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THE CAT HOUSE Scoop

© Essence in a Flash by Kimberly McCarty

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ADOPTION FACILITY

3633 "O" Street
Lincoln, NE
Tuesdays & Thursdays 6-8 pm
Sundays 1:30-4 pm

PO Box 23145
Lincoln, NE 68542
Hotline: 402-441-9593
info@thecathouse.org
www.thecathouse.org
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The Cat House is a 501(c)(3) non-profit, all-volunteer organization, funded entirely by donations and adoption fees.

Building a maintenance fund

By Alma Vlasak

Last year, The Cat House moved into its new facility. It was an exciting time. We finally had a building we could call our own, with renovations done to make things better for both the cats and people. But, as every home owner knows, owning a property means having to take care of everything that goes wrong.

In our case, the first major maintenance issue turned out to include both an aging furnace and air conditioner that left volunteers and cats uncomfortably warm during the summer. The cost of replacement was unavoidable. It also was unexpected.

The result was the establishment of our Maintenance Fund to pay for the two furnaces and two air conditioners that were installed and to help with ongoing building maintenance.

Volunteer Heather Swartz is leading this project. She kicked off our fund-raising campaign by creating a large graphic of a cat, which is on display at the north front door. It is marked in \$300 increments to track donations made specifically to this fund. Our goal is to raise \$12,000.

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Making the holidays furry and safe

By Ann Adams

The holidays are just around the corner, and with them come decorations, food, and festivities. All of this can be exciting, tempting, and overwhelming for your cat. Make sure you take some precautions to ensure a safe and happy holiday season for the feline members of your household.

Decorating for the holidays can be a challenge when you have pets in your home. Cats love to explore new things, and sometimes part of that exploration involves chewing and climbing. If you are putting up a tree, make sure that it is securely anchored to avoid the possibility of your cat pulling it down. It's also important to be mindful of ornament placement. Cats that do not climb your tree may still be tempted to pull off ornaments. Try keeping ornaments made of cloth, wood, straw, and other more natural materials toward the base of the tree. Heirlooms and breakables will be safer near the top. Using cloth loops in place of wire ornament hangers will also be safer for your cat, should it decide to remove an ornament or two for inspection.

Keep light cords safely concealed in a cord protector to eliminate the risk of your cat chewing on a plugged-in string of lights. It is best to not use tinsel to decorate your tree.

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Volunteer Opportunities

The Cat House has a very hard-working and dedicated crew of volunteers committed to improving the lives of cats in Lincoln and the surrounding area.

If you are interested in helping, you can fill out a volunteer application online at www.thecathouse.org, come in during open hours to fill out an application, or e-mail at volunteer@thecathouse.org.

You're in for a rewarding experience!

Opportunities to help include:

- Open hours
- Care, feeding, exercising, and socializing of cats
- Laundry
- Facility maintenance
- Newsletter articles, photography, and production
- Assisting with communication to volunteers and/or the public
- Adoption counselor
- Post-adoption follow-up calls
- Filing
- Grant writing
- Fundraising
- Data entry
- Retail events
- Feral/TNR program
- Foster care

Happy Tails Stats

Here are the number of cats adopted in recent months.

April	21
May	16
June	28
July	14
August	38
September	29

Volunteer Spotlight: Jeanné Lillich

By Alma Vlasak

"I love cats," says Jeanné Lillich, gemologist and Cat House volunteer, when talking about her work with Lincoln's only no-kill cat shelter.

Jeanné started volunteering with TCH in 2007 after reading the Neighborhood Extra one Saturday and seeing pictures of cats that were up for adoption. Her initial volunteer work included helping with a Tuesday evening cleaning crew. She also worked on the Friday morning crew. She joined the governing board of TCH in 2014.

As time went on, opportunities presented themselves in the form of two fundraisers, Meow & Chow and Catsino. Both events raise much needed money for TCH and provide an opportunity for volunteers to work together outside of the shelter itself. Jeanné has co-chaired both events in recent years.

When I talked to Jeanné she was busy



inventorying prizes for this year's Meow & Chow, which will be held Saturday, October 15. This is a joint fundraiser between TCH and Lincoln Animal Ambassadors. Jeanné focuses her efforts on obtaining prizes for bingo and the popular raffle. Jeanné also helped when TCH moved to its current location at 3633 "O" St. She was instrumental in helping

the shelter obtain funding for the flooring.

Although volunteering takes up much of her time, it is done after her work as Nebraska's only independent jewelry appraiser. As a graduate gemologist, she has her own appraisal business, JML Appraisals, which serves both a regional and state-wide area.

As to why she continues volunteering with such enthusiasm, she said, "I like everybody I work with and I want to volunteer where the lives of individual cats matter."

Maintenance fund—continued from page 1

Proceeds from the TCH booth at various craft shows held at the Lancaster Event Center in November and December will be credited to this account, as will donations marked for the fund.

So, if you want the cats, volunteers, and visitors to enjoy cool breezes in the summer and warm air in the winter, we invite you to donate to the fund and help us "Fill Our Kitty!"



2445 S. 48th Street

Monday, Tuesday & Saturday 10 am–5 pm

Wednesday–Friday 10 am–6 pm

Closed Sunday

Donations in memory & honor of...

In memory of

Pam Leak from Bower Enterprises, Roberta Parks, Karen Heckman, Michelle Johns, and Kawasaki Motors Manufacturing Corp

Fern Lee from Janet O'Neal, Denise Wiemer, Belinda Gillam, and Kathi Malone

Jay from Denise Wiemer and Harry and Wanda Drake

Joan Stadler from Denise Wiemer

Cali from Wally Wilson

Duffy from Susan Dobberstein

Mary Ann Wiedenfeld from Connie Olsen, Sharon Hoblit, Bob and Marlys Yonke, John and Karen Foster, Susan Robak, and Larry and Marilyn Topf

Jean Marie Lewis from Bridget Tripp, Kandra Hahn, Thomas Eitel, Mary Crable, and Lisa Lightner

Elmer Zank from Stan and Patty Stoki

Mary Ann Rosenberger from Mark Herman

Mister from Denise Wiemer

Judy Tomek from Deborah Moffitt

Adam from Quentin and Lydia Schnittker

Debbie Borner from Nicole Narboni

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Roger Way from Susanna Stone and Boys Town

Rocky Nelson from Vicki Christo

Don Brainerd from Susan Lehn

Del Larsen for Pam Leak

Larry Meierdierks from John and Jeannie Birdsall and Suzie Meierdierks

Terry Wingett from Tracy and Belinda Gillam and Suzie Meierdierks

In honor of

Princess from Bonnie Nebelsick

Miss Graycie Gray from Mary Stevens

Jon and Jackie Huddle's wedding from Ricky and Marian Shanks and Pamela Knott

Norma Patzloff from First Plymouth Congregational Church

Linda Czaplewski from Nature's Variety

Mister from Harry and Wanda Drake

Smokey from Edward Boone

Amanda's birthday from Abby Petersen

Martha Stoddard's birthday from Hugh Stoddard

Special thanks to

Dr. Kelly Jordan

Dr. Shelley Knudsen

All Feline Hospital

Wachal Pet Health Center

Vondra Veterinary Clinic

Pitts Veterinary Hospital

Cause For Paws

Nature's Variety

Petco

PetSmart

Walmart

A sign from heaven

By Martha Stoddard

Carly Cannon was a smart, girlie girl who loved working with kids and was studying to become a teacher. She loved the Huskers, the color pink, Dr. Pepper, country music, and the TV show "Friends." She especially loved her cat Mocha Jo, and the feeling was mutual. Carly's family said Mocha doesn't care for most people, but she was happy to cuddle with Carly and ride around on her shoulders.

Carly was 21 when she died on January 19, 2015, after a two-year battle with spine and brain cancer. She was buried at Wyuka Cemetery, and her family marked her grave with a small flag bearing the silhouette of a cat reaching for a butterfly. At the top of the flag, they added a pin from the CERN Foundation, the Collaborative Ependymoma Research Network, which works to help improve the care and outcomes for people

with Carly's kind of cancer.

When the flag disappeared during a spring cemetery cleanup, the family was dismayed. Then a surprising thing happened. Here's what the family wrote on Facebook:

"A year ago, the flag we had bought for Carly was gone. As a family, we were very discouraged but understood that the cemetery has their rules in regards to what stays throughout the summer for their upkeep with the grounds. We always wondered what they did with it, assumed it was just tossed and that tugged at our hearts for a while . . . until a day ago as we were leaving the cemetery, traffic was busy as usual on O and while waiting for a chance to turn left, big sis looked across the street at The Cat House and something caught her eye.

"A flag that looked just like the one that

went missing a year ago! She asked Ryan to go straight instead of turning left to head home, 'If that flag has the CERN foundation pin on it, that's Carly's!!' SURE enough, it was! A day before Mother's Day, we found the flag, outside The Cat House, waving happily in the wind... with the CERN foundation pin still intact and pinned to the flag. We were so happy as a family to see it wasn't tossed, it was in front of us the whole time!

"Carly never liked people taking her things without asking, so we know she had a hand in choosing where her flag went . . . so The Cat House is where it stays and so if you see it, smile and enjoy!!"

Next time you pass by The Cat House, take a look at the flag by the front entrance and give a thought to the young woman who died too soon and to the love between cats and their people.

Calendar of Events

Meow & Chow

October 15 / Doors open at 5 pm
Scottish Rite Temple, 16th & L Streets
Fundraiser for TCH and Lincoln
Animal Ambassadors

Fall Blessings Arts & Crafts Show

November 5 / 9 am-4 pm
Lancaster Event Center
4100 N. 84th St.

Cowboy Chicken Cash for a Cause

Dine Out Event
November 7 / 5-9 pm
2801 Pine Lake Rd.

St. Mark's Craft Show

November 12 / 9 am-4 pm
84th & Pioneers

Seward Craft Show

November 19 / 9 am-3:30 pm
Seward County Fairgrounds

Fall Treasures Vendor Fair

November 19 / 9 am-4 pm
Lancaster Event Center
4100 N. 84th St.

Gifts & Giving Arts & Craft Show

December 3 / 9 am-4 pm
Lancaster Event Center
4100 N. 84th St.

Santa Photos

December / TBD - December
Petco Stores

Lincoln Women's Expo

January 28, 2017 / 10 am-6 pm
January 29, 2017 / 11 am-4 pm
Lancaster Event Center
4100 N. 84th St.



Your cat on catnip

By Martha Stoddard

There's nothing like a little fresh catnip to get sedate, older cats acting like kittenish goofballs. Even big cats, like lions, leopards, jaguars, and bobcats, react to the herb. Some roll and rub and twitch. Some leap about, lick themselves, and act wired. Others zone out or get the munchies. The whole episode typically lasts no more than 10 or 15 minutes, after which cats are resistant to the effects of catnip for an hour or more.

Catnip, or *Nepeta cataria*, grows wild in temperate parts of Europe and North America, including Nebraska. It is sometimes planted as an ornamental in flower gardens, and its flowers attract butterflies. Humans most often use catnip to make tea, although it also has been used as a mosquito repellent.

Experts say catnip isn't addictive to cats and enjoying it is an acquired response. Cats

respond to the smell of an oil in the plant called nepetalactone. Most kittens will not respond until they are about 6 months old. Some cats never do react because of their genetic makeup.

Many cat toys contain dried catnip to attract cats but beware that the nip loses its potency with time. You can make your own toy by buying loose catnip at a pet store or Open Harvest and putting a small amount in a sturdy, old sock. Tie a knot in the open end and give it to your cat. To keep the catnip fresher and make the toy a special treat, put the sock in a plastic bag that seals and store the bag away between playtimes. Another option is to buy catnip sticks from The Cat House. The catnip sticks, which are handmade by volunteers, come in standard and large sizes and in a variety of patterns, including holiday prints.

Catnip stix, pet beds, and carrier liners!

To purchase, stop by the shelter, or call the hotline at 402-441-9593.



In addition to monetary donations, you can donate items that we use in the day-to-day care of our feline friends. To arrange a drop-off time and location, you can call us at 402-441-9593 or email info@thecathouse.org.

DRY CAT FOOD

- Any dry cat food
- Science Diet Original or Light
- Science Diet M/D, C/D Stress, or Z/D*
- Royal Canin Baby Cat
- Royal Canin Calm or Royal Canin Rabbit*

CANNED CAT FOOD

- Science Diet or lams – kitten & adult – *turkey, chicken, salmon (ground or minced)*
- Fancy Feast – *turkey, chicken, salmon (Classic), or any Grilled Delights with Cheddar or Broths sold in pouches*
- Science Diet Light
- Science Diet A/D, M/D, I/D, C/D Calm, or Z/D*
- Royal Canin Rabbit*

CLEANERS

- Scent-free liquid laundry detergent (*sensitive skin*)
- Scent-free dryer sheets (*sensitive skin*)
- Clorox bleach (*regular type*)
- Anti-bacterial hand soap
- Dawn dishwashing soap
- Dishwasher detergent
- Clorox disposable wipes
- Swiffers
- Hand sanitizer

CAT LITTER

- Non-clumping, regular clay litter (*no clumping, pine, or newsprint type litter*)

SUPPLIES

- Brooms
- O'Cedar Light 'N Thirsty cloth mop refills
- Paper towels and bathroom tissue
- Kitchen and office size trash bags
- Copier/printer paper

MISCELLANEOUS

- Meat flavored baby food (*chicken, turkey, beef, ham*)
- Small chenille or cotton reversible bath rugs (*no rubber backs*)
- Rotating teeth combs for cats
- "Slicker" brushes for cats
- Pet carriers, hard plastic with metal doors
- Large litter boxes without covers
- Aluminum trays (*no smaller than 8"x13"*)
- Lint rollers
- FortiFlora® Feline Nutritional Supplement
- Gift certificates to entirelypets.com
- Gift cards to Tractor Supply, Walmart, Target, Petco, or PetSmart

* sold at vet clinics

Diesel

By Jeff Kennedy

If an informal poll were conducted, asking volunteers at The Cat House who are their favorite cats in the shelter, it is likely that the results would reveal the name Diesel on several responses. Diesel is a short-haired ebony tabby and white lady with a loud purr and a strong but loving head-butt. She often enjoys the company of volunteers visiting her at the end of their shift. It has been reported that Diesel does flips or spins for some volunteers, will “hug” other volunteers with her front legs, and will maintain a lengthy conversation with yet others who are willing to listen.

Diesel, lovingly known as “DeeDee Huffington” to some, has become a favorite cat among volunteers but would truly benefit from a home where she could be a part of a family, with her own personal “staff.” Diesel would prefer a home without dogs and a home where she could expend her playful energy. Diesel is front-declawed and, like some declawed cats, will nip occasionally. So she’s looking for an adopter who is experienced with reading the signs of cats who can become overstimulated or change behaviors quickly.

Come to The Cat House to meet this charming girl and find out why she has garnered the attention of so many people.



Mischief

By Jeff Kennedy

Visitors to The Cat House are asked to start their tours in the shelter’s “Blue Unit.” Open Hours volunteers tell people that the Blue Unit is home to cats that have tested positive for the Feline Immunodeficiency Virus (FIV) or the Feline Leukemia Virus (FeLV). Some visitors are cautious about adopting from this area. “If the cats have tested positive for such scary sounding viruses,” they may think, “won’t they be sick their whole lives and die young?” Volunteers are quick to point out that cats can live healthy, loving lives with these viruses and are completely normal in their day-to-day lives.

A visitor only needs to stop by the Blue Unit to discover this range of personalities and antics. In the room is the little lion Thomas, who often greets newcomers with a friendly conversation, and handsome red Abbott, who can frequently be found curled up cuddling with his pretty friend Abby. Then there’s Mischief. When one enters the room, Mischief is often very busy – he still has his kitten-like enthusiasm and curiosity and never quite lost the glint of orneriness in his eyes that may reveal the source of his name. He can be a lover at times, an explorer, a silly boy, or a playful brother all wrapped up in one wonderful black-and-white cat.

Mischief’s back story includes an unfortunate amount of time spent in an animal hoarding situation, where it is likely he was infected with FeLV. But like many other cats from hoarding situations, difficult conditions are easy to overcome for a cat who is introduced to proper healthcare, attention, food, and most of all, love. Mischief loves his life and his surroundings. But a home of his own, with people he could call his own, would be the greatest gift for this sweet, curious, personable feline friend.



These cats are looking for forever homes.

Visit our shelter on Tuesday and Thursday evenings from 6–8 pm and Sundays from 1:30–4 pm.



Freddie (FIV+) – 6 years



Buttons – 2 years



Hamilton (FIV+) – 3 years



Ariel – 1 year



Cersei – 5 years



Tuffy – 9 years



Glen – 9 years



Thomas (FeLV+) – 5 years

Holiday hazards—continued from page 1

Just one strand of tinsel can be fatal to your cat if the tinsel is ingested. Vomiting is the best case scenario, while intestinal perforation could be the worst. It is important also to be mindful of the type of packages you place under your tree – anything with long ribbons may tempt your cat to chew and these can be choking hazards.

If you are putting up a live tree, keep your cat away from the tree's water source. Bacteria, molds, and fertilizers can infiltrate the water and make your cat sick after drinking only a small amount of water. If your cat enjoys chewing on the tree needles, you may want to consider spritzing the lower limbs of your tree with a distasteful coating of peppermint oil. The strong smell may dissuade your cat from pulling off needles for chewing. This can also work on artificial trees.

There are some holiday plants that make the hazardous list for cats. Poinsettias have

gotten a reputation for being highly toxic, but it would take a large amount to cause poisoning. They do cause irritation to the mouth and esophagus, which would make ingesting a large amount unlikely. Lilies, daffodils, holly, mistletoe, and amaryllis are the most likely to cause harm to your pets if ingested. With daffodils and amaryllis, the bulbs are the most highly toxic portion of the plant. With holly and mistletoe, the berries and leaves, even when dried, should be kept out of reach of your pets. The safest way to bring the beauty of these plants into your home is through the use of artificial plants.

The holidays are also a time of plentiful food. It is always best not to let your cat eat human food, but sometimes cats can get into things that weren't intended for them. Be cautious not to let them ingest any alcohol or caffeine, which can cause liver damage and heart palpitations. Chocolate

is commonly known to be bad for pets, but so are grapes, raisins, onions, garlic, and artificial sweeteners. If you believe your cat has gotten into something it shouldn't have, try to gauge how much it has eaten and consult your veterinarian.

If you are planning on having a large group of people over, consider your cat's safety and sense of security. It may be best to keep your cat in a room, secluded from the noise and activities. This will reduce stress, anxiety, and the risk of escape through a frequently opening door.

The curiosity of cats is part of why we love them, but it is also why it is so important to take precautions. Give your cats lots of playtime during the holidays to keep them from turning their attention to all of your pretty decor. And remember, access to an empty gift box may just provide them with all the entertainment they need while you prepare for the holidays.

Happily ever after

By Martha Stoddard

On this much everyone agrees: Steve and Alicia Henderson adopted a champagne-colored cat with silky soft fur from The Cat House in February. But neither the Henderson's friends and family nor regular TCH volunteers can believe the friendly, purring cat who shares their home could be the same cat who spent several angry months at the shelter.

The cat, then named Mickey, was unhappy from day one at TCH. She hid in her new intake cage and lashed out at anyone who came near. Moving to a single room helped. There, she would play on occasion. But she still hissed and growled and swatted at people. At times, she even bit at them. In the new shelter, she got a single room that was a little farther from other cats and she started to relax a bit. She made friends with one volunteer, then a few more. But she could be unpredictable and only visitors with plenty of cat experience were allowed to meet her.

The Hendersons fit that bill. They came in one evening to look for an adult cat, maybe even a senior one, for their temporarily cat-less home. A volunteer mentioned Mickey as a possibility. So, while Steve talked with the volunteer, Alicia wandered over to



meet this cat. Alicia took off her shoe to see if Mickey would play with the laces under the door. She did. The next step was going in with the volunteer, who was one of Mickey's friends. Mickey was friendly with Alicia, too, and allowed pets. But when Steve sat down, she jumped on his lap and started really purring. The couple decided

to take a chance on her, even after hearing about her history.

"We said, 'What do we have to lose by giving her a test drive and seeing if it works out?'" Steve said.

Mickey was calm on the drive to her new home. Within hours, she was allowing herself to be picked up and loved. TCH volunteers were amazed when they got the photographic proof. In the months since, the cat, now named Keelie, has blossomed. She greets visitors by purring and rolling over to have her belly rubbed. She takes naps with visiting family members. She was able to get off the medications she had been on. She joins Steve every morning for brushing time and breakfast when he goes to iron his shirt for the day. The only family member Keelie doesn't enjoy is the dog, so the Hendersons give them separate living spaces and cuddle times. The only hint of the old Mickey is that she will give a single hiss if she gets surprised.

"I think she was scared out of her mind with the other cats at The Cat House. We know that that cat just needed her own space," Alicia said. "We are so happy with her."

KC advises slow introductions

Dear KC:

I've got exciting news! I'm bringing home a new cat this week. Wait until my other cat meets her! He's been so lonely all by himself. They are going to have a great time playing and hanging out together. I don't really need advice, I just had to share.

Signed, Anticipating

Dear Anticipating:

What? You interrupted my nap for that? I have half a mind to . . . oh, wait, I don't have my teeth anymore. So, I guess I should congratulate you on the new cat. But you may be in for a big shock if you expect the two cats will be happy when they meet. I know you didn't ask for advice. I'm going to give some anyway.

TAKE IT SLOW when introducing cats. Do not just put the two cats together and expect them to get along. Cats don't like sudden changes. They like time to get used to an idea, usually days, sometimes weeks. Your current cat's first reaction is



going to be that the new cat is an intruder in his comfortable territory. Some cats are more protective than others of their space. Meanwhile, the new cat will be nervous, and possibly fearful, about being in an unfamiliar place with unknown dangers. An unhappy resident cat just adds to the tension.

Here's what you do. Put the new cat in a room by herself with a door you can close. Be sure to supply her with a litterbox, water, food, a cozy place to sleep, a scratching post, and toys. Let her get used to your place, including the smell of the other cat. Let your current cat get used to the idea of another cat in the house.

Next, try feeding both cats near the door so they start to associate good things with the smell of the other cat. Take a clean sock or washcloth and rub the new cat's cheek to pick up facial pheromones, chemicals that send friendly messages to other cats. Use another sock or washcloth to do the same with your current cat. Now give the cloth

from each cat to the other one to check out at leisure.

Also, spend time playing with each cat near the door, again to build up good associations about the other. If all seems to be going well, with no hissing or growling, try holding the door open a crack so the cats can see each other without getting to each other. Another step is to let the cats check out each other's space. Put the current cat in a room and let the new cat explore the rest of your place. When the new cat moves out of sight, move the current cat into her safe room to explore.

Eventually, you can start letting the two cats be out together with supervision. The final step is letting them share space all the time. There's no way to know how long this process will take. Patience is key. Pay attention to both cats' body language, and they will tell you if they are comfortable and ready for the next step.

Got it? I hope so. I'm ready to go back to my nap.

Signed, KC



Santa's coming, Santa's coming!

By Martha Stoddard

The approach of Christmas means that it will soon be time for pet photos with Santa Claus. The Cat House has benefited for several years from staffing photo sessions at Lincoln's Petco stores. Our Santa is among the most patient and experienced in town, whether dealing with rambunctious puppies or reluctant guinea pigs. He's even wrangled a snake or two. Naturally, he's really good with those kitties. So watch the TCH Facebook page for dates in December and bring your pets to meet the big guy.



7th ANNUAL

MIEOW — AND — CHOW

fundraiser for Lincoln Animal Ambassadors & The Cat House

BINGO PRIZES RAFFLE FOOD FUN

**SATURDAY
OCTOBER 15** | SCOTTISH RITE TEMPLE
16th & L Streets
5pm DOORS 5:30pm SOUP 6:30pm BINGO

\$25 donation at the door
All you can eat soup and bingo! Bread, dessert, and beverages also provided.



THE CAT HOUSE
 THE NO-KILL ALTERNATIVE
 PO Box 23145
 Lincoln, NE 68542

**A NO-KILL SHELTER WHERE THE
 PHILOSOPHY IS THAT EVERY CAT
 AND KITTEN DESERVES A CHANCE!**

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 Mail to: PO Box 23145, Lincoln, NE 68542

Please select your contribution amount:
 Other \$ _____
 \$25 \$50 \$75 \$100 \$250 \$500



**We need your
 support!**

The Cat House needs your support so we can continue helping our feline friends. To donate food, toys or supplies, please call 402-441-9593 for an appointment. Contributions can also be made with a credit card through Paypal. Please consider donating, or visit our website to learn how you can help!

The costs to operate the facility continue to grow. One way of reducing costs is to minimize the number of newsletters that are printed and mailed out to our supporters. We are, therefore, asking if we can send future issues of The Cat House Scoop to your email address instead of mailing you a printed copy. Rest assured though, if you don't have access to a computer, we will continue to send the newsletter to you by mail!

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