

HERALD

FRIDAY, JANUARY 30, 2026

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Please join us [online](#) or in person this weekend as we begin our sermon series "Scattered." We hope to see you soon!

February Communion Offering Brings Hope to Cancer Patients

Acancer diagnosis can be overwhelming—emotionally, physically and financially. For adults across North Texas facing that reality, Me Squared Cancer Foundation offers practical support and a powerful reminder that they are not alone.

Serving the Dallas-Fort Worth area, Me Squared Cancer Foundation helps

adults newly diagnosed with cancer by providing cancer-related education and direct financial assistance. Its mission is rooted in compassion and action, easing the burden of treatment so patients can focus on healing, stability and hope.

That mission will be highlighted this month as Me Squared Cancer Foundation has been selected as the recipient of the February Communion

Offering. One hundred percent of this month's offering will go directly toward this local foundation's work. Every dollar collected provides a tangible expression of care—ensuring that those facing hardship receive a reminder that they are seen, supported and loved.

A hallmark of the foundation's work is its commitment to stewardship and accountability. Me Squared Cancer

Foundation is intentional about putting donations to work where they matter most. Last year, 84% of every dollar spent went directly to paying medical bills for grant recipients or providing items that help patients remain comfortable during treatment. By keeping administrative costs low, the organization can help

COMMUNION cont'd on page 2

Group Focuses on Finding Jobs, Strengthening Skills

By Leilani Barrera

Editor's note: One of the wonderful qualities of White's Chapel Methodist is to provide a place for the community to assemble to meet community needs. Southlake Focus Group, while not a sponsored ministry of the church, has met at White's Chapel for almost twenty years to help the unemployed,—as well as those transitioning into new careers—find hope, resources, and information.

Navigating a career can be quite challenging, but it's also full of opportunities for growth. The start of a new year often brings fresh beginnings—and sometimes endings too—whether planned or unexpected: beginnings such as career changes and transitions. For anyone adjusting to a new job, contemplating a change, or looking to re-enter the workforce, a helpful resource is waiting to support you.

Southlake Focus Group (SFG) is an independent, nondenominational networking and career-transition organization for all job seekers at any stage. As one of North Texas's longest-standing career transition groups, SFG members come from diverse backgrounds and professions, providing opportunities to connect with individuals and representatives across various jobs, departments, and management levels.

The group meets on Thursdays at 8 a.m. at White's Chapel Methodist Church in Southlake, Texas. Members come from across the Dallas-Fort Worth area, including Dallas, Denton, Tarrant, and Collin counties, with both in-person and virtual networking options. Astoundingly, over 200 members attend in person weekly, with 60–80 joining via livestream from across the United States.

Pete Hernandez, a leader at SFG for more than eight years, became part



GROUP FOCUS

Southlake Focus Group meets each Thursday at 8 a.m. at White's Chapel. Members and participants of the group come from across the Dallas-Fort Worth area, including Dallas, Denton, Tarrant, and Collin counties.



By Dr. John McKellar

Snow Days and Sacred Pauses

Snow and sleet have a way of rearranging our plans—and sometimes, our priorities. Over the past several days, when services and activities were canceled and the roads

MUSINGS cont'd on page 3

Students Prepare for Spring Productions

By Leilani Barrera

Lights, curtain, action! WC Theater 1 and 2 is buzzing with exciting, captivating talent just waiting to take the stage. White's Chapel is delighted to share that the church will be staging a wonderful adaptation of the beloved DreamWorks film *Shrek the Musical KIDS*, along with the enchanting production of *Anastasia*, inspired by the 1997 animated classic.

"Theater helps foster creativity, build confidence, create community and teach communication skills."

WC Theater takes pride in its diverse and wildly talented group of young actors and performers. The theater program is built on the belief that God has intentionally gifted each person with unique talents—and that using those skills is a way to honor Him. Through participation in the program, students are given the opportunity to collaborate and bring fan-favorite stories to life on stage.

These productions provide performers with meaningful opportunities to let their creativity shine, celebrate their individuality and collaborate to create incredible, Broadway-inspired shows.

THEATER cont'd on page 2

Modeling Emotional Health for the Next Generation

By Nina Rios-Doria, PhD, LPC

I was recently speaking to a group of parents of high school athletes who were attempting to better understand the mental game of sports and how to support their teens. I asked the group, "How many of you were taught growing

up about the importance of mental health? And talked about feelings and how to regulate them in your home?" Out of 75 to 100 adults, only a few raised their hands.

Now let me ask you this: Were you taught how to express your feelings

and regulate your emotions? Did your parents talk about the value of mental health? And if not, how can we become good role models for our children and grandchildren in this area?

HEALTH cont'd on page 2

INSIDE THIS WEEK'S ISSUE

WC Students Update
Women's Mission Trip Information



Kenya Mission Trip Info Meeting
Feb. 9 | See Page 4

Health

Cont'd from page 1

In the book *Dealing with Feelings* by Dr. Marc Brackett, he talks about his Uncle Marvin, who was his sixth-grade teacher. Uncle Marvin achieved extraordinary success with the students who passed through his classroom. His focus was on his students' emotional states and how he connected with each of them, including Marc.

Marc experienced extreme bullying and loneliness throughout his childhood. His father was angry and reactive, and his mother avoided feelings. Then he met Uncle Marvin, who would change his life. Marc shares that without Uncle Marvin, he would not have survived middle school or high school.

Today, Marc is the founding director of the Yale Center for Emotional Intelligence, a professor at Yale's Child Study Center, and a bestselling author on emotions.

So how do we help our families regulate emotions and express feelings in healthy ways?

Let's look at what healthy co-regulation looks like:

- Has curiosity to accurately imagine or understand another person's needs
- Allows the other person to experience their feelings
- Is warm, supportive, accepting, and nurturing
- Coaches, models, and reinforces skills
- Offers comfort and empathy during tough times

- Supports long-term goals through encouragement, planning, awareness of consequences, and task completion
- Shares perspectives to support problem-solving and decision-making
- Ultimately allows space for the other person—including a child—to make their own decisions and experience consequences

Today, Marc speaks around the world and works with schools implementing an approach developed at Yale called RULER, which helps educators, students, and families identify and regulate emotions. Research shows that RULER improves overall wellbeing and enhances performance.

RULER is an acronym for five skills of emotional intelligence:

- Recognizing emotions in oneself and others
- Understanding the causes and consequences of emotions
- Labeling emotions with a richer, more precise emotional vocabulary
- Expressing emotions in ways that align with cultural norms and social context
- Regulating emotions using helpful strategies

An app I recommend to many of my clients, created by Dr. Brackett, is **How We Feel**. It's free, has no commercials, and helps you become more aware and more specific about what you're feeling.

So, let's start now... How are you feeling? Wishing you a great start to 2026...cheers to feelings, connection, and improved relationships!

Information from this article is from the book, "Dealing with Feeling" by Dr. Marc Brackett.



Chapel Hill Children's School will have an Open House on Sunday, Feb. 1 from 2–4 p.m. It will be open to all prospective families who are interested in sending their child to Chapel Hill. We will have classrooms open in each age level for you to talk with the staff and look around. Chapel Hill classes start at 18 months (by 9/1/26)–5 years old.

Marna Parker | mparker@whiteschapel.org
Leslie Westerman | lwesterman@whiteschapel.org

WEEKEND PREACHING SCHEDULE

SANCTUARY

Sun. 8:20 a.m. | Traditional
Drs. John McKellar & Todd Renner

Sun. 9:30 a.m. | Contemporary
Drs. John McKellar & Todd Renner

Sun. 11 a.m. | Foundation
Drs. John McKellar & Todd Renner

THE FOUNDRY

Sat. 5:30 p.m. | Contemporary
Rev. Sam Robbins

Sun. 11 a.m. | Foundry Service
Rev. Sam Robbins

WALTON CHAPEL

Sun. 9:30 a.m. | Traditional
Rev. Lori Cotton

HERALD

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Theater

Cont'd from page 1

By cultivating an entertaining yet supportive environment, students can find a safe space to discover their true selves and explore and embrace every aspect of what makes them the amazing individuals God has created them to be.

"My main goal is to provide a safe space for these students to be themselves, learn about God's love for them, and grow in their skills and talents," said Julie Blalock, WC Theater director. "While we want to produce a good show and strive for excellence, our first priority is the students and their journey."

At WC Theater, the stage is more than a simple platform—it serves to inspire and elevate each student's heart and calling. Every rehearsal offers a chance to do more than memorize lines and learning scripts; it's an opportunity to understand each student's story and find ways to celebrate their unique journey.

"Theater helps foster creativity, build confidence, create community and teach communication skills," Blalock said. "By placing that within the church and viewing it as a ministry, there are so many more layers to how students can grow and be encouraged."

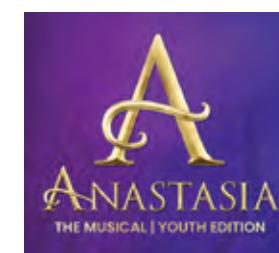
To accommodate a wide range of ages and experience levels, WC Theater is organized into two groups: Theater 1 for students in grades 4–6 and Theater 2 for grades 7–9. All skill levels are welcome to try out for a role at WC Theater. "We want to be a place where anyone, of any skill level, can thrive," Blalock said. "We've had many students who are differently abled participate and be successful."

With auditions finalized Jan. 10, Theater 1 performers are now eagerly preparing to showcase their singing, acting and dancing in a first-time presentation of Shrek the Musical KIDS.

"We are excited to bring this story to life," Blalock said. "Shrek is so fun, and we have not done it with the younger group yet, so we are looking forward to all the craziness."

Based on the 2001 DreamWorks film Shrek, Shrek the Musical KIDS brings

iconic characters to life through Shrek's topsy-turvy journey alongside his quipping sidekick, Donkey, as he attempts to rescue feisty Princess Fiona, reclaim his swamp and vanquish Lord Farquaad. The tale features themes of friendship, authenticity and the truth that love is more than skin-deep. With melodious songs, whimsical scenery and a heartwarming message, the show is sure to be a family favorite. This cast will conclude the semester with performances on April 22, 23 and 24.



For Theater 2, WC Theater will present Anastasia for the first time. Inspired by the 1997 animated film, the musical blends history and fantasy to tell the

story of Anya, a brave orphan living in 1920s Paris. Alongside two con men, she seeks to uncover her past and determine whether she is the lost Grand Duchess Anastasia Nikolaevna of Russia, while being pursued by a ruthless Soviet officer determined to silence her. Fusing mystery, romance, and adventure, the show explores themes of home, love, loss, and family, conveying that the past influences us, but we can choose hope and create our future. Family and belonging can be discovered, not inherited, and compassion and courage guide us.

Theater 2 students are currently preparing this touching and dazzling performance, which will be presented May 6–8 at 7 p.m. in the Foundry. Friends and family are invited to attend for an awe-inspiring experience.

WC Theater looks forward to sharing its hard work and presenting spirited, family-friendly entertainment to the community. Audiences are invited to attend performances at the end of the semester and experience the talent of WC Theater students alongside the expertise of White's Chapel's theater production team. For more information about upcoming shows or how to get involved in WC Theater, contact Julie Blalock or visit the [church website](#).

Julie Blalock | jblalock@whiteschapel.org

Communion

Cont'd from page 1

more people and maximize the impact of every gift.

Financial assistance is available to adults who have been newly diagnosed with cancer or have experienced a recurrence within the past six months. Eligible patients must reside in Collin, Dallas, Denton, Ellis, Hunt, Johnson, Kaufman, Parker, Rockwall, Tarrant or Wise counties. Assistance is available for any type of cancer and for individuals of any gender. When treatment requires travel away from home, help with lodging may also be provided.

Grant amounts are based on individual circumstances, including existing health insurance coverage, outstanding medical bills and financial need. While each situation is unique, grants can be awarded for up to \$2,500. Funds may be used for cancer-related treatment expenses such as chemotherapy, radiation, surgery, medications and doctor visits. Assistance is limited to

treatment-related costs.

Volunteers are the backbone of Me Squared Cancer Foundation's work. Their time, skills and compassion make it possible for the organization to serve patients with dignity and care. Volunteer Kelly Rose, a cancer survivor herself, shared why the mission is so personal.

"After my cancer diagnosis in 2014, I wanted to pay it forward to cancer patients so we can have more survivors and help them get through one of their hardest journeys," Rose said. "It warms my heart to talk with them—their overwhelming tears and appreciation make me want to work even harder for this foundation."

Me Squared Cancer Foundation continues to seek volunteers with a heart for service. Opportunities include writing newsletter articles, assisting with grant applications, donor communications, event planning and English-Spanish translation.

Through faithful stewardship, compassionate volunteers and the generosity of the community, Me Squared Cancer Foundation offers hope—one tangible act of care at a time.

WC Students

Crave and Intersection

Middle School students are invited to Crave, the weekly worship service for 7th and 8th grade students. Crave will be from 5:45–7 p.m. each Wednesday. High School students are invited to Intersection, the weekly worship service for students in 9th through 12th grade. Intersection will run from 7:30–8:45 p.m. on Wednesdays. Crave and Intersection will both be held upstairs in the Youth Space in the student education building. We are so excited about what this spring will look like and how it will help students better know and follow Jesus together with their peers!

Sunday School Unplugged

WC Students is now offering a Sunday School class during the 9:30 am worship service on Sunday mornings for our Middle School students. The format for this Sunday School class will differ from our classes offered during the 11 am service. This class will be a smaller class with a focus on a deeper study of the Bible.

Cell Groups

Cell Groups are WC Students' take on small groups—created just for 9–12th graders. We meet on Sunday afternoons or evenings during the semester in awesome host homes that open their doors for a time to hang out, dive into God's Word, and grow together. This isn't just about reading the Bible—it's about real friendships, honest conversations, sharing your story, praying for each other, and figuring out life through a Biblical lens. If you are interested in joining a Cell Group, contact Michelle Joseph.

Michelle Joseph | mjoseph@whiteschapel.org

Senior Bible Study

Drs. John McKellar and Todd Renner understand the significance of the senior year, as students confront major decisions about their future. To help guide them, they're leading a weekly, fun, practical, no-questions-barred Bible study and fellowship time. The group will meet each week on Wednesday from 6–7 p.m. in the Pastor's Study. Our senior pastors will walk students through the core beliefs of our faith and show how they apply to this exciting and ever-changing season of life.

Two is Better

Two Is Better is our girls retreat for all female students in 8th–12th grade, happening February 20–21 at the church. This overnight retreat is a chance for girls to step away from the noise of everyday life and spend meaningful time, together growing in faith, building friendships, and having fun along the way. We'll

worship together, hear encouraging teaching, laugh a lot, create, and make space for real connection. Whether your student loves crafts, deep conversations, worship, or just hanging out with other girls in a relaxed and welcoming environment, Two Is Better is designed to be a place where every girl belongs. We'd love for your student to join us for this special weekend! Registration can be found at wcstudents.com.



Manistry

Student Manistry is our event for all male students in 8th–12th grade, happening February 27–28 at the church. This weekend is designed to challenge and encourage our guys through worship, solid teaching, and plenty of fun. There will be good food, competition, games, and time to connect with other guys in the ministry—all in an environment that points them toward Christ. Student Manistry is a great opportunity for guys to grow in their faith, strengthen friendships, and be part of something meaningful together. Register at wcstudents.com.



Summer Trips

Save the Dates (Incoming grades for Fall of 2026)

- **7th Grade Trip**
7th Graders—June 1–2
- **Middle School Mission Trip**
7th & 8th Grades—June 8–12
- **High School Mission Trip**
9th–12th Grades—July 12–17

Though it seems like Christmas just ended, WC Students is already beginning to focus on another exciting summer. Registration for these trips will open on wcstudents.com. Keep an eye out for more registration information as we begin to make plans in the next few weeks for this coming summer.

to the world slow down. That kind of stillness is rarer than we realize—and more needed than we admit.

Even as we were apart physically, the church showed up beautifully. Worshipping together online was truly remarkable. The quality of the services was outstanding, and the editing and production were done with such care. Our staff and volunteers sprang into action, adjusting plans on the fly and delivering worship that was thoughtful, faithful, and deeply meaningful. I am so grateful for those who serve so tirelessly—and so proud of the spirit of this church, a spirit that adapts with grace and rises with creativity when times are challenging.

My hope is that these days have left us a little renewed, a little rested, and a little more aware of God's quiet presence. Now, as the snow melts and we gather again, may we carry that renewal with us—ready and eager for the exciting season of ministry that lies ahead.

Musings

Cont'd from page 1

told us to stay put, many of us were given an unexpected gift: a pause.

Anne Lamott once wrote, "Almost everything will work again if you unplug it for a few minutes, including you."

These snow days felt like an invitation to unplug. To step away from calendars and commutes, meetings and obligations, and simply be.

I heard from folks who watched old movies they hadn't seen in years, curled up under blankets with a good book, or settled in to enjoy a football game without rushing off to the next thing. Kitchens filled with the best kind of winter comfort—pots of chili and simmering stew, the kind of meals that take time and taste better because they do. Some of us just sat quietly, coffee in hand, watching snow fall and listening



Focus

Cont'd from page 1

of the team after confidently landing a new position with SFG's support following an unexpected layoff. Having firsthand experience of what it takes to recover and witnessing the remarkable results of SFG's help, Hernandez strongly supports SFG's mission.

"Over the years, job processes have changed," Hernandez says. "We teach you how to approach the search, and make sure you're prepared."

SFG leadership believes in teaching four disciplines: proper networking techniques, resume building, LinkedIn profile development, and interview preparation.

Each weekly meeting consists of three distinct segments: Opening session, Job Search Jumpstart, and Networking Sessions. Featured speaker presentations or career workshops will provide additional insight and relevant assistance.

Job seekers should arrive around 7:30 a.m. for check-in; the opening session and prayer start promptly at 8 a.m. No pre-registration is required—just show up! During the opening session, SFG leaders share recruiter tips, job openings, volunteer stories, rules and guidelines, and contact information, all aligned with their H.O.P.E. motto: Helping One Person Every Day. They offer free resources, tools, encouragement, and guidance—nothing is for sale.

Next, for first-time guests, Job Search Jumpstart is a comprehensive orientation session that provides practical guidance on getting started and planning your job search. This meeting will help you set up for success as a newcomer to the group and educate you on SFG's mission and vision.

Finally, during networking sessions, ideas, contacts and leads are exchanged. Volunteer leaders facilitate introductions and offer conversation-starting questions, along with guidance on incorporating informational interviews into the job search process. To the SFG team, networking is the "heart" and "cornerstone" of SFG; it is more than advancing a career—it is about building connections and fostering relationships. Leaders encourage job seekers to ask themselves, "Who do I know who can help me?" SFG leadership believes sharing ideas and leveraging unique skills alongside other professionals is one of the most effective ways to build confidence and secure a next role. Additionally, with several experts who have recruiting backgrounds, the SFG team is well-equipped to review and optimize your resume, making it noticeable and structured so it passes through Applicant Tracking Systems (ATS). They also provide resources and training to help you better prepare for the interview process. Active and current recruiters are invited to join the discussions, share job openings, and answer questions as they seek potential candidates for available positions.

Further, SFG offers an open and

inclusive platform that welcomes a diverse range of guest speakers, including industry experts and leaders. Each speaker provides valuable, highly sought-after insights to help you achieve your career goals.

"Three times a month, we welcome speakers on all subjects related to the job search who can provide uplifting and better professional advice," shares Hernandez, "...From healthcare professionals to HR representatives, IT directors, and project managers, I try to find speakers who can address the issues at hand."

With the aim of providing the most practical and current information to aid in the job search, speakers are scheduled every week, except the first Thursday of each month, due to the monthly volunteer leader meetings.

In addition to serving as a networking and career transition group, SFG also functions as a support group. For those who have faced layoffs or job loss, regaining confidence and confronting the uncertainties of rejoining the workforce can be challenging. SFG offers encouraging support to help you get back on your feet.

"We understand that rejection can mess with one's mindset, and we've experienced the pain of being without a job and how it can deeply affect one's psyche," says Hernandez. "We're here to provide the necessary support and help to aid in the search, both professionally and spiritually."

The SFG team is equipped and ready to help you develop the necessary skills and enhance the unique qualities that will help prepare you to step into the next role with confidence. With multiple workshops available, SFG is ready to help you make your next career move.

"There's nothing like companionship through this process," says Hernandez. "We're all experienced as volunteer career coaches, and we're all equipped to teach and educate... Even if you need someone to talk to over a cup of coffee, we would be glad to do that with you."

Come experience companionship from fellow job seekers, gain insight from industry professionals, and obtain guidance on the best practices to land your next role.

For more information, please visit the SFG website or the White's Chapel website for details on the next SFG meeting.



whiteschapel.org

COMMUNITY CONNECTIONS



Wonderful Wednesdays with Women

2nd & 4th Wednesday of each month
10-11:30 a.m. | Center for Spiritual Care

Wonderful Wednesdays with Women is welcoming all ladies 50+ who are searching for a sisterhood community of like-minded women dedicated to God and one another with a focus on spiritual growth. The group gathers weekly for Scripture-based lessons and discussions on today's struggles and challenges, plus guest speakers, prayer, and fun activities! WWW ladies are discovering how to live a Christ-centered life and share our faith and love of our Lord.

Pamela Ebbert
pebbert600n@gmail.com

Tracy Christensen
tchristensen@whiteschapel.org

Cooking with Care

Second, Third and Fourth Monday of each month | 9:20 a.m. to 2 p.m.
Ronald McDonald House in Fort Worth

Each month, men and women join in preparing and serving lunch to the parents, siblings, and family members staying at the Ronald McDonald House in Fort Worth. Ronald McDonald House provides housing for parents with critically-ill children at Cook Children's Medical Center. Meals are served three

times a month on the second, third and fourth Monday. Volunteers must bring a valid driver's license. Volunteers meet at 9:20 a.m. and carpool together, returning at 2 p.m.

Jill Carter | jillcarter7100@gmail.com



Club 56 at Galaxy Skate

Sunday, Feb. 1 | 3 - 5 p.m.

Roll Into the Fun with Club 56! Come hang with us at Galaxy Skate on February 1 for skating, friends, and nonstop fun!

Think disco lights, rockin' music, and everyone rolling together—throwback '70s & '80s vibes with a fresh, modern twist. Whether you're a skating pro or just there to vibe, it's all about making memories and having a blast.

So lace up your skates, grab your friends, and let's roll, Club 56!

Denise Bennett | dbennett@whiteschapel.org

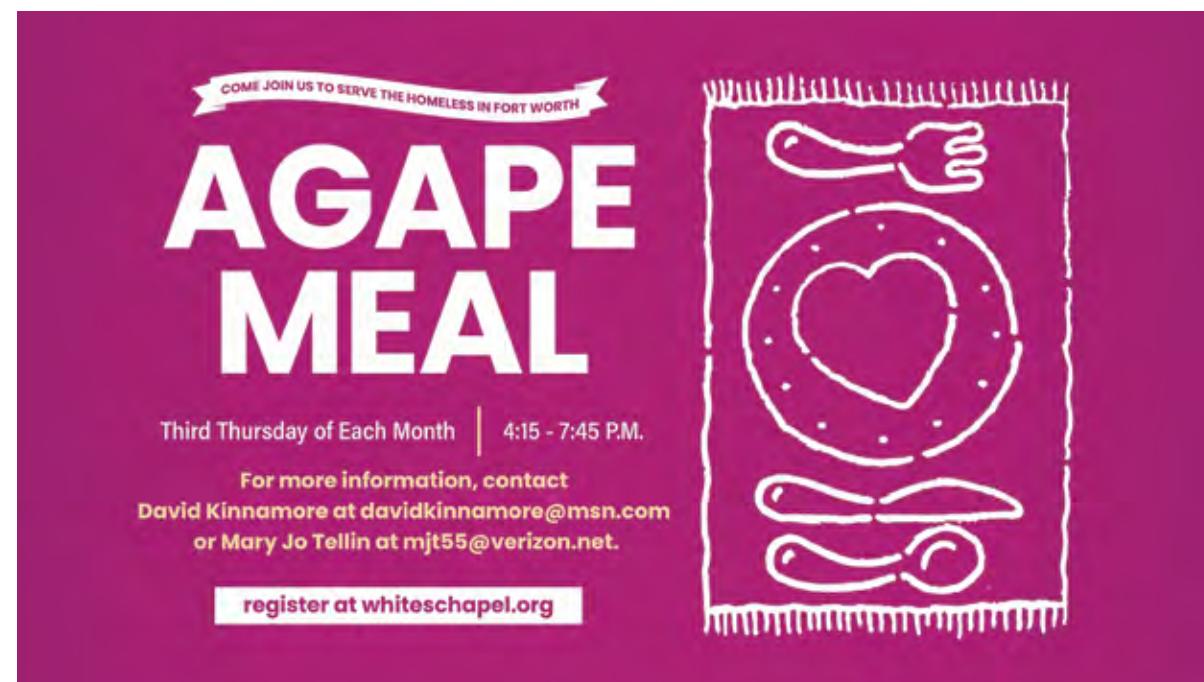


Prayer List



Malta Akins, Brayden, Gaye and Sandy Anderson, Roland Anderson, Meryl Babcock, Brent Bedgood, Nancy Bradley, Bobbie Cameron, Andrew Campbell, Lola Cobb, Ruth Cochran, Carolyn Cockerell, Bill and Jimmie Nell Cook, Gary Cooper, Susanna Cunningham, Sam D., Elizabeth Davis, Carol Dominiec, Jim Dougherty, Anna Ericson, Ralph Evans, Frank Forcelli, Brandi Yellock Frugé, Don Gardner, Morris Gates, Shelly Gillette, Alice Hall, Buddy Hall, Tiffany Hall, Joy Holekamp, Jim and Donna Houston, Marc Howland, Michelle James, Helen Kimble Kutch, Connie Lamb, Ashley Barret Leder, Mona Lewis, Sharon Martin, Tycie Max, Tex McCarthy, Sue McNutt, Jeff Miller, Dave Mueller, Charmayne Myers, Olivia Mysliwiec, Bobby Phipps, Helen Post, Joe Preston, Norma Resendiz, Eddie Robertson, Jane Robertson, Johnnie Ruth Rogillio, Ashton Rone, The Schulers, Paul Sikes, Patsy Smith, LeGrand Spradley, Julie Stapleton, Donna Stngle, Steve Swanston, Cyndi Tait, Barry Wahrmund, Jan Walls, Joe Watford, Martha Weaver, Carley West, Liz West, Lynn Will, Luke Williamson, Vicki Winn, Melinda Witt, Mark Wolfe. Recent Deaths: The Family of Bobbie Barnes, The Family of Jill Burr, The Family of Ron Fant, The Family of Renee Nicole Good, The Family of Patrick Green, The Family of Joanne Johnson, The Family of Carmello Mega, The Family of Thomas Q. Robbins, The Family of Ken Thomason, The Family of Frederick Timmerman, The Family of Larry Turner, The Family of Linda Wallace.

Submit names via QR code or www.whiteschapel.org/prayers.html.
 (Names will remain on this prayer list for two weeks unless otherwise notified via QR code or www.whiteschapel.org/prayers.html.)



Join WC Women for a four-day mission trip to Blueprint Ministries in San Antonio this spring, April 16-19. All women 18 and older are welcome on this trip. No experience is necessary, just a willing heart. We will be repairing homes to make families warmer, safer, and drier. This is a terrific opportunity to serve Christ and meet other women from White's Chapel. The cost is \$250 and [online registration](#) is required.

Bev Chernoff | bcher06@gmail.com

