepper, seeds removed and
chopped small (optional)
2 Tablespoons fresh lime juice
1/3 cup fresh cilantro, chopped
Salt and pepper, if desired

Instructions:

1. Add all chopped vegetables to a large bowl. Add fresh lime juice and mix well.
2. Gently stir in fresh cilantro.
3. Add salt and pepper, if desired.
4. Serve immediately or keep refrigerated.

Helpful Information:

- * Try adding pears, plums, or nectarines for a different fruity flavor.
- * Experiment! Grate in carrots, turnips or other market fresh vegetables.
- * Salsas are healthy delicious dips for whole wheat pita bread or tortilla chips.
- * Try salsa on top of mixed green salad – or on cooked greens and other side dishes!
- * If you want your hot pepper a little less hot – try removing the seeds before using!

Nutrients per serving:

Calories: 35 Sodium: 5 mg
Fat: 0 g Carbohydrate: 8 g
Trans Fat: 0 g Fiber: 2 g
Cholesterol: 0 mg Protein: 1 g

Salsa de Durazno y Tomate

Rinde: 8 raciones (1/2 taza cada una)

Ingredientes:

3 tomates maduros (2 tazas, cortados)
3 tomatillos con cubierta exterior removida
(cortados en trozos pequeños)
½ pimiento verde (½ taza trozos pequeños)
½ pepino sin pelar (½ taza trozos pequeños)
2 duraznos (1 taza picada)
½ cebolla roja (½ taza picada en trozos pequeños.
2 cucharadas de jalapeño, sin semillas y cortado en trozos
pequeños (si desea)
2 cucharada de jugo de lima fresco
1/3 taza de cilantro fresco, cortado
Sal y pimienta negra molida (si desea)

Instrucciones:

1. Agregue todos los vegetales cortados en un tazón grande. Agregue el jugo de lima fresco y mezcle bien.
2. Suavemente mezclelo con cilantro fresco.
3. Agregue sal y pimienta negra molida, si desea.
4. Sirva inmediatamente o mantenga refrigerado.

Nutrientes por ración:

Calorías: 35 Sodio: 5 mg
Grasa: 0 g Carbohidratos: 8 g
Grasa Trans: 0 g Fibra: 2 g
Colesterol: 0 mg Proteína: 1 g



Recipe provided by Cornell University Cooperative Extension-New York City Nutrition and Health Program nyc.cce.cornell.edu.

LAHIDAN'S Featured Culinarian



The recipe included in this newsletter was created by Erika Ichinose Pijai, MS, RD, CDN. Erika is the former Regional Coordinator of Nutrition and Health Programs for Cornell University Cooperative Extension in New York City. She supervised Community Nutrition Educators, trained them in nutrition content and group facilitation skills, and supported them in delivering nutrition workshops to participants in communities with limited resources. She also coordinated nutrition education and cooking demonstrations at New York City Farmers' Markets.

The "Peach Tomato Salsa" on page 8, has been prepared during nutrition demonstrations at farmers' markets, primarily in neighborhoods with a large hispanic population. This recipe is a great way to add fruit to vegetables, and many if not all of the ingredients can be purchased from farmers' markets.

Erika is now residing in Washington, D.C. and continuing to promote nutrition and healthy eating. For more information, contact Erika at ei22@cornell.edu

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