Happy Hanukkah    Merry Christmas    Happy Kwanza

Calendar of Events

December 10, 2015 - Dr. Grover, ophthalmologist, will speak about cataract operations and eye health.
January 14, 2015 - Sue Walla will speak about 2015 & 2016 Tax filing and planning tips.

President’s Message

After a long illness John O’Brien passed away on November 13, 2015. I was not acquainted with John until I joined the Retirees Group. Before the start of every meeting John would find the time to engage in small talk about events of the day. Gradually John and I built up a friendship that started seven years ago. For many years John served as a trustee on the executive board. When John became too ill to attend meetings, He would call, sounding almost apologetic, to say that he could not be at the meeting. For most of this year John’s chair was empty as I waited for his return. I will always remember John as the ultimate gentleman and think of him as reminiscent of a by- gone era. John you will be missed. May you rest in Peace.

Joe LaViola, President

Attention all Members!!
Please share with us any information that you would like to be printed in NEWSBITS. This information perhaps could be: valuable important information, a recent vacation trip, a relocation, health, birthday, anniversary or even something sad as the case may be.

Contributions to NEWSBITS for Letters to the Editor should be sent to:
Jack Staub
3 Bowers Lane, Reading, Pa. 19606
Phone: 610-406-0614

Retirees Meetings

Meetings are every second Thursday of the month, except for July and August, at 1:30 - 3 PM. The meeting place is at The Church on the Mall, which is located in the rear of the Mall (Plymouth Meeting), adjacent to the Food Court.

BBNEWS Web Site

The BBNEWS web site is now including Retiree information (Trips & Speakers) and even a link to our web site.

WEB SITE (URL) ubbrg.org

IMPORTANT UNISYS RETIREES CONTACT NUMBERS

401K Investments:
FIDELITY Phone # 1-800-600-4015
Internet 401k.fidelity.com

Pension and H.R Concerns:
HEWITT Phone # 1-877-864-7972
Internet: resources.hewitt.com/Unisys

December 2015, Volume 36, Number 4
Circulation 647

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50/50 Drawings
We have a 50/50 drawing at every monthly meeting. Here is how it works: Tickets are sold to attendees at the beginning of each meeting and a drawing for the winning ticket is held immediately following our guest speaker. Two tickets cost $1.00 and six (6) tickets cost $2.00. Half of the proceeds go to the holder of the winning ticket and the other half goes into our treasury to help defray the cost to rent our meeting space at the church in the Plymouth Meeting Mall.

Ann LaViola (from left) and Marie Staub will be happy to sell you as many tickets as you want. They will be seated at their concession table, at the church entrance, to take your offerings. The following were our 50/50 winner's:

- **September**’s winner was Ed Matlack.
- **October**’s winner was Jim McGarvey who graciously donated it back to the Group.
- **November**’s winner was Helen Feldscher who graciously donated it back to the Group.

UNISYS Pension Plan Update – September 2015
Unisys has recently updated the Summary Plan Description (“SPD”) for the Unisys Pension Plan ("the Plan"). The SPD is a summary of the Plan provisions in terms that are easy to understand, including information about your rights as a Plan participant. Some provisions of the Plan have changed since you retired (or, if you are receiving benefits as a beneficiary of a former employee, since they retired) so you should familiarize yourself with this updated document. **Please note that these changes do not impact the amount of your Plan benefit.** Generally, the vested benefit that you have earned under the Plan or predecessor plans when you left employment is protected by the Employee Retirement Income Security Act (ERISA) and further secured by the PBGC.

You are receiving a pension benefit due to your participation in the Plan or a predecessor plan, including anyone of the following plans:
- Sperry Retirement Program - Part A;
- Burroughs Employees’ Retirement Income Plan;
- The Memorex Employees’ Pension Plan; or
- The System Development Corporation (SDC) Basic Non-Contributory Pension Plan.

If you were a member of any of the above-mentioned Plans, your benefits were determined pursuant to those Plans.

You should keep the Unisys Benefits Service Center ("UBSC") at 1-877-864-7972 notified of any address changes, so we can contact you with periodic updates.

If you would like to review the SPD, you can access it online at Your Benefits Resources™ at [http://resources.hewitt.com/unisys](http://resources.hewitt.com/unisys). To receive a copy of the SPD in the mail, please contact the UBSC at the phone number above.

You should retain a copy of the SPD for your records. While the SPD describes the Plan in terms easy to understand, the formal Plan document is controlling on all questions. Although Unisys does not presently intend to do so, Unisys reserves the right to change, amend and revise the Plan at any time, in any manner and for any reason, in its sole and complete discretion. This includes, but is not limited to, amendments that increase or reduce future benefits, modify the pension formula and change any other term or condition of the Plan.

Monthly Meeting Guest Speakers
September’s guest speaker was Karen Aubert - Dietitian/Certified Diabetes Educator. She spoke about the importance for seniors to make healthy food choices and proper caloric intake. She stressed that seniors should not skip meals and better still to have four smaller meals (breakfast, lunch, a snack, and dinner) and at the same time, if possible, each day. The following were the highlights of her presentation:

(continued on page 3)
**Making Healthy Food Choices**

- Eat a variety of foods from all food groups.
- Eat about the same amount of carbohydrate foods each day.
- Eat meals at the same time each day and don’t skip meals.
- Eat less if you want to lose weight.

---

**Tips To Make a Healthy Meal**

- Fill 1/2 of your plate with non-starchy vegetables (broccoli, green beans, carrots)
- Fill 1/4 of your plate with carb (bread, potato, rice, pasta or starchy vegetables)
- Fill 1/4 of your plate with protein foods (3-4 ounces of lean meat, poultry or fish)
- Use 1-2 tsp. of tub margarine or a heart-healthy vegetable oil
- Add a small piece of fruit or 8 ounces of skim/low-fat milk

Ask your healthcare provider for help in scheduling a visit with a registered dietitian (RD).
10 tips

Nutrition
Education Series

10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1 balance calories
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3 avoid oversized portions
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits and vegetables
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7 make half your grains whole grains
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10 drink water instead of sugary drinks
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
USDA is an equal opportunity provider and employer.

(continued on page 5)
October’s guest speaker was Jim Kerr, UNISYS Vice President Corporate Communications, World Wide Marketing and Communications. Jim’s presentation gave us an insight of UNISYS activity in the market place.
Monthly Meeting Guest Speakers (continued from page 6)

November’s guest speaker was Dr. Nicholas Pagano, D.P.M., FACFAS, who spoke about the many problems with feet, what to look for, correct, and prevent. The following is a summary of his presentation:

If Your Feet Hurt, Everything Hurts!

Nicholas Pagano, D.P.M., FACFAS
Barking Dogs Foot and Ankle Care
Plymouth Meeting, PA

Hot Topics
- ARTHUR (RITIS)
- Diabetic Epidemic!
- Nail Problems Dr. NAIL CUTTER
  – FUNGUS!!! Itchy feet and nails
- Common Foot Pathologies
- Foot Deformities
  – Conservative vs. Surgical Options
- Shoes: What’s the right pair?

Osteoarthritis
- Inflammation and swelling of the cartilage and lining of the joints.
- If the feet are more susceptible because each foot has 33 joints.
- It afflicts almost 40 million Americans. The most common form of arthritis.
- “wear and tear” arthritis. Aging brings on a breakdown in cartilage with development.

Rheumatoid Arthritis
- RA is a major crippling disorder and perhaps the most serious form of arthritis.
- A complex, chronic inflammatory system of diseases, affecting smaller joints in a symmetrical pattern
- Signs and symptoms—lengthy morning stiffness, fatigue, and weight loss, serious joint deformity and loss of motion.

Gout
- A condition caused by a buildup of the salts of uric acid.
- A single big toe joint is commonly the affected area. Extremely painful.
- A rich diet that contains lots of red meat, rich sauces, shellfish, and brandy is popularly associated with gout, there are other protein compounds in foods.

Diabetes and the Foot
- Teamwork (Patient, Internist, Endocrinologist, Pedorthist, Nutritionist….)
- Glycemic Control
- Foot Exams (Patient and Staff)
- Dermatological, Vascular, Neurological and Orthopedic Evaluation
- Appropriate Hygiene and foot care
- Decubitus Precautions

- Ulceration and Prevention Risk Factors
  – Loss of Protective Sense (Semms Weinstein)
  – Foot Deformities due to Diabetes
  – History of Ulceration or Amputation
  – Minor Trauma
Stats:
DPN affects 30-50% of population of DM
84% of all LEA are preceded by an ulceration
1 LEA = 50% chance of contralateral LEA

DOES THIS LOOK INFECTED?
- LOOK FOR THE CARDINAL SIGNS
- They can’t feel anything, so you have to look for these signs
  1. RUBOR (redness) preulceration
  2. CALOR (heat) inflammation/infection/friction
  3. DOLOR (pain)
  4. TUMOR (swelling)

(continued on page 8)
Monthly Meeting Guest Speakers (continued from page 7)
(Guest speaker was Dr. Nicholas Pagano)

Nail Problems

- Onychomycosis is an INFECTION!
- Ingrown Nails
- Koilonychia
- Dark colored Nails
- Nail Trauma

Onychomycosis

Common Foot Pathologies

- Heel Pain
  - Plantar Fasciitis vs. Heel Spur
- Neuromas
- Overuse Injuries (Sports Injuries)
- Tendonitis
- Ankle Sprains and fractures
- Common Arthridities

Common Foot Deformities

- Bunions
- Hammertoes
- Tailor’s Bunions
- Flatfoot
- Pump Bumps
- Arthritis (osteoarthritis)
- Ganglionic Cysts

Treatment Options

- Conservative (BEST TO EXHAUST)
  - Shoe Accommodations
  - Physical Therapy
  - NSAID’s
  - Custom Molded Foot Orthotics
  - Injections!!!!!
  - RICE
- Surgery

Shoe and You; The perfect matchmaker

- The Brannock Device
- Fit and Function
- Factors in Shoe Buying
- Weight, Age, Level of Activity and Foot Pathology
- Shoes Don’t Break in!
- Diabetic Shoe Program (Extra Depth, Wide, with custom molded inserts)

TOP TEN FOOT HEALTH TIPS

1. Don’t Ignore Foot Pain- it’s not normal
2. Inspect your feet regularly
3. Wash your Feet regularly
4. Trim your nails straight across
5. Make Sure your shoes fit properly
6. Wear the correct shoe for your activity
7. Alternate Shoegear (RN’s on your feet all day)
8. Avoid walking barefoot (Injury Prone)
9. Be cautious of the late night TV treatments
10. If you have Diabetes, SEE ME!

ONS THE LIGHTER SIDE

Theater Seats for Seniors
An old man lay sprawled across three entire seats in the movie theater. When the usher came by and noticed this, he whispered to the old man...
"Sorry sir, but you're only allowed ONE seat!" The old man didn't budge. The usher became more impatient...."Sir, if you don't get up from there I'm going to have to call the manager."
Once again, the old man just muttered and did nothing! The usher marched briskly back up the aisle, and in a moment he returned with the manager. Together the two of them tried repeatedly to move the old disheveled man, but with no success!
Finally they summoned the police. The officer surveyed the situation briefly then asked....... "All right buddy what's your name?" "Fred," the old man moaned. "Where ya' from, Fred?" asked the police officer.
With a terrible grunt in his voice, and without moving......Fred replied...... "The balcony!"
JOHN M. O’BRIEN
John M. O’Brien, 81, a resident of Skippack, PA for 46 years, passed away at his residence on November 13, 2015. He and his wife, Kathleen (Faber) O’Brien, observed their 56th wedding anniversary on January 31st of this year. Born December 16, 1933 in Middle Village, NY, he was the son of the late Michael J. and Mary (Moran) O’Brien. He was a 1952 graduate of Newtown High School and attended Pace College. Mr. O’Brien worked for 30 years at Unisys and its predecessor companies in a variety of positions in production facilities in New York, Bristol, VA and headquarters. He was active with the Unisys Retirees Group. Mr. O’Brien was a member of Corpus Christi Catholic Church, its school association and volunteered at Bingo. He played baseball in Middle Village, was a life-long Cubs fan, enjoyed golf and crossword puzzles. Most of all he enjoyed spending time with his children, grandchildren and capturing their time together in pictures. In addition to his wife, he is survived by four children, Kathleen A. Murphy and her husband, John, of Wenonah, NJ, Michael J. O’Brien and his wife, Cindy, of Colts Neck, NJ, Jean T. O’Brien-Visser of West Chester, PA and Caryn O’Brien-Coble of Zieglerville, PA; and a sister, Patricia O’Brien of Freehold, NJ. He is also survived by seven grandchildren, Christopher O’Brien-Visser, Colleen Visser, Carly O’Brien, Megan O’Brien, Molly O’Brien, Autumn Murphy and Deseria Murphy. John was a member of the Unisys Blue Bell Retirees Group.

RALPH L. CARNIELLO
Ralph L. Carniello, age 81 of Crown Point, IN passed away peacefully September 6, 2015. He graduated from Lew Wallace High School, Class of 1952 and served for the U.S. Navy during the Korean War. Ralph attended DeVry University where he studied electronics and retired from the Unisys Company after 32 years of service. Ralph was in the UNIVAC/UNISYS Central Operations Field Service organization (Customer Engineering). He was a member of St. Mary Catholic Church in Crown Point. Ralph was a loving husband, father, and grandfather. He will be greatly missed. He is survived by his loving wife- Diana; children- Michael (Susan), John (Cheryl), and Christopher Carniello, Tina Genuardi, Dawn (Tom) Caldart, Paige Donaldson, JoLynn Donaldson; 13 grandchildren, many extended family and special friends. Ralph was preceded in death by his wife- Theresa Carniello (nee Mancilla) and his sister- June Davis. Ralph was a member of the Unisys Blue Bell Retirees Group.

JACQUELINE A. MUZINA
Jacqueline A. Muzina , 75, of Lower Gwynedd, PA passed away on Tuesday September 8, 2015. She was born in Herkimer, NY on March 1, 1940. Jackie was a resident of the Gwynedd Hunt Community in Lower Gwynedd for 27 years, formerly of Herkimer, NY. She was a member of Saint Rose of Lima RC Church of North Wales, Pa. She was employed by Unisys for 41 years as a Form Designer. She was very active in Gwynedd Hunt, serving for 18 years on the Board of Directors, 5 years as President, and 9 years as Vice President which she served as until passing away. Jackie enjoyed fly fishing and loved to volunteer in her community, especially with the Wissahickon Valley Watershed Association. She was the daughter of the late - Steven & Ann (Stepien ) Ciesla, and beloved wife of the late – Joseph Muzina. Survivors include: her brother: Samuel Ciesla Logan UT, sister: Lisa (& Tim) Stamm Reno, NV, sister: Dawn (&Tom) Record Webster NY, and a niece: Megan Record Webster, NY. Also survived by her late husband's children as well as his grandchildren. Along with her husband she was preceded in death by a niece Abbie Record. Jacqueline was a member of the Unisys Blue Bell Retirees Group.

WAYNE VAN THOF
Wayne Van Thof died September 22, 2015, at age 64 unexpectedly in St. Louis, MO. Wayne was predeceased by parents, Robert Van Thof and Mertice E. Wallace and his brother, Blake Van Thof. Wayne was born in Rochester and spent most of his life here. He graduated from Rochester Institute of Technology and obtained his Masters in Finance from the University of Pittsburgh. Wayne spent his early business career at Xerox, Unisys and CSC as a financial officer before becoming a financial advisor at RBC DA in Rauscher and Wells Fargo Advisors, where he co-founded the local Wells Fargo Advisors Office. Wayne's kindness, generosity and enthusiasm touched many people's lives. Wayne was not a member of the Unisys Blue Bell Retirees Group.
Obituaries

JOSEPH W. NUSCHKE

Joseph W. Nuschke passed away on November 10, 2015 at his home of 62 years in Ilion, NY at the age of 87. He was born April 27, 1928 in Coudersport, PA, son of Walter Louis Nuschke and Marie Katherine Brisbois Nuschke.

Joseph is survived by his sister-in-law Thelma Nuschke of Fayetteville, PA and four nieces and nephews; Robbyn Ramp Tolles of Reno, NV, Steven R. Ramp of Carmel Valley, CA, Paula Nuschke Alford of Reston, VA, and David Nuschke of Enola, PA. He was preceded in death by his brother, Paul L. Nuschke of Fayetteville, PA, and sister, Nancy Marie Nuschke Ramp of Newville, PA.

Joseph spent his early years in the area of Austin and Carlisle, PA, graduating from Carlisle High School in 1946. He joined the U. S. Navy in 1946 and served until 1949 when he entered Temple University in Philadelphia, PA. He graduated in 1953 and moved to his current residence in Ilion, NY in order to go to work for Remington Rand, Univac and later the Sperry Corporation. He was a world-wide traveling trouble-shooter for their Customer Engineering Department—primarily for computers and devices manufactured in Ilion and Utica in the Mohawk Valley.

After thirty years Joe retired in 1983 to follow his favorite pursuits, studying early American History and spending time in the great outdoors. Joe was a true naturalist, and no animal or plant was too small to escape his notice. He hiked the same trails hundreds of times and fostered a love of nature in all his nieces and nephews. Joseph spent many years in the Village of Ilion New York where he served for many years as Treasurer of the First Presbyterian Church and where he lent a helping hand to many of his neighbors. Joseph was truly his own person, a self-made man who was loved deeply for his quirky sense of humor and fun-loving personality. He was a 50-year member of the St. John's Lodge No. 260, Free and Accepted Masons of Carlisle, PA. Throughout his life Joe maintained a special connection with the mountains and people of the area surrounding Austin, PA. He maintained the family home, originally the Brisbois Tea House on Costello Avenue and he carried on the legacy of his mother who was an author and historian by actively supporting the Austin Dam Memorial Association and the E O Austin Historical Society. Proceeds from his mother’s books, published by his sister, Nancy Marie Ramp and himself, were used by Joe to support a history scholarship at the Austin Area High School.

Joe was a member of the Unisys Blue Bell Retirees Group.

Welcome New Members

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Retired from</th>
<th>When</th>
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<tbody>
<tr>
<td>Martin Conway</td>
<td></td>
<td>Unisys</td>
<td>1994</td>
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<tr>
<td>John Falter</td>
<td>Tredyffrin</td>
<td>Unisys</td>
<td>1995</td>
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In Remembrance

RICHARD BERRYMAN - December 22, 2015
ROSEMARY BINGHAM (wife of Elmer) - September 22, 2015
VINCENT CIPRIANO - October 13, 2015
DAVID COURSEY - June 14, 2015
DAVID GRAHAM-CUMMING - July 12, 2015
MICHAEL GAMBONE - June 27, 2015
LINDA GRILLO - October 16, 2015
THOMAS A, HAHN - September 4, 2015
CARL LANGHEIM - July 15, 2015
JOHN A. MOYSEY - November 4, 2015
JACQUELINE A. MUZINA - September 8, 2015
MARY NIETO - June 14, 2015
JOSEPH W. NUSCHKE - November 10, 2015
JOHN M. O’BRIEN - November 13, 2015
SHIRLEY ORR - February 22, 2015
THOMAS PRESSLER - October 24, 2015
IRMY STEBBINS - March 11, 2015
WALTER UMINSKI - June 26, 2014
WAYNE VAN THOF - September 22, 2015
VIVIAN VICTOR - (wife of Bernard) October 10, 2015

OLD EXPRESSIONS

Back in the olden days we had a lot of moxie. We’d put on our best bib and tucker and straighten up and fly right. Hubba-hubba! We’d cut a rug in some juke joint and then go necking and petting and smooching and spooning and billing and cooing and pitching woo in hot rods and jalopies in some passion pit or lovers’ lane. Heavens to Betsy! Gee whillikers! Jumpin Jehoshaphat! Holy moley! We were in like Flynn and living the life of Riley, and even a regular guy couldn’t accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China! Back in the olden days, life used to be swell, but when is the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers. Oh, my aching back. Kilroy was here, but he isn’t anymore. Where have all those phrases gone? Long time passing. Pshaw. The milkman did it. Think about the starving Armenians. Bigger than a bread box. Banned in Boston. Long time passing.

Pray.... and let GOD Do the worry-ing.
MEMBERSHIP APPLICATION FORM: Use for Renewal, New Membership or any Change. Please check applicable boxes:

NAME___________________________________________________  RENEWAL □  NEW MEMBER □  CHANGE □

RETIRED FROM_________________________YEAR____________

ADDRESS □  E-MAIL □  PHONE NUMBER □

SPOUSE’S NAME ________________________________________

STREET ____________________________________________________

CITY ______________________________________________________

STATE _____  ZIP _______TELEPHONE ____________________

(May we include number in our membership listing?)

Membership fee: $7.00 per year

please send form with check, if applicable, to:

STREET ____________________________________________________

CITY ______________________________________________________

Wlridge@verizon.net

STATE _____  ZIP _______TELEPHONE ____________________

Optional:  FAX: ____________________E-MAIL: ____________________

DO YOU WANT NEWSBITS DELIVERED VIA E-MAIL?  PLEASE circle ….YES or NO

Checks should be made payable to: UNISYS BLUE BELL RETIREES GROUP
NOTICE

NEWSBITS Distribution

Membership is 647 and of this number 326 people receive NEWSBITS by e-mail. This is 50.4% of the current membership (plus 37 comps).

If you are not one of them, please consider helping us reduce costs by opting to receive E-mail versions. Submit your request with your current e-mail address to:

Bill Ridge at 215-256-9629 or Wlridge@verizon.net