



AMERICAN LEGION

OWEN COFFMAN POST 519

Palm Springs



400 NORTH BELARDO ROAD • PALM SPRINGS, CA 92262 • 760 325-6229

HOURS OF OPERATION: SUNDAY THROUGH SATURDAY, 10 AM TO 8 PM
PSLEGION.ORG

#AmericanLegionpost519 #post519 #palmspringslegion #PalmSprings #ALLVeterans #equality #unity #americanism #coachellavalley #diversity #california

COMMANDERS MESSAGE



your patience as we move along with this project.

Last month we had our July 4th BBQ, food provided by our Chaplain and friends of the American Legion Baseball program and music provided by Woody and the Retros, a great time was had by all. Thanks to coach, Dan Godat, for conducting the raffle and auction. Thanks to all of you who participated in this event.

This month in National Wellness Month, in relating to this with the high temperatures please stay aware of your personal health. Stay hydrated and monitor loved ones for dehydration.

If any of our veterans need any assistance at all please contact our Service Officer Allan Lane, 760-408-2963

As we continue to grow and prosper, let us keep in mind what we stand for at the Legion, as a patriotic veterans organization devoted to mutual helpfulness, we are here to help, provide guidance and social activities to all our veterans.

Again thank you for your continued support.

John Picken

Commander Post 519

Johnrsqman@sbcglobal.net

Dear Legionnaires and the American Legion Post 519 family,

Well here we are in the middle of the Summer heat, I hope all is well with our members.

As most of you know we have started renovating our kitchen and of course as with all construction projects things fall behind schedule, we ask for

AUGUST 2026

POST 519 WEBSITE

www.americanlegionpalmsprings.com



Palm Springs
American Legion
Post 519

American Legion Auxiliary
Palm Springs, CA

Palm Springs
American Legion
Sons of the American Legion

American Legion
Post 519 Color Guard

Monthly Meeting Schedule

2nd Tuesday 5 p.m. General Meeting
5:30 p.m. Auxiliary
2nd Monday 6 p.m. Color Guard
4th Wednesday 6 p.m. SAL
1st Monday 5 p.m. ALR



★ Proudly Supporting ★
OUR VETERANS

THANK YOU FOR YOUR SERVICE.
WE'RE HERE FOR YOUR HEALTH.

- 👤 All Foot & Ankle Conditions
- 👤 Custom Made Orthotics
- 👤 Nail Fungus Therapies
- 👤 Foot & Ankle Surgery
- 👤 Aesthetic and Cosmetic Procedures
- 👤 Corrective Foot Surgery
- 👤 Stem Cell Therapy
- 👤 PRP (Platelet Rich Plasma)
- 👤 Varicose Vein Treatments
- 👤 Nurse Provided
- 👤 Sterile Medical Procedures

**We accept Most
PPO Insurances & Medicare
VA Referrals Welcomed**

HONORING THOSE WHO SERVED.

Caring for You Today.

YOU PROTECTED OUR FREEDOM.

Let Us Protect Your Mobility.

COMPASSIONATE CARE. ADVANCED TREATMENTS.

HEALTHY FEET FOR LIFE.

WE TREAT EVERY PATIENT LIKE FAMILY, WITH
RESPECT, DIGNITY & GRATITUDE



707 E Tahquitz Canyon Way
Suite G-9,
Palm Springs, CA 92262



760-507-4000



www.PalmSpringsPodiatry.com



EISENHOWER HEALTH

Join us for our in-person and virtual community lectures!
Visit EisenhowerHealth.org/calendar for details.

For free provider referral, call 760-568-1234.

EisenhowerHealth.org ★ f i

MESSAGE FROM THE SONS OF THE AMERICAN LEGION

Good day legionnaires, American Legion, Auxiliary and Legion Riders Hope all is well and get ready for some Exciting Events coming your way. First of all, we will talk numbers. We reached our goal of 100% membership and went over by 6.5 % we so we ended up at 106.5 % above 100%. We currently have 306 paid members as of the last year. Our Bank Accounts Are financially strong.

Now as for some Events coming up. In the next few months, we will be having a Beach Party and a Luau. By the time you read this article we will have installed all new officers for the upcoming year.

Once the Membership Cards become available make sure to pay, get Your Card and, you will be eligible for the "Early Bird" Dinner, sponsored by The Sons of the American Legion Commander,

All Membership Cards will be laminated at no charge to the member. Just See Gregg Morgan or Albert Martinez. Any questions, comments Or suggestions pertaining to the Sons of the American Legion please text or call Gregg Morgan @ (626) 319-2347.

Gregg Morgan
Squadron 519, Commander
Detachment of California



Low energy, poor sleep or feeling disconnected?

TMS is a non-medication, FDA-cleared treatment for depression designed to restore mental clarity, sleep quality, resilience, and mood. Veteran and military families may qualify at no cost.

GIVE US A CALL
760-760-5675

**Enhance your wellbeing and
schedule a free and confidential consultation today!**

Visit our website
karmatms.com

A SPECIAL OFFER FOR VETERANS ONLY!

UP TO 20% OFF

Call to schedule today!

760.303.5899
CalltheGeneral.com

GENERAL®
AIR • PLUMBING • ELECTRIC

HVAC | PLUMBING | ELECTRIC | INDOOR AIR QUALITY | MAINTENANCE

Not valid with other offers or on previous purchases. See company representative for more details that may apply. Lic #686310

HALLMARK
Assisted Living

"When only the best (care) will do"

344 N Sunrise Way • Palm Springs
(between Amado & Alejo)

(760) 322-3955

Visit us at:
www.hallmarkpalmsprings.com
Lic# 336412441

HELPING FAMILIES AT VETERANS VILLAGE

Thank you Val Rodnick (ALA Member) for getting the generous donation from Trader Joe's in Palm Springs!

As some of you may be aware, our Legion, Auxiliary and The Son's have been donating to the Veterans Village in Cathedral City, for the past few years.

The Food Pantry is in great NEED of perishables and non-perishables items, clothing, etc.

The request has been weekly, and getting in more demand.

If you would like to donate to the CAUSE, please contact me:

April J O'Neil/ 2nd VP of ALA Unit 519
email: apriljoneil@yahoo.com
cell: 760-831-8303



VETERANS, YOU SERVED US.
NOW LET US SERVE YOU.

BELLA TERRA
HOME HEALTH & HOSPICE

*From Healing to Comfort
Local Hands. Local Hearts.
Across the Continuum of Care*

760.904.6070
Bellaterrahealthcare.com

Bella Terra Home Health & Hospice provides compassionate, professional care in the comfort of home. We honor your service by supporting your health, dignity and independence.

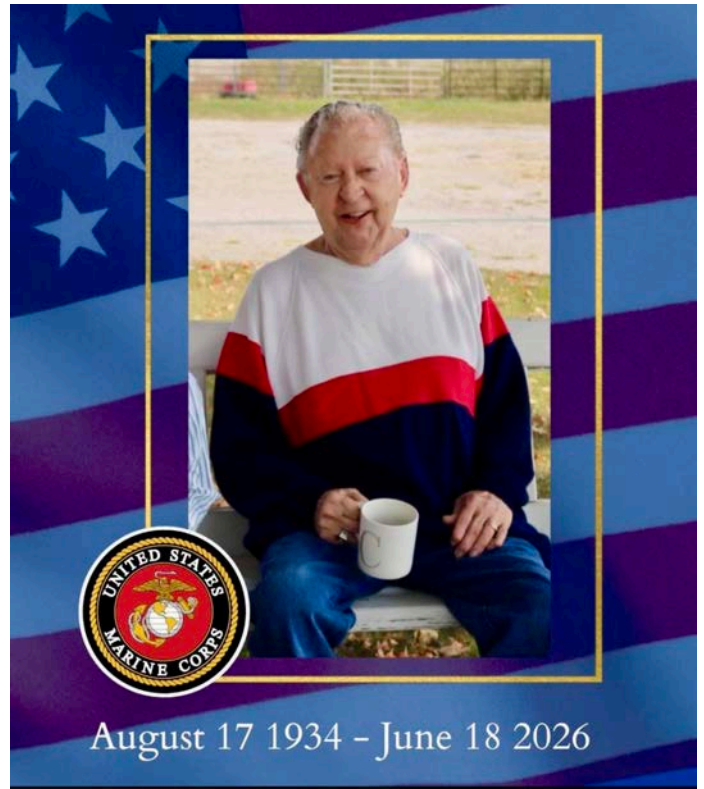
ACV Alzheimer's Coachella Valley
Community. Care. Connection.
www.cvalzheimers.org
(760) 776-3100

Your local source for dementia support. Offering cognitive screenings, caregiver support groups, caregiver training and social groups for couples all at no cost to our families.

POST EVERLASTING

June 25, 2026

Today we honored 2nd Lieutenant
Charles Potter, USMC Korean War. Three
Purple Hearts and Navy Cross. RIP Sir.
All the best to your wife Nona, children
and grandchildren. Semper Fi.



AL AUXILIARY CONVENTION

American Legion Auxiliary Convention
June 25-28, 2026, Visalia, CA
Susan Baker, 2025-2026 Department
President

Auxiliary members from across California came together for the 2026 Department Convention to celebrate accomplishments from the past year and plan for the year ahead. The first day kicked off with the Pre-Convention Department Executive Committee meeting, followed by Pre-Committee Meetings for programs such as Constitution and Bylaws, Finance, Music, and Resolutions, and Several guest speakers. The evening concluded with a Memorial Service led by Chaplain, Madeline Reed.



SONS CALIFORNIA COMMANDER

It is our honor to formally introduce our newly elected Sons of the American Legion, Detachment of California Commander, William "Bill" Hernandez.

At the 87th Annual Robert H. Faust Sons of the American Legion Detachment of California Convention, Visalia, CA, Commander Hernandez was elected to serve as our Detachment Commander.

Commander Hernandez is a proud member of Squadron 460, District 22, Area 5. He carries forward a strong legacy of service as the son of William Hernandez, a United States Navy World War II Veteran who served as a radioman. His father, who lived from 1923 to 2003, shared not only his name but also a lasting example of patriotism, dedication, and service.

Please join me in congratulating and welcoming Commander William "Bill" Hernandez as he leads the Sons of the American Legion, Detachment of California.





Do You Need Help Caring For A Loved One?

Services We Provide

- Light Housekeeping, Laundry
- Bathing Assistance
- Daily Health Reminders
- Transportation/Errands
- Post Surgery/Rehab Care
- Ambulation Assistance
- Hospice Supportive Care
- Parkinson's Care

We Provide Peace of Mind

- Bounded & Insured Caregivers
- Available 24 Hours-a-Day
- State License #334700152
- Customized Schedules
- Care Staff is covered with workers compensation insurance.

Right at Home
In Home Care & Assistance
760-340-1919
www.RightAtHome.net/palm-springs
A global network where most offices are independently owned and operated.



YOUR LOCAL VETERAN ATTORNEY FOR:

- Estate Planning -
- Probate -
- Trust Administration -

www.BuildingYourTrust.com

760-668-5586

74-710 Highway 111, Suite 102
Palm Desert, CA 92260

VETERAN OF THE MONTH

I left for boot camp in 2006 right after high school. I was a 2846 ground radio repairman and went to school in Twentynine Palms. After graduating MOS school I was stationed at Camp Kinser in Okinawa Japan for 2 years. There, in addition to my other duties, I trained Marksmanship for units deploying to Afghanistan and Iraq.

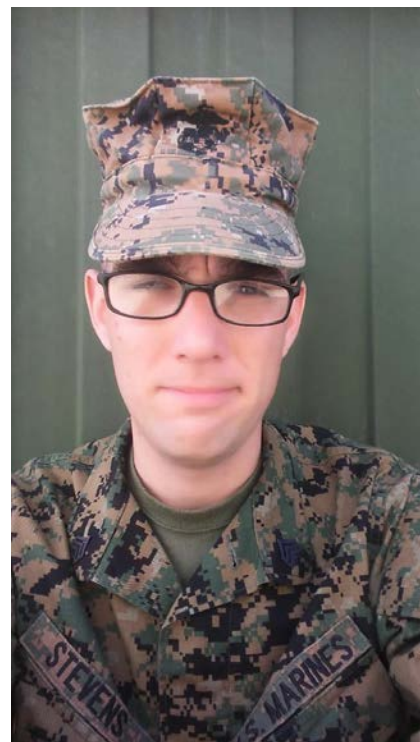
In 2009, I was stationed at Camp Lejeune North Carolina with Combat Logistics Battalion 6. CLB-6 deployed in January 2010 in support of Operation Enduring Freedom. My section and I Provided function checks and repairs for all communications equipment going out on convoys and returning. We also worked on installing equipment into trucks that didn't have a standardized set up.

After leaving active duty, I joined 4th Tank Battalion where I was a Food service specialist later promoted to Sergeant to lead the section. My time in the military taught me many valuable skills and changed



my view of the world. I have many fond memories of the time I served and the people I served with Including those no longer with us. Semper Fi

Andrew Stevens
USMC 2006-2011 active
2012-2016 reserve




OHANA CANNABIS

DISPENSARY | LOUNGE | DELIVERY

40% OFF ON 1ST ORDER!

395 N PALM CANYON RD, PALM SPRINGS

C10-0001406-LIC



VEGGIES

ARTICHOKES

ASPARAGUS

BEANS

BEETS

BROCCOLI

BRUSSELS SPROUTS

CABBAGE

CARROT

CAULIFLOWER

CORN

CUCUMBER

EGGPLANT

KALE

LETTUCE

ONIONS

PEAS

PEPPERS

POTATOES

SPINACH

TOMATOES

YAMS

F	K	R	H	R	Y	J	X	T	P	L	Z	A	C	H	X	X	U	N	F	Y	Y	K	Q
G	D	I	L	O	C	C	O	R	B	M	O	A	V	F	I	Z	B	N	F	M	R	H	N
W	H	R	C	A	C	Y	A	M	S	T	F	D	S	P	V	R	Z	K	A	G	Q	E	O
B	K	S	A	Q	I	K	J	L	D	O	O	A	K	G	T	R	F	V	I	C	B	A	U
N	A	E	U	O	Z	X	Z	H	D	P	R	J	H	O	A	T	S	M	W	R	B	B	H
D	L	O	L	S	G	N	C	F	A	S	Y	H	R	S	F	N	V	D	U	Q	Q	E	Q
G	E	T	I	H	K	X	O	V	G	Q	T	R	P	U	O	O	T	S	S	E	Q	A	X
A	Z	A	F	L	B	W	R	Q	J	J	A	A	B	I	X	H	S	L	N	W	H	N	B
G	Y	M	L	X	E	N	N	Y	T	C	R	M	N	O	M	E	P	D	C	B	W	S	A
P	A	O	O	Q	L	T	O	V	I	A	J	O	C	L	L	M	L	E	X	X	B	V	T
U	B	T	W	X	X	R	T	K	G	V	H	F	S	S	V	D	C	O	O	H	F	N	A
A	M	I	E	P	Q	B	V	U	Z	R	H	B	S	P	O	R	H	Y	Y	N	A	O	G
Q	C	E	R	H	G	X	S	C	C	T	A	P	E	R	K	A	B	D	S	L	L	G	S
T	C	U	R	Z	G	X	X	Q	S	E	R	A	Z	H	C	A	N	I	P	S	S	K	M
S	O	L	C	E	C	V	D	E	F	O	S	S	U	F	P	C	Q	G	H	D	M	B	O
L	H	I	Z	U	X	V	K	U	U	R	J	F	H	V	D	O	G	P	S	Z	T	B	X
I	O	V	K	M	M	O	S	T	K	H	E	G	O	E	C	E	O	E	E	F	G	E	V
P	B	D	I	D	H	B	S	N	I	X	O	A	P	I	K	G	O	G	T	F	R	E	I
N	E	X	U	C	F	C	E	V	L	H	H	N	U	D	U	T	A	B	E	Q	M	T	W
A	Z	P	I	X	P	A	K	R	L	N	O	L	K	Z	A	B	Q	V	A	P	G	S	B
B	V	T	P	A	K	G	N	L	D	X	U	H	R	T	B	G	X	F	Y	F	P	X	G
Z	R	R	Z	E	C	X	W	Y	U	U	Z	O	O	A	D	Q	T	D	G	N	B	Z	A
A	S	O	H	M	R	A	X	T	N	M	V	P	C	L	O	H	N	F	A	H	Z	S	C
A	Y	Z	J	C	F	S	X	U	I	Z	Z	W	E	Z	T	P	H	T	N	I	W	S	G



CREATED BY
AMERICAN LEGION'S BETSY SPRATT

ALA PRESIDENT



We have all seen the table at our Post by the stage, but do you know the meaning behind it?

Ceremony

The empty chair is placed at every official gathering of veterans as a visual reminder of the men and women who are not able to sit with us today.

It symbolizes:

- The soldier who never returned from the battlefield
 - The airman whose aircraft never landed
 - The sailor lost at sea
 - The Marine whose last known location was behind enemy lines
 - The service member still unaccounted for, still missing, still remembered
 - The chair remains empty—because their place among us is permanent.
- The Elements of the Ceremony
- Each item on the table carries meaning:
- The small table — representing the frailty of one prisoner alone
 - The white tablecloth — symbolizing the purity of their intentions
 - The single red rose — reminding us of the families who await their return
 - The yellow ribbon — representing our continued hope
 - The slice of lemon — symbolizing their bitter fate
 - The salt — representing the tears of waiting families
 - The inverted glass — because they cannot toast with us today
 - The empty chair — because they are missing, but never forgotten

Every detail is intentional.

Every symbol carries weight.

Every moment honors a hero.

Why This Ceremony Matters Today

In a world that moves fast, the Empty Chair Ceremony slows us down long enough to remember:

Freedom is not free

Sacrifice is real

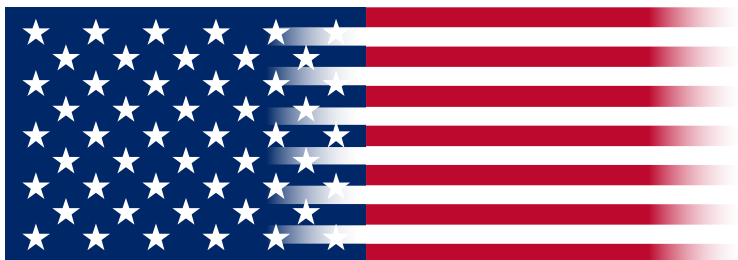
Some battles never end

Some families still wait for closure

For veterans, this ceremony is a reminder that their service is honored.

For civilians, it is a reminder that our nation still has sons and daughters unaccounted for.

For all of us, it is a call to gratitude and unity.



Our Mission

In the spirit of Service, Not Self, the mission of the American Legion Auxiliary is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.



A Message to Our Veterans

To every veteran who reads this:

You are not forgotten.

Your brothers and sisters are not forgotten.

Your sacrifices echo through every generation.

Your courage continues to inspire this community and this nation.

We honor you.

We stand with you.

We remember with you.

A Message to Our Community

When you see the empty chair, don't just walk past it.

Pause.

Reflect.

Remember.

Say a prayer for the missing.

Say a prayer for their families.

Say a prayer for the men and women still serving today.

Because the empty chair is not a symbol of loss— it is a symbol of hope, honor, and unbreakable American resolve.

Danielle Pantanella, Unit 519 President

760-910-3830

Daniellepost519@gmail.com

Palm Springs Ace Hardware



760-322-1951

1785 E Palm Canyon Dr, Palm Springs, CA 92262

10% OFF FOR VETERANS

Exclusions may apply, see store for details

Honda
of The Desert
HondaOfTheDesert.com
760-904-6585

Toyota
of The Desert
ToyotaOfTheDesert.com
760-969-6977

**THANK YOU TO
OUR VETERANS!**

★★★

**\$500 MILITARY
REBATE***

Cathedral City Auto Center • Highway 111 at Perez Road • Cathedral City, CA 92234

AUX CORNER



CONGRATULATIONS TO JAN THOMAS 1st VP,
for receiving
“THE BRENDA WARDRIP PERPETUAL PLAQUE”
the Unit with the most new members in the year!

REMEMBER

All you Veterans need
to know
about your **DISCOUNTS**
All Year Round
and holidays are **EVEN
BETTER!**

Just Google
“**Veterans Discounts**”
and/or
legion.org

to know your benefits.



YOUR VETERAN SERVICES OFFICER



I am here to
help you navi-
gate VA claims,
understand your
eligibility, and
connect you and
your family with
the resources
you’ve
earned—including
healthcare,
housing support,

or assistance during life transitions, per-
haps the passing of a loved one.

You do not have to manage bene-
fits or paperwork alone. When you have
questions or concerns, call to discuss. No
issue too small, and I am
here to guide you to answers and solu-
tions. You’ve earned these benefits—don’t
leave them on the table.

Please help spread the word. Many
veteran families are unaware that support
is available right here through their Amer-
ican Legion. Encourage your neighbors,
friends, and fellow veterans to reach out
for guidance and support.
A simple conversation can make a mean-
ingful difference. Let’s stay
connected and take care of one another.

— Allen Lane

American Legion Post 519 Veteran Service
Officer/ 760-408-2963



August

POPPY

Imagination
Strength
Success
Calmness
Luxury

Saturday
August 29 2026

Live Entertainment By The
Trainer Brothers
4 to 7pm

Raffle

Summer

BEACH PARTY

ENJOY THE SUNSHINE

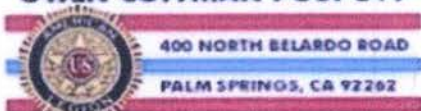
Sons of the American Legion Event 3pm to 7pm
1/3 lb cheese burger or 1/4 lb all beef hot dog and
chili beans, coleslaw and dessert.

Call Marian Martinez for reservations
1-951-235-0949 and include your name
and ticket number. 15.00 ticket available
at the bar.

Reservation made with a purchase of a ticket

This is a closed event

OWEN COFFMAN POST 519



400 NORTH BELARDO ROAD
PALM SPRINGS, CA 92262

FLAG DAY AT POST 519

Thanks to everyone who came out to brave the heat during our Flag Day ceremony. Thanks a ton to city council member Grace Garner and her mom Juanita, city manager Scott Stiles, PSPD and PSFD for their support and commitment. Afterwards Post 519 finance officer **Garth Gilpin** gave tour of our soon to be renovated kitchen utilizing Measure J funds.



Best wishes to the newly elected officers of the Department of California.





DEPARTMENT OF CALIFORNIA
THE AMERICAN LEGION



NEWLY ELECTED OFFICERS

Congratulations to the newly elected officers for 2026-2027! Officers will assume their roles on July 1, 2026.

Elected Officers:

- Department Commander, Janice Somers
- National Executive Committeeman, Chris Yates
- Alternate National Executive Committeeman, Larry Maggio
- Sergeant-at-Arms, Michael Smith
- Area 1 Vice Commander, Robert Tyndall
- Area 2 Vice Commander, Phil Cazella
- Area 3 Vice Commander, Roy Santiago
- Area 4 Vice Commander, David Fuller
- Area 5 Vice Commander, Victor Martin
- Area 6 Vice Commander, Jeff Daly



Janice Somers, Department Commander (2026-2027)

Additional officer information will follow once appointments are made by the Department Commander.

AL RIDERS MEMORIAL DAY RIDE

Today, [Chapter 519 ALR Palm Springs](#) and Chapter 428 ALR Banning conducted a Memorial Day run to the General Patton Museum. Upon arrival, we were welcomed by the museum owner, Marget, and board members Mark and Sherri Langhorne, who provided refreshments. Following this, Sherri Langhorne delivered a comprehensive and insightful presentation regarding the symbolism of each element comprising the POW/MIA table. Upon completion, we rode back to the American Legion Post 519, where Chapter 519 ALR hosted the Memorial Day ceremony. The ceremony featured guest speakers [John Picken](#), Commander of Post 519, and Felipe Ortiz, field representative for Assemblyman Gregg Wallis. We extend our gratitude to all participants in the ride to the General Patton Museum and ceremony attendees, emphasizing the importance of honoring those who made the ultimate sacrifice. We remain committed to acknowledging their sacrifices and expressing appreciation to their loved ones. God bless.



AL RIDERS AT PALM SPRINGS POWER BASEBALL



What a fun Veterans Night at the Palm Springs Power! We had Chapter 519 ALR Palm Springs, Chapter 428 ALR Banning, Chapter 739 ALR Indio, and Chapter 106 ALR Redlands that escorted Gold Star widow Kim Lovett to the game, where she sang the National Anthem beautifully. The American Legion Post 519 Color Guard represented the Post with honor while presenting our flag during the opening ceremony. Commander John Picken easily cleared home plate while throwing out the first pitch, and the ALR Chapters executed a motorcycle parade to end the opening ceremony. Following that, we enjoyed an evening of baseball and camaraderie. Slick and Cowboy competed in a golf chipping challenge, where Cowboy almost took off Rocky's head; needless to say, Slick won. Thank you to the Palm Springs Power for hosting this event for the third year; we look forward to next year. Thank you to our volunteers and our amazing Auxiliary led by Danielle Pantanella, who showed up and accepted non-perishable food items in support of Cathedral City Veterans Village. Thanks to Terry Johnson for his tireless dedication to Post 519, David Harrison for hustling the crowd and bringing in donations in support of Brigg Matthews' motorcycle accident recovery. And a huge thank you to everyone in attendance: Chapter 519 ALR Palm Springs, Chapter 428 ALR Banning, Chapter 739 ALR Indio, Chapter 106 ALR Redlands, Post 519 Auxiliary, and Post 519 SON's. Without your contributions, this event wouldn't have been possible. God Bless America.

#RidersLeadTheWay #BeTheOne #Ch519ALR





Serving Since 1981

760.320.5303
1027 S. Palm Canyon Dr.
Palm Springs, CA 92264
PPO#16415

Specializing in Modern Collision Repair

Bob's
AUTO BODY REPAIR



*Family owned and operated
for over 40 years.*

68-399 Perez Rd.
Cathedral City, CA 92234

760-324-3300

bobsabrepair@gmail.com
www.bobsabrepair.com
(Powder Coating Available)

9/11 Observance & Ceremonial Dinner Hosted by Chapter 519 American Legion Riders



Slick's BBQ Ribs: \$20

Baked Beans, Corn, & Dinner Roll

Sept. 11, 2026

Ceremony starts at 1600

Dinner served at 1700 to 1900

Guest Speakers:

Post 519 Commander, John Picken

La Quinta Councilman, Steve Sanchez

Palm Springs Police Chief Andy Mills

Legion Members, Veterans, Active Duty, & their Guests Welcome



**Palm Springs American Legion
400 N. Belardo Rd.**

Palm Springs, CA 92262

760-325-6229



For Reservations Text Or Call

**Rae Morgan
760-534-2419**

piZap.com

ROOF REPAIR & LEAK SPECIALIST

I FIND IT & FIX IT!

ALL PHASES OF ROOFING:

- Roof Saver Clear Shingle Coatings
- New Roofs • Flat • Tile
- State-of-the-Art Silicone Coatings
- Metal • Shingles • Shakes

COOL ROOF COATINGS

Asphalt • Polyurethane Foam
Tile & Metal Roof Painting

Family owned and operated for 25 years.

ROOFING • PAINTING • WATERPROOFING
Residential • Commercial • Industrial • Mobile Homes

**BARTLEY CORRIGAN
CONTRACTOR**
Old School Quality and Service.

Call "Bart" **760-895-5599**
TODAY: **760-601-5557**
-OR- **714-353-6748**

CA Lic #743322 • Bonded • Insured • Workers Comp.
10% Discount for active military and veterans

**10% OFF
SENIOR DISCOUNT**

BBB



Hello,
I'm your local
**Licensed
Insurance
Agent.**

I am a local, licensed and trained Insurance Agent. I am certified with many top Medicare Advantage, Prescription Drug and Medicare Supplement insurance plans.

Give me, a licensed insurance agent, a call! I look forward to helping you.

I represent most major companies with a Medicare contract and am qualified to answer any questions you may have.

At no cost to you, I will help you find a health plan that best suits your personal healthcare needs and your budget.

Vijay Nelson
(909) 957-1847
License # 0B48153
vjnelson2001@yahoo.com

By educating you on all the options available, I will give you the power to compare and the freedom to choose.

For any Advertising in this newsletter please
contact Tom Walden at (602) 739-3663

5 Ways to Stay Hydrated This Summer

- Set a daily water goal
- Start your day with a glass of water
- Get a high-quality water bottle
- Eat fruits and vegetables
- Add electrolytes to your water

Word Scrabble Answers!

F	K	R	H	R	Y	J	X	T	P	L	Z	A	C	H	X	X	U	N	F	Y	Y	K	Q
G	D	I	L	O	C	C	O	R	B	M	O	A	V	F	I	Z	B	N	F	M	R	H	N
W	H	R	C	A	C	Y	A	M	S	T	F	D	S	P	V	R	Z	K	A	G	O	E	O
B	K	S	A	Q	I	K	J	L	D	O	O	A	K	G	T	R	F	V	I	C	B	A	U
N	A	E	U	O	Z	X	Z	H	D	P	R	J	H	O	A	T	S	M	W	R	B	B	H
D	L	O	L	S	G	N	C	F	A	S	Y	H	R	S	F	N	V	D	U	Q	Q	E	Q
G	E	T	I	H	K	X	O	V	G	Q	T	R	P	U	O	O	T	S	S	E	Q	A	X
A	Z	A	F	L	B	W	R	Q	J	J	A	A	B	I	X	H	S	L	N	W	H	N	B
G	Y	M	L	X	E	N	N	Y	T	C	R	M	N	O	M	E	P	D	C	B	W	S	A
P	A	O	O	Q	L	T	Q	V	I	A	J	O	C	L	L	M	L	E	X	X	B	V	T
U	B	T	W	X	X	R	T	K	G	V	H	F	S	S	V	D	C	O	O	H	F	N	A
A	M	I	E	P	Q	B	V	U	Z	R	H	B	S	P	O	R	H	Y	Y	N	A	O	G
Q	C	E	R	H	G	X	S	C	T	A	P	E	R	K	A	B	D	S	L	L	G	S	
T	C	U	R	Z	G	X	X	Q	S	E	R	A	Z	H	C	A	N	I	P	S	S	K	M
S	O	L	C	E	C	V	D	E	F	O	S	S	U	F	P	C	Q	G	H	D	M	B	O
L	H	I	Z	U	X	Y	K	U	R	J	F	H	V	D	O	G	P	S	Z	T	B	X	
I	O	V	K	M	M	O	S	T	K	H	E	G	O	E	C	E	O	E	F	G	E	V	
P	B	D	I	D	H	B	S	N	I	X	O	A	P	I	K	G	O	G	T	F	R	E	I
N	E	X	U	C	F	C	E	V	L	H	N	U	D	I	T	A	B	E	Q	M	T	W	
A	Z	P	I	X	P	A	K	R	L	N	O	L	K	Z	A	B	Q	V	A	P	G	S	B
B	Y	T	P	A	K	G	N	L	D	X	U	H	R	T	B	G	X	F	Y	F	P	X	G
Z	R	R	Z	E	C	X	W	Y	U	U	Z	O	O	A	D	Q	T	D	G	N	B	Z	A
A	S	O	H	M	R	A	X	T	N	M	V	P	C	L	O	H	N	F	A	H	Z	S	C
A	Y	Z	J	C	F	S	X	U	I	Z	Z	W	E	Z	T	P	H	T	N	I	W	S	G

AUGUST
is the perfect month
to relax, recharge,
and revel in the
beauty around us.
Remez Sasson
SuccessConsciousness.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2026						
2 Sunday Brunch 10am-2pm	3 A.L. Riders Meeting 6pm Color Guard Meeting @6pm	4 E.B. Meeting @ 5pm	5	6	7 Lunch 11-2pm Dinner 5:30-8pm Ken Bash	8 A.M. Vets Meeting @11:30
9 Sunday Brunch 10am-2pm	10 House Cmte Meeting @10am	11 General Meeting @5pm A.L.A. Meeting @5:30pm	12	13	14 Lunch 11-2pm Dinner 5:30-8pm Kevin & Lynn	15
16 Sunday Brunch 10am-2pm	17	18	19	20	21 Lunch 11-2pm Dinner 5:30-8pm Reggie Vision Alexander	22
23 30 Sunday Brunch 10am-2pm	24 31	25	26 SAL Meeting @6:00pm	27	28 Lunch 11-2pm Dinner 5:30-8pm Sean Taylor Jackson	29 Beach Party! 3-7pm
Mon/Tues/Weds: HOT DOGS AND CHIPS 3\$				Mon/Tues/Weds: HOT DOGS AND CHIPS 3\$		