



FRYSCKy BUSINESS

*The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.
Bridging Barriers and Changing Lives Since 1991*

Spring 2017

Greetings and Salutations: You Are Important Too – Self-Care

by Leslie S. Hall, President, FRYSCKy, Inc.

Hardin County (KY) • Welcome Springtime!! We are heading towards the end of the school year and if you are like me, you might just be looking at your fuel gauge and finding it is getting to the empty line. We've all heard the story of the village that it takes to raise a child and the person on the beach throwing the starfish back into the ocean to save that one; however, what about the villagers and how does that one person handle the stress of all the starfish that need to be saved? How do you handle it? What is your **Self-Care**?

Self-Care has been a buzz word for quite awhile. There is research that tells us how important it is and data to prove those who take care of themselves are often happier and more productive. So why do we still attribute **Self-Care** to being selfish or feel that it is something that is nonessential? Why do we see it as something to only do IF you find the time; which we never do.

This spring and summer, I encourage you to make the time for **Self-Care**. Acknowledge your own importance and realize how many starfish will not make it back to the ocean without you. Don't try to find the time...you won't. **Self-Care** needs to be imbedded into our daily living. We can all benefit from it. **Self-Care** can be as simple as taking time to read for pleasure, going for a walk outside, calling a friend, taking a bath or just taking 5 minutes to be silent and still. The point is to do something to renew yourself every day and nurture your own spirit.

Below are a couple of links to help you develop a **Self-Care** plan and further understand the value of **Self-Care** in the social services field.

<http://au.professionals.reachout.com/developing-a-self-care-plan>

<http://www.socialworker.com/feature-articles/practice/mindfulness-10-lessons-in-self-care-for-social-workers/>

My hope for you all is that you remember how important you are and that you take care of yourselves with the same love a concern that you take care of others. Keep up the good work and in order to do that, remember you must practice **Self-Care**.

Prayers for happiness, strength, blessings and favor! God be with you all!

Helping Others through Volunteering and Grants

Source: Downtown Lawrenceburg KY

<http://www.downtownlawrenceburgky.com/2017/01/17/helping-others-through-volunteering-and-grants/>

Reprinted with Permission



Mark Willard presenting a grant check to the LIGHT Center.

Lawrenceburg (KY) • Among the many volunteers in Lawrenceburg, there is one that is always trying to help through grants from his employer and spending time to help those less fortunate. Assistant manager of the Lawrenceburg Walmart, Mark Willard, has dedicated many years of his life volunteering and helping others.

Through the years, Mark has been involved in helping with countless events and organizations in the county and volunteered many, many hours. With his employer's support, he has encouraged other Walmart associates to volunteer and have helped with grants for non-profit organizations throughout the county.

Mark explained that through his encouragement, other Walmart associates did 1048 volunteer hours last year. He also has helped in securing \$15,000 in volunteer grants and \$10,000 in community grants last year alone through Walmart.

He also personally serves as the chairman of the family resource council for Saffell Elementary and ECC, working alongside Barbara Basham for 15 years. Through his connections at Walmart and Anderson County Schools, he helps every year with the annual family fun fest that provides free backpacks and school supplies for county students.

Although he works over 50 hours a week, he enjoys helping and wants to focus more on helping the Anderson County Chamber of Commerce as well as the Anderson Humane Society where he serves as a board member with both organizations. He is also focusing more on the American Legion and has done landscaping work when they needed it.

Mark and his family have lived in Lawrenceburg all their lives. He attributes his want to help others from his parents who instilled in him at an early age to take all opportunities to help others.

Mark hopes that his dedication to volunteering inspires others. "I really feel everybody can give back 2-3 hours," he said explaining that donations don't always have to be monetary.



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FRYSCKy Corporate Sponsors



Anthem Blue Cross and Blue Shield Medicaid is a FRYSCky Platinum Corporate Sponsor. Their funds are used to cover a range of training opportunities and advocacy efforts for FRYSC staff throughout the year. For more information on Anthem's programs, including Medicaid and KCHIP benefits, please visit their booth in the exhibit hall.



WellCare Health Plans is a FRYSCky Silver Corporate Sponsor. Their funds are used to support the keynote speakers and workshop expenses for the 2016 Fall Institute. WellCare has developed a full complement of expertise in three major areas of government-sponsored health care: Medicaid, Medicare Advantage and Medicare Prescription Drug Plans. For more information, please visit their booth in the exhibit hall.



CareSource, a leading nonprofit health plan, is a FRYSCky Platinum Corporate Sponsor. Their funds are used to support coordinator scholarship program both for Fall Institute and throughout the year with the mini-grant program. CareSource understands the challenges consumers face navigating the health system and works to put health care in reach for those it serves. Learn more about their plans including Medicaid and CareSource Just4Me™ by talking to their representatives in the exhibit hall.



Region 2 (Russellville Independent) ~ A Very Special Volunteer Building Bridges Over Barriers

by Carol Kees, Coordinator, Stevenson Elementary FRC

Russellville (KY) • I can honestly say that I cannot think of any one individual not directly affiliated with the school system who has ever been more supportive of the students of Russellville Schools than Mr. Don Firchow. There are many students who do not realize that he is not an employee – that’s because for the last thirty-two years, he has been so visible, so embedded into the school body, and so dedicated to our students, that we all think of him as one of us. Most people return ‘home’ upon retirement from one of our local manufacturing companies, but not Mr. Firchow – Russellville is now his home, where after retirement, he has immersed himself into making a difference in the lives of students here at ‘home’. Mr. Firchow forms connections with the students that have become long-term bonds that are loved and cherished. When students come home, they make sure they see Mr. Firchow one more time before they leave town. He knows the kids by name. He knows their families, their interests, their abilities, and he believes in them. He builds them up and he, because of those relationships, calls them out when they have ‘messed up’. His long-term devotion to our Mentoring Program is phenomenal. Through this program, he has worked at building relationships with children to whom he gives opportunities that he does without fanfare. He helps make sure the kids he mentors have their homework and understand the importance of doing their best. He has helped build self-esteem, character, and pride in students who needed a special positive male role model in their lives. Even though he has passed his 86st birthday, he can be seen at most sporting events, not just standing, sitting, or talking with friends, but cheering his students on to victory. Whether he’s painting school mascots or quotations in calligraphy on the school’s walls, painting the football field for Friday night’s game (with the help of students, of course), reading one-on-one with elementary students who need extra assistance, or popping in the elementary school to help with the K-Kids Club meetings, patiently teaching calligraphy, helping the students add a special touch to Christmas cards they are making for nursing home residents, or just listening to what they have to say, Mr. Firchow gives his all in everything he does for our students, our schools, and our community.



When he underwent back surgery about five years ago, he couldn’t wait to get back to his kids – our kids. As he has undergone treatments for kidney cancer over the past two years, he has never let any of his own health issues keep him from getting up, getting himself together, and giving all he’s got to our kids. It is with this timeless, selfless, and endless giving attitude that he has earned the honor and respect of our kids, our parents, our administration, and our community. Mr. Don Firchow has truly helped to build *Bridges Over Barriers*. Mr. Firchow plans to retire, again, in May 2017. I asked him if he would play more bridge, visit people or maybe travel a little bit more once he decided to officially retire from the volunteer work he has done with our students over the last thirty-two years. His response, “I’m going to lounge a little bit more.”

We will surely find a void where his presence has been known, but the footprints he has left upon our hearts will long stay, the example he has provided for both young and old will long be vibrant, and the love he has poured selflessly upon us will never fade away. Our friend, Mr. Firchow, certainly has shown us how to really do, “Whatever it takes”. Happy second retirement to Mr. Don Firchow – we sincerely hope he enjoys lounging a little bit more – he certainly deserves it!

Region 7 (Ashland Independent) ~ Ashland's Community Support Instrumental in Serving Youth

by Rose Linda Stafford, Coordinator, South Ashland FRC

Ashland (KY) • In the Ashland Independent School District we are extremely blessed to be surrounded by such a loving and compassionate community. We have a variety of programs that are community driven that provide everything from weekend backpacks to clothes and supplies for students in all of our schools. Two of these programs are instrumental in providing for the basic needs of our children.

The Ashland Alliance Backpack Program provides at a minimum a backpack, school supplies, two outfits, underwear, socks and shoes to students that are referred by teachers in our schools. This program provided more than 180 backpacks to students. Members of the community adopt a child and provide for their back-to-school needs. This program started years ago with each district picking a handful of kids and has blossomed into a program where we are told to submit as many names as we have referred. This program is not only a service to the Ashland Independent Schools, the Alliance provides backpacks to following districts: Boyd County, Fairview Independent, Greenup County, Russell Independent, Raceland Independent Schools. The amount of time, effort and money spent on the kids in our community by this program and its supports is amazing and we are so glad they support our kids.

The Friends of the Children program is a fantastic program that started a sewing group many, many years ago who provided clothes for children in need. It has changed over time and has become a wonderful program where an incredible group of ladies in our community volunteer their time, fundraise and then take our kids shopping! This program is unique because the students get to go to the store and pick their clothes out themselves. To many of us this does not seem like that big of a deal but to the many of these kids they have never been shopping to pick out their stuff. The children are referred by a teacher. The children get two outfits, underwear, socks, shoes and any other items that are necessary. These ladies are truly, loving and enjoy seeing the kids try on the clothes and pick out their favorite items. These ladies also work with the schools to make sure that if a child needs certain clothing items because they are in the choir, going on the Patrol trip, or other special event. If clothes don't fit they have volunteers who will alter them and bring them to the kids. It is amazing!!! During the 2016-17 school year, the "friends" have taken more than 300 students shopping. They spent a nearly \$40,000 on our kiddos this school year alone!!!

We are truly blessed to be surrounded by a community full of loving, giving people who take time and energy to make the lives of our children better!

Region 7 (Johnson County) ~ After-School Program and Advisory Council Color Easter Eggs

by Tama Ramey, Coordinator, WR Castle Memorial FRC

Wittensville (KY) • WR Castle Elementary After-School program (25 students) proudly display the various ways to color eggs for Easter fun. The other fun thing about this event was an Advisory Council meeting was in session at the same time and were very impressed by the activity and the enrollment. Some members even joined in the fun event! A special "Thank You" to Ms. Betty Slone, Director of the After-School Program and her Assistant, Emily Stapleton.



Region 2 (Ohio County) ~ Community Partners Collaborate and Communicate

by Megan Nicodemus, Coordinator, Ohio County Middle School YSC



Hartford (KY) • Ohio County Family Resource Youth Service Center Coordinators kicked off 2017 by organizing a quarterly Community Partners meeting. All Community Service based programs were invited to coffee and round table discussions about how we can best serve Ohio County's students and families. The Department of Community Based Services, the Ohio County Career Center, Green River District Health Department, Audubon Area Cooperative Services, University of Kentucky Extension Services, Ohio County Hospital, Ohio County Food Pantry, River Valley Behavioral Health, New Beginnings Abuse Counseling services, Judge Executive David Johnston, and various churches all participated in sharing what services they offered our community, and

upcoming events sponsored by their organization. It is the goal of the Ohio County FRYSC to continue meeting with community partners quarterly to maintain contact and flow of information between our schools and community partners.



Region 5 (Shelby County) ~ Math Festival: First-Time Event Is a Big Success

by Juliana Camacho Simpson, Coordinator, Northside Early Childhood Center

Shelbyville (KY) • Northside Early Childhood Center held its first ever Fall Math Festival on October 27, 2016. It was a huge success with over 180 attendees. Children were able to visit the many booths which enhanced their math skills and taught parents some of the activities they could be doing at home. Children and adults alike enjoyed cotton candy, popcorn and the photo booth! There was even a special guest Master Juggler to entertain the masses. All of Northside's events are prepping our students to be Kindergarten Ready!

Region 10 (Fayette)

Senator Reginald Thomas participated as a guest reader during the Breckinridge Elementary FRC's Annual African-American Read-In Day in Lexington. ~ Sandra Ballew-Barnes, Coordinator



Region 2 (Warren County) ~ Mentors Inspire Children to Thrive

by Rebecca Perez, Coordinator, Cumberland Trace Elementary FRC



Bowling Green (KY) • The Mentoring Program at CTE is one of my favorite programs that is offered. Our school has a unique population of 51% of students on free and reduced and 18% of English Language Learners. Despite the issues that our students face at home and in life we are a very high-achieving school. CTE has been ranked #1 for academics/test scores in the region for two years in a row now. Our students are expected to meet high expectations no matter what they have going against them. With the Mentoring Program at CTE our students are able to reach these expectations. The Mentors inspire children to thrive. They equip children to avoid negative behaviors and empower them to achieve in the classroom and beyond. CTE partners with Broadway United Methodist Church to provide this

program. Interested members of their congregation must go through volunteer/mentor training and a background check. Through this partnership, the mentors commit to eating lunch with a student “one hour, once a week”. During lunch, mentors serve as caring adults who listen, encourage, and see the uniqueness of each child. Students’ grades, attendance, and social skills have improved greatly. This program has been life-changing for students and the Mentors. It touches my heart to see the smiling faces of students when they spend time with their mentors.

Region 2 (Ohio County) ~ Active Teen Supports Her YSC and Represents School as Legislative Page

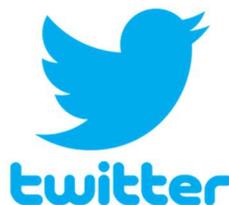
by Megan Nicodemus, Coordinator, Ohio County Middle School YSC



Hartford (KY) • Ohio County Middle School was pleased to be represented at the Family Resource Youth Services Centers Legislative Page Day activities by Miss Jocelynn Magan. Eighth grade students were selected by their Social Studies teachers to apply to be Ohio County Middle School’s 2017 Page Representative. Their applications then went to the principals and Regional FRYSC Advisory Council before being submitted to the Coalition. Jocelynn’s neatness and creativity immediately stood out among her peer entries. Jocelynn and her family are continuous supporters of Ohio County Middle School’s Reality Store, Career Fair, Truth & Consequences, Christmas Angel Tree, as well as any and all opportunities to contribute to our school and community. Jocelynn is an active member of the Ohio County High School Golf team, Jr. Beta Club secretary, active member of the Art club, and she currently designs and sells her own jewelry through her own business Mary & Milvie.

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Region 7 (Ashland Independent) ~ UNITE’s “On The Move”

by Karen Gearheart, Coordinator, Ashland YSC

Ashland (KY) • Ashland Youth Service Center working with Unite brought On The Move to 7th grade students at Ashland Middle school.

This program rotates students through various stations giving them information and “hands on” experience. They watch a film and have buzzers allowing each student to put in their answers to the questions asked about the effects drugs & alcohol can have on their bodies. They hear from a young former addict who had won a sports scholarship to college and lost it due to drugs. They put on goggles that give them the effects of differing levels of intoxication. They then get to drive tricycles through an obstacle course and go carts through a “street” full of cardboard “people”.



One student said, "I thought I would do pretty good, but I really didn't. I hit a bunch of cones, and yeah. There goes my future."

It is all about life lessons and teaching kids to take charge of their future and make the right choices.



Region 2 (Warren County) • 7th grade girls throughout Warren County and Bowling Green Independent participated in JA Girl\$ with Young Athenas on March 8 at the SKYCTC. Junior Achievement provided special sessions and lunch with a program designed specifically to educate and empower girls and young women. ~ Linda Krutza, Coordinator, Bowling Green Jr. High School YSC

Region 7 (Morgan County) ~ Ezel Elementary Ameri-Corps Volunteer Teaches No-Bullying Classes to Students

by Kim Standafer, Coordinator, Family Connection FRC

West Liberty (KY) • Ameri-Corp, Caitlyn Easterling, teaches No-Bullying classes to all the students at Ezel Elementary during the school year. The **Olweus Bullying Prevention Program** is designed to improve peer relations and make schools safer, more positive places for students to learn and develop. Goals of the program include: reducing existing **bullying** problems among students. **preventing** the development of new **bullying** problems. The program is a fun-filled program that gets them involved through discussion and role-play.



Region 2 (Warren County) ~ Souper Bowl Can Food Drive

by Janice Lockwood, Coordinator, Briarwood FRC

Bowling Green (KY) • Our K-Kids at Briarwood did a "Souper Bowl Can Food Drive" during Super Bowl week with all donations going to the Briarwood Family Resource Center!! They collected over 1900 can goods helping stock the food pantry at Briarwood!! K-Kids is sponsored by our local Kiwanis Club. The club meet monthly and do different service projects!! Great club and leaders at Briarwood helping our families!! Here is a picture of the K-Kids group with the food collected.

Region 2 (Hancock County) ~ Volunteer Keeps Families and Community Informed

by Kim Mitchell, Coordinator, South Hancock Elementary FRC

Hawesville (KY) • South Hancock Elementary is blessed with dedicated volunteers who give of their time throughout the year. Kay Roberts is one of those parent volunteers. Kay makes sure that our school marquee stays up to date not only monthly but also weekly regardless of weather conditions. Her commitment to overseeing this project helps to keep our families and community up to date on current and upcoming school events.





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Xyzal (Brand)	5mg	\$124.99	\$80.35	35%
Levocetirizine (Generic)	5mg	\$77.59	\$29.62	61%
Clarinx (Brand)	5mg	\$243.00	\$186.42	23%
Desloratadine (Generic)	5mg	\$115.00	\$37.90	67%

NOTE: Our price is the average price members paid on that prescription during the month of January, 2016. Pricing varies by pharmacy and by region. Prices are subject to change.

For more information or to order hard cards visit:

Rick Miller
 740-861-0477 • rmill@kentuckyrxcard.com

Region 7 (Morgan County) ~ Boy Scout Troop Supports the FRC Sweet Dream Bed Program

by Kim Standafer, Coordinator, Family Connection FRC



West Liberty (KY) • Morgan County FRYSC has a Sweet Dreams Bed Program that helps-out families in need of beds for their school age children. This program has been in existence for 2 years. We have served 12 children with beds for the 2016-2017 school year. The Eastern Kentucky Correction Institution also builds beds for us on a year around basis and we collect money to buy the mattresses needed. This year the Morgan County Boy Scouts wanted to be a part of this great program. They have built us 5 beds this school year to help-out families. Pictured is a Boy Scout helping unload two beds at a family's home in Morgan County.

Region 5 (Spencer County) ~ Caring and Collaboration: Cornerstones to Community Support

by Teresa Buechele, FRC Family Advocate, Spencer County FRC

Taylorville (KY) • All of us here at **The Spencer Co. Family Resource and Youth Service Centers** are very proud of the Community in which we serve. It's because of the outstanding collaboration & support of not only our school staff but, our local agencies, churches, parents, grandparents, students, and local small businesses that we can accomplish all that we do. The pictures are not very exciting – but, just one of our **FRYSC Advisory Council Meetings**.

At these meetings, we of course share our FRYSC information, but it's much more than that. It is an amazing networking experience as well! We all share ideas and offer solutions to problems or issues. We also share great things that are happening in our community!!



We are a prime example of "It Takes a Village!" and our village is amazing!!

Becky Wilson – FRC Coordinator

Teresa Buechele – FRC Family Advocate

Vonda Martin – YSC Coordinator

Missy Davis – YSC Asst. Coordinator

Eleschia Murphy – YSC Youth Advocate

Region 7 (Morgan County) ~ Multiple Programs Support School and Community

by Angela Ferguson, Coordinator, WEVE FRC

West Liberty (KY) • The following pictures and narratives highlight just some of the great programs in Morgan County.



ART BY JANE

FOURTH AND FIFTH GRADE STUDENTS HAVE BEEN WORKING ON ART PROJECTS WITH FORMER TEACHER, JANE COLLETT. SHE HAS BEEN VOLUNTEERING AND DISCUSSING COLOR WHEEL AND CANVAS ART WITH OUR STUDENTS. EAST VALLEY HAS SOME VERY TALENTED ARTISTS. THANK YOU MS. JANE.



Jane Collett performed “Blue Rooster” story with our kindergarten and first grade classes. The students learned about folk art and old-fashioned lifestyle. Discussion about local artists and Kentucky’s folk art captured the attention of these eager learners.



Wrigley & East Valley Elementary dads kick off basketball season with Dads Against Drugs basketball game. During Red Ribbon Week schools send a message to students and the community to be drug free and keep your head in the game. We send a special thanks to all the dads who volunteered to play in our games.

Family Resource and Youth Services Centers Coalition of Kentucky

Sponsored by Humana Care Source

Mini-Grant Training Request Form

Center Requesting Mini-Grant:	
Coordinator's Name:	
Center Mailing Address <i>(include zip code):</i>	
Center Telephone:	
Coordinator's Email:	
School District:	
Region:	
Have you received a Mini-Grant previously? If so, when?:	
How much are you requesting for this Mini-Grant? <i>(requests may not exceed \$500)</i>	\$
If this Mini-Grant is awarded, please make check payable to: <i>(list name in box to the right)</i>	

Guidelines for FRYSCKy Mini-Grants:

1. Coordinators, who request mini-grants for training from FRYSCKy, Inc., must be an active member of the Coalition.
2. A Coalition member is limited to one mini-grant award per fiscal year.
3. Mini-grants requests must not exceed \$500.00. **Requests must include an itemized listing of how the funds will be used (i.e. airfare, lodging, registration fee, ground transportation, mileage, and/or airport parking). The Coalition does not cover food/meals or other miscellaneous costs.**
4. Mini-Grants are only paid on a reimbursement basis (no money in advance). To receive the payment, mini-grant recipients must submit a one-page report highlighting their experience at the training along with a travel form and original receipts within two weeks after the event.
5. A limited amount of funds is available for mini-grants. Therefore, requests will be prioritized.
6. The training for which a mini-grant is requested must hold to the mission statement of the FRYSC Coalition of Kentucky: *"...to promote a network among those who seek to remove educational barriers of children, network with family support practitioners, other human services providers, and to learn from each other, share resources, collaborate more effectively on behalf of families, children, and youth."*
7. The Board of Directors would like a description of the training for which a mini-grant is requested to accompany the request. It should include:
 - I. Name of training
 - II. How the training will benefit you professionally and benefit your children.
 - III. How the project addresses the mission of the FRYSCKy.
8. Mini-grant funds may not be used for Victory Over Violence or Fall Institute attendance. The Coalition and DFRYSC have other opportunities available to help support Coordinators' attendance at these events.

REQUESTS MUST BE SUBMITTED to the FRYSCKy Regional Representative at least 45 days prior to training event. Regional Representatives have 3 days upon submission to forward requests with signature to the FRYSCKy Board for their approval.

Signature ~ Mini-Grant Applicant: _____ **Date:** _____
Signature denotes the applicant has read the guidelines, provided the requested material, and will comply with grant requirements.

Signature ~ Regional Representative: _____ **Date:** _____
Signature denotes application is complete and that it has been forwarded for review.

Signature ~ FRYSCKy Executive Board Approval: _____ **Date:** _____
Signature denotes Mini-Grant has been reviewed and approved for funding by FRYSCKy Executive Board.

Action by FRYSCKy Inc.

Approved Denied Further Action Necessary Date: _____

Comments: _____

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JULY 17-19, 2017



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July 17-19, 2017

Northern Kentucky Convention Center, Covington, KY

You work hard and meet long, but make time to play with the best of them in NKY. Maybe you want to take in a Reds baseball game at the Great American Ballpark, or perhaps relaxing on a riverboat cruise or visiting our world-class Newport Aquarium would be more your speed. We have that too... and much, much more!

Getting Around 

Take advantage of the Southbank Trolley. It will take you to the Newport Levee, across the river and back all for a buck a ride. And if you're feeling energetic, Cincy RedBike is also a great way to explore NKY!



Cool things to see and do

- Newport Aquarium
- Newport on the Levee
- Ride the Ducks
- Braxton Brewing Company
- BB Riverboats
- Mainstrasse Village
- National Underground Railroad Freedom Center
- The Banks & Smale Park
- Hofbrauhaus Newport
- Cincinnati Museum Center
- Creation Museum & The Ark Encounter
- The New Riff Distillery
- Cincinnati Zoo and Botanical Gardens

Learn more about the above attractions by visiting www.meetNKY.com.

 
meetNKY.com 1.877.NKY.VISIT


Northern Kentucky CVB

FRYSC Photos from across Kentucky



Michael A. Jones • Editor
fryskycoalition@me.com

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Executive Office

Family Resource & Youth Services
Coalition of Kentucky, Inc.
2220 Nicholasville Rd., Ste. 110-333
Lexington, KY 40503
T ~ 859.333.4209
F ~ 888.282.8549
www.frysky.org

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