



# SOUTH CENTRAL ADULT SERVICES Barnes County

## National Food Bank Day – Sep. 4, 2026

Updated on Jun 11, 2026 in [Cause](#) by Tamkeen Kiani



September 4, 2026 is National Food Bank Day. This day shines the light on the vital work of food pantries across the nation. The Barnes County Food Pantry located in the Barnes County Senior Center is available year round Monday through Friday, 9am to 4pm by appointment to provide nutritional sustenance and personal items to individuals and families in need. Individuals and families are currently able to receive boxes from us once every month. The Barnes County Food Pantry serves an average of 90 households every month.

Participants may be referred to the Food Pantry by Social Services, Schools, Doctors, City County Health, Abused Persons Outreach Center, Salvation Army, and area churches. However, we do not require a referral. We gather basic demographic information and maintain a confidential file to prevent abuse of the program. We may refer individuals to Social Services for additional services or help them directly with a SNAP application (food stamps).

Volunteers are essential to the operation of the Food Pantry. We are thankful for Individuals from the Open Door Center who come every day Monday through Friday to pack boxes for us so they are ready when participants arrive to pick up their boxes. Boxes are packed for 3 household sizes: Family, 2-person, & single. In addition to the shelf stable items, participants also receive a frozen meat bundle in accordance with their household size and a voucher to Leavers for milk, eggs, fresh bread, and fresh fruit or vegetables. The Food Pantry is then billed monthly from Leavers for these voucher items.

Along with the food items, participants receive toilet paper, paper towels, kleenex, toothpaste, bar soap & laundry detergent. If available we also provide shampoo/conditioner, deodorant and dish soap. We also have diapers of various sizes and wipes available by request for those families needing these items.

The Food Pantry is funded entirely with private contributions. We do not receive any government funding. So it is only through the generous monetary donations and donated food items that we can provide this service to those in need. Area churches and organizations provide many donated items from

Continued on page 9

# EBT/SNAP

**We accept EBT/SNAP  
(Food Stamps)  
contributions.**

We would like to remind all meal recipients (congregate, frozen, home-delivered meals and liquid supplements) that EBT cards may be used for your contributions.

**Please call 845-4300  
for more info.**

## **Legal Services of ND**

**Call 1-866-621-9886 - Age  
60+**

Monday—Thursday, 9 AM to 3  
PM

**Call 1-800-634-5263 - Under  
age 60**

Monday—Thursday, 9 AM to 3  
PM



## **Bone Builders**

Bone Builders exercise class meets  
Wednesdays & Fridays at 9:30 AM at  
the Barnes County Senior Center.

**Everyone is welcome!**

Call 845-4300 with any questions.



**Test your luck with BINGO on Fridays  
at 1pm, with a sweet treat at the end.**



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|   |   | 6 |   | 2 |   |   |   |   |   |
|   | 8 |   | 9 |   |   | 6 |   |   | 5 |
|   |   | 4 |   |   | 8 | 7 |   |   |   |
|   |   |   |   |   |   |   | 9 |   |   |
|   | 6 | 7 | 8 |   | 9 |   |   |   |   |
|   |   |   |   | 4 |   | 2 |   |   |   |
| 3 | 7 |   |   |   |   |   |   |   |   |
|   | 5 |   |   |   | 3 |   | 1 | 9 |   |
|   |   |   |   | 5 |   |   |   |   | 2 |

## Take the South Central Bus to Thursday Supper at the Senior Center

### Free of Charge!

- ♦ We will pick you up at your house or apartment and drop you off at the front door of the Senior Center.
- ♦ You don't have to worry about parking, weather conditions or walking in the dark.
- ♦ It's a good meal at an inexpensive price (suggested donation of \$3.50 for those over 60).
- ♦ Musical entertainment along with meal on selected Thursdays.



**Come sign up to play PINOCHLE on  
Tuesdays at 1 pm, with a sweet treat at the end.**



## Barnes County Outreach

**Candace will be  
in the office  
Monday - Thursday**

If you have needs regarding healthcare, prescription drug coverage, turning 65 and eligibility for Medicare and Social Security or other needs, you may schedule an appointment with Candace for assistance, either at the office or an in-home call.

**We have frozen meals for those  
who live in areas where Meals On  
Wheels are not served.**

**Please call Candace Johnson at  
490-3142 or 1-800-472-0031 to  
schedule an office or home visit.**

## Game Players Wanted!

The Senior Center in Valley City is looking for anyone interested in playing cards or games on Mondays and Thursdays.

If you'd like to sign up or make a suggestion, please call the senior center at 845-4300.



## Low Income Home Energy Assistance Program (LIHEAP)

### Weather Any Weather/Year Round Home Energy Assistance

**LIHEAP assistance is now available all year. LIHEAP applications are accepted year-round.**

#### WHAT IS LIHEAP?

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible families with home heating and weatherization costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources.

The program also covers:

Weatherization services (insulation, weather stripping around doors and windows, etc.)

Furnace cleaning, repair, and replacement

Chimney cleaning and inspection

Emergency assistance

Help with the cost of a cooling device or repair

#### What's changing:

Heating benefits will now be issued year-round.

LIHEAP benefits are no longer tied to the traditional heating season of Oct.1-May 31.

Instead of benefits ending on May 31, assistance will continue until the household's review date at which time continued eligibility will be redetermined.

#### Reminder to Households:

Each household will receive an annual review packet based on their application approval date. This review will determine continued eligibility for benefits.

Households will be notified when it is time to complete their annual review. Review packets will be sent the month before their due date.

Reviews must be returned timely to prevent a lapse or delay in benefits. Benefits will end on the last day of your eligibility period if you do not complete your review.

**For help applying, questions about eligibility, or your existing case, contact the Customer Support Center at 1-866-614-6005 or 701-328-1000; 711 (TTY)**

### Gift Certificates for Meals Available

Contract your senior center

for more information.



**South Central Adult Services**  
**Gift Certificate**

Presented to: \_\_\_\_\_

From: \_\_\_\_\_

This gift certificate entitles the bearer to  
1 2 3 4 5 6 7 8 9 10  
congregate, frozen, or home delivered meals. Bearer may use this  
certificate at any South Central Adult Services meal site.

Date: \_\_\_\_\_ Authorized by: \_\_\_\_\_

### South Central Adult Services Council, Inc.

makes available all services without regard to race, color, national origin, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Title V Section 504 of the Rehabilitation Act of 1973, & all related laws and regulations.

The South Central Adult Services Council, Inc., is an Equal Opportunity Employer.

South Central Adult Services Council, Inc. holds quarterly board meetings on the 3<sup>rd</sup> Monday of February, May, August & November.

All meetings are open to the public at 139 2nd Ave SE in Valley City, ND.

Call in advance to reserve a meal at 1-800-472-0031.

October may make you think of jack-o-lanterns and Hocus Pocus but there's so much more to the tenth month than just goblins, ghouls, and the Sanderson Sisters. From Mystery Series Week and National Kick Butt Day to Breast Cancer Awareness Month, and Mental Health awareness.



## How can I take care of my mental health?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact..

### Here are some self-care tips:

**Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.

**Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

**Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

**Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

**Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

### How can I find help?

If you have concerns about your mental health, talk to a primary care provider. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out the next steps.

If you or someone you know is struggling or having thoughts of suicide, call or text the [988 Suicide & Crisis Lifeline](https://www.988lifeline.org/) at 988 or chat at [988lifeline.org](https://www.988lifeline.org/). This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call 911.



## RIDES AVAILABLE

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch.

**The cost is 50¢ for round trip when participating in the meals program.**

The bus will begin picking people up at 11 AM and will leave the site after the meal between 12:30 & 1 PM.

**If you would like to have a ride to the Senior Center for lunch, you must call a day in advance.**

Contact the dispatcher at 845-4300.

**Cost for rides to the center for activities is \$2.**



## Reminder to Home Delivered Meal Clients

I would like to remind everyone who receives home delivered meals from the Valley City kitchen, that the staff **needs to be notified before 9 AM** of **any** changes in the meal route. It is very difficult for the cooks to add or remove meals from the routes after that time. Each meal is individually packaged and we serve between 60 to 80 meals every day.

We greatly appreciate your consideration.  
**Please call 701-845-4300 for any changes.**

## Bridgeview Estates Assisted Living

### 1 & 2 Bedroom Units Available

Services Included in the Rent/Care Package:

- ❖ 2 meals per day in central dining room
- ❖ Housekeeping
- ❖ 24 hour on-site personnel
- ❖ Bathing assistance
- ❖ 24 hour urgency response (Lifeline)
- ❖ RN on call 24/7
- ❖ Medication set-up, medication assistance and medication reminders
- ❖ Open clinic Monday-Friday 10:30-11:30 AM
- ❖ Activity programming and group outings
- ❖ Transportation services



## Did you know the Senior Center has greeting cards for 50¢!

**Stop by and check out the selection!**



**Barnes County Senior Center**  
139 2nd Ave SE, Valley City, ND

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| 5 | 1 | 6 | 3 | 2 | 7 | 9 | 4 | 8 |
| 7 | 8 | 3 | 9 | 1 | 4 | 6 | 2 | 5 |
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| 2 | 6 | 7 | 8 | 3 | 9 | 1 | 5 | 4 |
| 8 | 3 | 9 | 1 | 4 | 5 | 2 | 6 | 7 |
| 3 | 7 | 1 | 4 | 9 | 2 | 5 | 8 | 6 |
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# As Cancer Survival Improves, We Must Transform Survivorship Care

Published on: June 1, 2026



Today, more people than ever are living for many years after a cancer diagnosis.

For the first time, 70% of people are surviving at least five years after a cancer diagnosis, according to the American Cancer Society's annual Cancer Statistics report. When caught early, the 5-year survival rate for many cancers is over 90%. These milestones highlight decades of progress in prevention, early detection, and treatment, and mark a shift in what it means to live with cancer.

As survival improves, the number of people living long after a diagnosis has grown rapidly. Sometimes survivors are living with cancer as a chronic condition, or with lasting consequences of treatment.

"In the 1970s, a person's chance of survival from any type of cancer was less than 50%. So, what we're seeing here is a story of struggle that is shifting to a story of survivorship," said Dr. Arif Kamal, chief patient officer at the American Cancer Society. "There's a tremendous amount of hope in this milestone because it points to the fact that what we do as an organization is working. This includes everything from an increase in screening efforts, greater awareness around the importance of modifiable risk factors like smoking, and continued research that drives improved treatment and more therapies."

With this progress comes new challenges. The question is no longer just how to help people survive cancer, but how to support them living well in the years and often decades that follow.

## **The changing reality of life with cancer**

The 70% survival milestone is cause for celebration, said Nicole Stout, DPT, senior director of survivorship and wellness at the American Cancer Society. Survival gains are especially pronounced for cancers that once carried grim prognoses, including multiple myeloma, liver cancer, and lung cancer. Overall, the cancer death rate decreased by 34% between 1991 and 2023, resulting in 4.8 million cancer deaths prevented during that time.

But survivorship, Stout said, is not a clean break that occurs once treatment ends. And many people continue treatment for years or throughout their lives.

"We've previously thought about survivorship as this time continuum, or this phase of treatment. You

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end treatment, and you move into survivorship,” she said. “And we’ve got to rethink that. Survivorship

starts at diagnosis and requires that we continuously engage, monitor, and manage treatment-related effects so that we can optimize an individual’s ability to participate in the things they want to do every day, for the rest of their life.”

The American Cancer Society defines survivorship as beginning the moment of diagnosis. From that point on, many survivors experience limitations that affect work, family life, and independence. These can include fatigue, neuropathy, “brain fog,” heart effects, sexual problems, body image changes, and the risk of second cancers developing. These and other long-term effects can persist for months and even years. Some people may also face financial struggles or relationship issues that continue long after a cancer diagnosis.

Long-term cancer survivors may need ongoing help to navigate long-term effects. They may need care from rehabilitation specialists, mental health clinicians, dietitians, sexual health providers, and financial counselors, in addition to their oncology and primary care teams. Meeting these needs requires thinking ahead. Shifting from reactive care to proactive support means there is ongoing care and guidance that evolves as survivors age, their health changes, or new challenges arise.

“This is lifelong,” Nicole said. “There isn’t just this, ‘you’re in treatment, you’re done, and now we hand you off to this label of survivorship.’ It really is integrated into the full continuum from diagnosis through the lifespan.”

### **More survivors, more complex needs**

As of Jan. 1, 2025, an estimated 18.6 million people in the United States were living with a history of cancer, a number projected to grow to more than 22 million by 2035. That growth of 4 million new survivors over the next decade represents nearly 1,000 patients entering the survivorship phase of care every single day.

Many survivors remain on maintenance or long-term treatment. While these advances can help them live longer, they also add to the physical, emotional, and financial challenges associated with cancer.

Dr. Kamal points to Hope Lodge®, which provides free lodging for people undergoing cancer treatment. Each year, nearly 37,000 guests stay at Hope Lodge communities, totaling more than 565,000 nights of lodging.

“There’s now a record number of cancer survivors, and it’s important for us to remember that cancer is a chronic illness. It’s not something you can get rid of, but rather something that becomes part of a person’s new normal,” Dr. Kamal said. “At the American Cancer Society, we are continuously adapting to stay in step with cancer trends, which means meeting people where they are in their cancer journey and providing support every step of the way, during treatment and beyond.”

### **Care that supports all survivors**

Today’s challenge is to provide survivorship care that offers the right support at the right time throughout the cancer experience. This includes:

- Expanding survivorship care to start at the time of diagnosis.
- Ensuring oncology teams, primary care doctors, and community services work together throughout all phases of care.
- Making survivorship services easier to access in communities with fewer resources.

Supporting caregivers because their health and well-being can affect patient outcomes.

Ultimately, the 70% survival milestone demands a commitment to support the millions who will live many years beyond their diagnosis. Survivors, Dr. Kamal said, deserve care that delivers not just more days, but “more of their best days.”

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various food drives for which we are very thankful. Monetary contributions are also extremely important as the average monthly expense for the Food Pantry can range from \$7500 to \$10,000 per month. This is for food and supply cost alone as the Barnes County Seniors do not charge the Food Pantry anything for rent, utilities or wages. Every dollar donated is used exclusively to purchase food and supplies for the families and individuals served. Every product donated is given directly to individuals and families.

Donors can send checks to the Barnes County Food Pantry, PO Box 298, Valley City, ND 58072. Donations of food or money can also be dropped off at the Barnes County Senior Center at 139 2<sup>nd</sup> Ave SE, Valley City.

If you would like more information on the Barnes County Food Pantry or have any questions on how you can help, please contact Candace Johnson in Outreach Services at 701-845-4300.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### ACROSS

3. Workplace perks beyond salary
6. Popular outdoor cooking event
7. Work or effort, especially physical
9. Increased road congestion during holiday travel
10. Labor Day is associated with the end of \_\_\_\_\_
11. Railway car company central to 1894 strike
13. Month of this annual celebration
15. Social gathering to celebrate the occasion
17. Festive procession with floats and marchers
19. Monetary compensation for work
20. Unity among workers for common goals
21. Organized group representing workers' interests

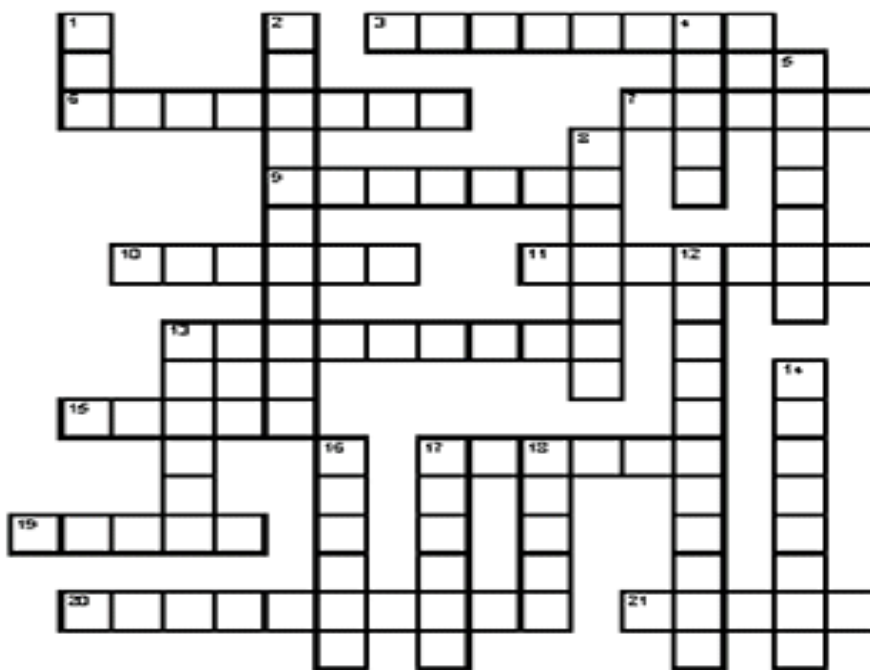
#### DOWN

1. Employment position or occupation
2. Extra compensation for additional hours
4. Skilled occupation or profession
5. Official day off from work
8. Labor leader who proposed this holiday
12. Three-day break from work
13. Work stoppage to protest conditions
14. Extended time away from job duties
16. Day of the week for this observance
17. Outdoor meal often associated with this day
18. Public gathering to support a cause

|              |              |          |
|--------------|--------------|----------|
| Barbecue     | Overtime Pay | Strike   |
| Benefits     | Parade       | Summer   |
| Holiday      | Party        | Trade    |
| Job          | Picnic       | Traffic  |
| Labor        | Pullman      | Union    |
| Long Weekend | Rally        | Vacation |
| McGuire      | September    | Wages    |
| Monday       | Solidarity   |          |

# Labor Day

## Crossword



# DONATIONS

## Food Pantry

Arlys Netland  
Messsiah Lutheran Church  
Lenore & Terry Lebahn  
K-N-F Parish  
Richard & Diane Kohler in  
honor of Jeff & Gena Ertelt  
wedding  
Larry & Patricia Pederson  
Thomas & Kathleen Utke  
Cynthia Metcalf  
Peggy Lee Concert  
Jim & Carol Knutson  
Sally & Michael Didier in  
Memory of Jeanne Diemert

Bill Reece  
Church world Service  
Dennis Nathan  
Vicki Busta in Memory of  
Shirley Kringle  
Our Saviors Lutheran  
Church  
Bernard & Edna Elsner  
Smith Lumber Company  
Margaret Isensee  
Elaine Meidema in Memory  
of Connie Dahl  
Ryon & Vicki Jackson in  
Memory of Judy Karch

## Senior Center

Karen Enge

## Transit

Arlys Netland  
Doug & Ann Kelly in  
Memory of Marjorie  
Triebold  
SR Hannig  
Patty Korf in Memory  
of Don & Eleanor  
Senrick  
Steve & Vickie Ross in  
memory of Ron Moser

## ROAD TRIP TO THE RED HAWKS BASEBALL GAME:

There were 10 Seniors that ventured out to the Red Hawks Baseball game on Thursday, July 30th. We enjoyed the game, the food, and the company. And even better the Red Hawks WON!! Other than a little rain, the hard rain passed over us and the players didn't stop the game. From L to R on the picture are: Rodney and Sharon Kluvers, Duane Thompson, Audrey Smith, Elaine Miedema, Behind her is Jim Fiedler, Bev Anderson, John Thompson, Carol Szalay and Doreen Larson. Dustin was our reliable bus driver.



## PUBLIC TRANSIT

*Please try to schedule your ride a day in advance call 701-845-4300*

### Monday through Friday

8:00 am until 4:45 pm

### Saturday & Sunday

8:00 am until 1:45 pm

**\*\* Rides cost \$2.00 \*\***

## RURAL TRANSPORTATION

### Monday through Friday:

All rides to Fargo cost \$10.00 plus  
\$2.00 every additional stop

### Mondays, Wednesdays & Fridays:

All rides to Jamestown cost \$5.00 plus  
\$2.00 every additional stop

### Upon Request:

Sanborn, Rogers, Wimbledon, Dazey, Leal  
& Sibley to Valley City cost \$5.00 plus  
\$2.00 every additional stop

### Upon Request:

Kathryn, Nome, Fingal, Oriska, Litchville  
& Hastings to Valley City cost \$5.00 plus  
\$2.00 every additional stop

For more information, be sure to visit  
[www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org) or  
find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## Congregate Meals

Hot, delicious meals are served at the Valley City Senior Center seven days per week, with the exception of legal holidays. Meals are served at 11:30 a.m. Monday through Friday, noon on Saturday and 12:30 p.m. on Sunday. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance. The suggested contribution is posted at each meal site. The suggested meal donation in Barnes County is \$3.50 for participants 60 years and older. The cost of meals for persons under 60 years of age is \$9.00.

Food Stamps are an accepted method of contribution for congregate meals.

**To make reservations call  
701-845-4300.**

## Volunteers Needed for Home Delivered Meals

**Volunteers are needed to deliver Home Delivered Meals. Meals are served 7 days a week over the lunch hour.**

**Routes take approximately 30 minutes to deliver and are divided by area of town.**

**Call the center at 845-4300 for more information or to volunteer.**

## Gifts & More



*Stop in and check out the Gift Shop at the Valley City Senior Center. Great gift ideas for those special people in your life.*

# Veggie Pizza

When I make this veggie pizza, I never have leftovers. I like to top it with broccoli, radish, onion, bell pepper, carrot, and celery, but you can use whatever you'd like.

Prep Time: 25 Mins

Cook Time :10 mins

Additional Time: 1 hr 5 mins

Total Time: 1 hr 40 mins

Servings 16

Yield: 1 Pizza



## Ingredients

2 (8 ounce) packages refrigerated crescent rolls

1 cup sour cream

1 (8 ounce) package cream cheese, softened

1 (1 ounce) package ranch seasoning mix

1 teaspoon dried dill weed

¼ teaspoon garlic salt

1 ½ cups chopped fresh broccoli

½ cup halved and thinly-sliced radishes

1 small onion, finely chopped

1 red bell pepper, chopped

1 carrot, grated

1 stalk celery, thinly sliced

## Directions

### Step 1

Gather all ingredients. Preheat the oven to 350 degrees F. Spray a 15 x 10-inch pan with nonstick cooking spray.

### Step 2

Press crescent roll dough into the prepared jelly roll pan to form a crust. Let stand 5 minutes. Pierce with a fork.

### Step 3

Bake in the preheated oven until dough is fully cooked and golden brown, about 10 minutes. Let cool completely.

### Step 4

Combine sour cream, cream cheese, ranch seasoning mix, dill, and garlic salt in a medium mixing bowl. Spread the cream cheese mixture on the top of cooled crust.

### Step 5

Arrange broccoli, radish, onion, bell pepper, carrot, and celery on top of the cream cheese mixture.

### Step 6

Cover and let chill, 1 to 2 hours. Cut chilled pizza into 16 squares to serve.

**South Central Adult Services**  
serves the counties of Barnes,  
LaMoure, Foster, Logan,  
McIntosh & Griggs

**701- 845-4300 or**  
**1-800-472-0031**

**Check out our website:**  
**[www.southcentralseniors.org](http://www.southcentralseniors.org)**

Barnes County Senior Center  
& Food Pantry  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

Bridgeview Estates  
1120 5th St. NE  
Valley City, ND 58072  
701-845-8061

PATRICIA HANSEN  
Director

JODI ELLIOTT  
Bookkeeping

CANDACE JOHNSON  
Outreach

ROD GRAFING  
Transit Coordinator

NISSA CRANDALL  
Reception

DENISE GUILBAULT  
Transit Billing

BRENDA ROHDE  
Site Manager

ALECIA GIESLER  
HDM/Rosters/Office Assistant

TAMBARA PRESTON  
Transit Dispatch

JENN MIKLAS  
Children Transportation