



The Greater Los Angeles Area of Narcotics Anonymous Newsletter

the heartbeat

“The heart of NA beats when two addicts share their recovery”



SINCE 1993

MAR-APR 2019

VOLUME 25 NUMBER 2

24-HOUR HELPLINE: 323 933-5395

www.GreaterLosAngelesNA.org

Recovery in Action

In the rooms of Narcotics Anonymous, we experience recovery in action. This action is that of our members, whether they are young in recovery, or have the rewards of staying clean for various amounts of time—sharing their experience, hope, and faith with others at the meetings. Although some of the people in attendance do not hear the whole message, some pick up just enough to carry them through that day and, I hope, on to another meeting. I reflect back on myself in early recovery, when I was not truly able to understand all that was being shared, but I heard a word here and there that allowed me to stay clean, just for one more day.

All of the sharing at a meeting may not have to do with the topics set forth. We speak of the issues that come up for us, personally, that either twisted our thinking back to the way it was in our active addiction or allowed us to look at what we had heard at another meeting that kept us clean. It is of the utmost importance to tell on our disease, but it is equally important to tell how our recovery today has helped us deal with life on life's terms. I have found that by listening, I gain a great deal. If the person sharing is speaking from their heart, the message is there for me to take. After all, we only keep what we have by giving it away. Learn from the mistakes of others, and you probably won't live long enough to make them all yourself.

Another action in recovery we can experience is being responsible. When we are new, we can become responsible by reading at the beginning of the meeting. If we are too shy for that, we can help after the meeting closes by helping put away the chairs. As we progress in clean time, and as the fear of reading goes away, then we can read. No one will laugh if we find some of the words hard to pronounce. They will only show empathy. Action can be taken with the willingness to make coffee, or help set up chairs and tables for the meeting, or help put out the literature.

Greeting others with a warm hug makes all addicts feel welcome—not only the newcomer, but the addict who has been around for a while. Think of a person visiting from another area. How do they feel when they walk into a meeting place where they don't know anyone?

Yes, we can make a big difference with small actions. As we progress in our recovery, we can become responsible to our group by going to area service committee meetings and carrying information back to our group. Most groups have a group service representative, and these GSRs usually welcome other group members who want to accompany them to area meetings. This is a great learning tool for a future service position within our group or elsewhere in the service structure.

To answer the question “What can I do?” our first goal is to stay clean, but it seems to elude some of us that our simple sharing can be helpful to others who may be struggling.

Larry F, Ontario, Canada



**When I Love,
I Love With no
Limitations, But
if You Betray Me,
I Love Myself
Enough to Let
you go.**

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**GREATER
LOS ANGELES**



Put my hand in yours and together we can do what we could not do alone





Acceptable, Responsible, and Productive Members

As a result of being a member of Narcotics Anonymous, I have received many gifts above and beyond the promised "recovery from active addiction" that our literature describes. I am more honest, hopeful, courageous, humble, responsible, patient, loving, and serene than I was when I was using. I also have been married for twenty-two years to another member of our fellowship; I have a thirteen-year-old daughter; I had a loving relationship with my parents until their deaths; I have not been arrested for thirty-three years; I have a good-paying job; I pay my taxes early; and I vote in every election.

All in all, most people would say that I am a responsible and productive member of society. Every now and then I get reminded that, although I am proud to be a recovering addict, society may not view me in this way. In early recovery, I used to give blood on a regular basis. Then one day I was given a questionnaire, and one of the questions was "Have you ever used drugs intravenously?" Being honest, I marked "yes," and I was informed that they had no need for my blood. Even though, by the grace of God, I am HIV-negative and do not have hepatitis C, they still do not want my blood—but I still offer it every couple of years, just in case.

More recently, I applied for a volunteer position. The application process included an intensive investigation of my background and a polygraph test regarding any matters of concern to my background screeners. It turned out that the fact that I have been clean for twenty-five years did not overcome the fact that I had three felony arrests when I was seventeen years old.

When the people who wanted me for the volunteer position tried to help me overcome this obstacle, they asked me how many times I had smoked marijuana, used LSD, snorted methamphetamine, etc. As I answered each question honestly, I could feel that they did not want someone with my background volunteering for their organization. I was disappointed, hurt, and acutely aware that the tired old lie "once an addict, always an addict" is not dead in the minds of many in society.

These experiences have made me appreciate the love and acceptance NA offers me. It gives me membership that is mine as long as I have the desire to stay clean.

It gives me a place to be of service, so I can keep what I have by giving it away. And finally, it gives me the confidence that, some day, if it be God's will, I will be able to donate blood again and be a volunteer, even though I was arrested when I was seventeen years old.

The end of this story is that I allowed myself to feel sad for a couple days and to feel a pang of hurt when my friends talked about their training in this volunteer organization, but I have used the Serenity Prayer to show me the way back to peace of mind.

While I cannot make that organization accept me as a volunteer, I can still volunteer in other ways to help the same people. I have had a surge of energy, and the skills I learned in the service structure of NA are being put to work to help another group that is suffering. I may always bump into walls, reminding me that my rights of membership in society have been limited because of my addiction, but this same addiction has opened the doors to NA membership and all the blessings I have received here.

Anonymous



Walking Through

In my twelfth year of recovery, I found myself going through a divorce after 30 years of marriage. My recovery remained as a primary focus for staying committed to living one day at a time. I used the tools of recovery to make it through each day. I learned that sharing in meetings about going through a painful period of my life was not the end of the world or a reason to relapse.

I told my sponsor that I needed to be accountable as I walked through this, and that I wanted to contact her daily. I remained consistent with my meetings and the women I sponsored. I have always believed it is true that my Higher Power gives me what I can spiritually handle. The support I received was tremendous.

When I shared in meetings that I was having a hard time, other members loved me unconditionally. They didn't ask what was going on; they were just there to help me through. I didn't hold back any tears or try to sugarcoat the pain when I shared. Being real helped me, and it also gave newcomers another look at how this program can work when life is happening.

I have never felt so vulnerable with people as I have since I started recovery. My sponsees gave me tremendous support through this period. I cried and shared about my pain with them, and at times I wondered who was sponsoring whom. Their unconditional love was a spiritual awakening for me. I realized this was an opportunity to let down any walls that were barring my humility. They still loved me and wanted me to be their sponsor. Their commitment to this program and reaching out was such a gift.

When I questioned if the divorce was a want or a need, and if it was the right thing to do, my Higher Power would put a situation in my lap, and I heard the answer. I just needed to honor my truth and know that I knew the answer all along. I just needed to listen. I heard my husband tell me he didn't want to be married, and we both agreed that divorce was the right thing to do in order for us to be happy separately.

I listened to my gut, and I heard my Higher Power. It was quiet. From then on, I trusted the process. I felt freedom by being honest about how I felt. What a relief. The truth was out in the open. When I shared with another member about needing a place to move to, he told me he would be moving from his home, and that I could move there. I thought it was too easy. My Higher Power was putting the right things in place at the right time. My home group used my moving out as a group activity. My home was in order and ready for my new journey that same day.

At times when I felt alone, the phone rang or someone showed up at my door. I never felt that my Higher Power left me to go through this change by myself. Asking for help was so hard for me when I got here. Today, asking for help is a part of my recovery. People want to help if we ask. I'm not doing anything by myself, and I am thriving through this change.

Diane P

We apply the Sixth Concept when listen not just to the words our fellow members speak but also to the spirit behind their words.
Twelve Concepts for NA Service, Sixth Concept

Meeting Etiquette

- ◆ If you have to walk in and out of a meeting for whatever reason, wait for a pause in the sharing.
- ◆ Try not to talk with the person next to you while someone is reading or sharing.
- ◆ Feel free to do the key tags with a celebratory feel embrace your joy.
- ◆ Try not to eat your fruit during the meeting unless you brought enough for everyone.
- ◆ Have a real moment of silence. Some of us believe we were prayed into the rooms during those 10-15 seconds.
- ◆ Turn your phone off before the meeting starts. Our lives depend on this life saving message. Put it on vibrate silly.
- ◆ Be a good listener, people get their feelings hurt when you walk out every time a certain person shares.
- ◆ Show up early and stay late to get to know one another better.
- ◆ Share about everything used over nothing.
- ◆ Don't pass the basket, tear the meeting down, and clean up while someone is sharing. This distracts life saving messages.

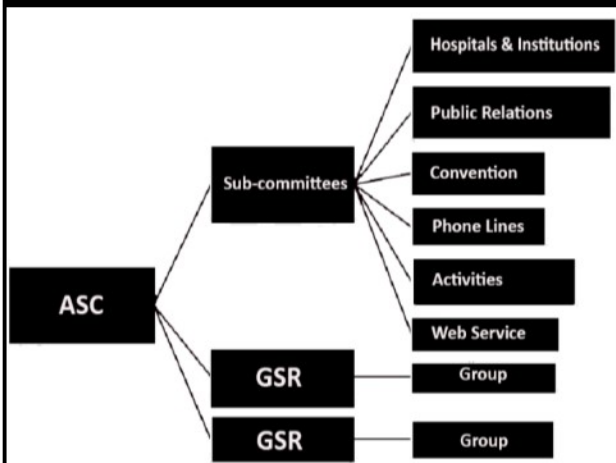
12 Reasons For NA Service

1. We can't keep it unless we give it away.
2. We show our gratitude for the recovery we've found in NA.
3. We recognize that when we heard about NA in treatment or from some other professional, it's because an NA member who came before us did service work.
4. We learn to work with others.
5. We learn to work with difficult people.
6. We are challenged to grow and change if we are to be truly of service.
7. We learn to make mistakes, forgive ourselves and change.
8. We get to see the message in action through the eyes of a newcomer.
9. We learn what it means to have a home, to have friends, to belong, and to work together.
10. We become NA: no longer are we on the outside looking in.
11. We learn that even though it takes longer to work with others, the results are greater because of the process.
12. We understand that without service, our recovery would be like a stool that's missing a leg.

Sunday Night "New Attitude" Meeting
 7pm 525 N. Market St., Inglewood
 (Third oldest NA group in the Greater LA Area. Est. 1982)



NA Service Structure



Mental Health/ Mental Illness IP Project

An approval draft of a mental health/mental illness IP for members:
www.na.org/?ID=mhmi&ID=mhmi

Unity is not just a feeling; it's a decision that shapes our actions and our attitudes.

*Guiding Principles:
The Spirit of Our Traditions,
Tradition One*

◆ Hitting My Knees

I want to share an experience of mine that I thought might help someone else, because it's really helped me with the ego-and-pride issue, and that's been a stumbling block for me.

My sponsor is big on hitting your knees, but for my first thirty days clean, I fought that hard. I would pray in every position but that one. I had to stop and ask myself, "What is the problem? It seems like such a small thing; why can't I do it?"

Well, the first time I tried it, I hit my knee so hard on the bed railing that I literally couldn't hit my knees! Don't you know, I used that as an excuse for another week not to do it?

Eventually, God helped me realize that the reason I wouldn't hit my knees was my ego and pride. That simple act meant bowing down to a higher power and relinquishing control to someone else: God. And believe me, that's a lot easier than giving it to any one person, because my ego tells me that if I can't have it, you aren't getting it.

For me, it works because I get up with the same head full of the same thoughts every day, and hitting my knees starts the day with a little less ego and pride and a little more humility, of which I am definitely in need. I know that three months ago it was a lot worse, so there is progress—but never as much as I like to think, and certainly never as much as I want. But just the fact that I've seen progress at all is a huge accomplishment for me, and I've learned in this program that I can live with that, just for today.

I'll never be completely free of my ego and pride or any of my other character defects, because if I were I would be perfect, which means I would be cured—and I'll never be cured. But my disease is in remission. I will wake up one day and, instead of me feeling "less than," my character defects will be "less than."

And that's faith to me: the assurance of things hoped for but not seen.

Deborah D.

◆ So Happy

I'm so happy to be alive. This Christmas is my 3rd Christmas clean, although I don't have all of the things I would like to have, I have the one thing I couldn't get over the last 20 to 25 years of my life, and that is that I'm clean, and I'm clean because I want to be. It is a gift words cannot express. People ask, "What am I doing this holiday?" People sent me cards and family want me to plan gatherings. My family is relieved. I feel joy. I love my life today. That is not something I'm use to after multiple decades of gloom, incarceration, and coming around for the holidays only to see what I could connive or steal to get loaded. The program has gifted me with a daily reprieve to enjoy today clean. I'm so happy, I have a God that loves me, and guides my life.

Marshall

Share the Wealth

the heartbeat presents the experiences and opinions of individual members of Narcotics Anonymous. The articles you see in this newsletter are written by NA members like yourself. You need not consider yourself a skilled writer. You don't have to know all the rules of grammar. We have an editorial team whose job it is to take care of those details. The articles and letters do not necessarily express the philosophy of NA as a whole nor does publication imply endorsement by NA. **the heartbeat** or the Greater Los Angeles Area of Narcotics Anonymous. **the heartbeat** assumes no responsibility to return submitted material and does not guarantee that submissions will be published. **the heartbeat** reserves the right to edit any material submitted in accordance with our review policy. The policy includes but not limited to:

- Articles should be no longer than two page handwritten or typed.
- Use of NA language of recovery.
- No profanity
- No personal attacks directed towards NA members or NA as a whole.

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Hospital & Institution Committee
 Meets 4pm every 2nd Saturday
 at 5352 S. Western Ave

Just for Today:

I will maintain control over my addiction. I will run the tape back when triggered. I will remember that values are subject to change without notice. I will carry myself with dignity, respect, compassion, and integrity. I will remember that as addicts we can only change our perception of our realities. With all these things I will stay clean, Just for Today.

Corie M. 11-27-17

MARCH / APRIL 2019 HELPLINE: 323 933-5395 WWW.GreaterLosAngelesNA.ORG



Happy Birthday



"My Gratitude Speaks...When I Care And When I Share With Others The NA Way"

1 YEAR
Davon Mc 4/02/18

2 YEARS
Vianca S 4/23/17
Howard F 3/01/17

3 YEARS
Phillip K 4/14/16

4 YEARS
Bruce G 4/16/15
Tina A 3/29/15

5 YEARS
Ron G 4/04/14
Genesis H 4/04/14
Dawn W 3/08/14
Jerry W 3/06/14

6 YEARS
Bessie S 4/26/13
Arthur G 4/20/13
Bridget B 4/18/13
Lojoy P 4/14/13
Ocie W 4/09/13
Angela T 3/13/13
Marcella C 3/04/13
Santos 3/01/13

7 YEARS
Lionel J 4/25/12
Felicity B 4/09/12
Brigitte B 3/28/12
Robert M 3/28/12
Elizabeth R 3/27/12
Angelia 3/21/12
Sharice C 3/15/12
Mary T 3/13/12
Willie F 3/11/12
Mariela E 3/06/12
Felipe C 3/06/12

8 YEARS
Vanessa T 4/25/11
Tony B 4/21/11
Axub A 4/22/11
Bruce R 4/20/11
La Tanya J 4/17/11
Ada B 4/15/11
Charlotte T 4/14/11
LaJoy P 4/14/11
Evelyn G 4/11/11
Ocie W 4/09/11
Jim R 4/01/11
Angela D 4/01/11
Tonette B 3/26/11
Ruth S 3/17/11
Kevin M 3/07/11

9 YEARS
Jerome W 4/30/10
Tyrone D 4/29/10
Don Rico G 4/29/10
Charlotte F 4/14/10
Jesse S 4/12/10
Shannon W 4/08/10
Octavia E 4/07/10
Lariza L 4/06/10
Margan N 3/29/10
Mike S 3/29/10
Maxim D 3/29/10
Thaddeus S 3/23/10
Cheryl P 3/23/10

Jody M 3/16/10
Alicia B 3/10/10
Sandra W 3/03/10
Herschel C 3/01/10

10 YEARS
Elizabeth C 4/29/09
Juanita C 4/25/09
Sharon D 4/23/09
Paula N 4/16/09
Richard H 4/15/09
Rosaline V 4/12/09
Terry M 4/06/09
Anthony C 4/04/09
Bruce H 3/30/09
Oletta W 3/25/09
Anita A 3/19/09
Anne C 3/10/09
Diane C 3/03/09

11 YEARS
Russell G 4/24/08
Ella W 4/18/08
Eva W 4/18/08
Donny H 4/15/08
Demeita R 4/11/08
Meia R 4/11/08
Araceli 4/09/09
Felicja B 4/07/08
Wilfred S 4/06/08
Jack H 4/04/08
James O 4/04/08
Shentel M 4/03/08
Gloria S 3/31/08
James B 3/27/08
Milton A 3/20/08
Lawana W 3/19/08
Gilbert B 3/14/08
Richard W 3/13/08
Robin G 3/11/08
Donald B 3/11/08
Hector C 3/09/08
Cynthia k 3/05/08
Paula N 3/04/08
Jennifer S 3/03/08
Joseph E 3/03/08
Barbara M 3/01/08

12 YEARS
Demond S 4/23/07
Kevin M 4/21/07
Mallory C 4/19/07
Bruce C 4/19/07
Benjamin M 4/09/07
Michael M 4/09/07
Wanda J 4/07/07
Julius J 4/02/07
Tenille H 3/30/07
Brenda B 3/29/07
Freddie M 3/26/07
Esmeralda P 3/22/07
Labrina P 3/22/07
Robert M 3/12/07
Jay V 3/12/07
Dawn T 3/10/07
Michael M 3/09/07
Anthony H 3/07/07
Beverly A 3/05/07
Lucretia W 3/04/07
Patrick W 3/01/07
Analice W 3/01/07

13 YEARS
George W 4/23/06
Carolyn J 4/23/06
Wellington F 4/14/06
Gemi P 4/12/06
Devon R 4/11/06
David G 4/10/06
Sparkey J 4/07/06
Joseph J 4/06/06
Stephanie B 4/05/06
Manuella M 4/04/06
Anthony C 4/02/06
William M 3/27/06
Carl B 3/22/06
Marcus H 3/20/06
Elizabeth F 3/17/06
Lester H 3/08/06
Denise H 3/07/06
Kristina S 3/05/06
Danieha B 3/01/06
Raffie D 3/01/06

14 YEARS
Donald T 4/25/05
Javier C 4/23/05
Rochelle R 4/23/05
Carla S 4/21/05
Shay C 4/17/05
Cheryl D 3/29/05
Tim C 3/28/05
Brenda J 3/26/05
Gabriel H 3/23/05
Lynn L 3/22/05
Larry W 3/18/05
Charlotte D 3/14/05
Donny H 3/09/05
Terne B 3/04/05
Eddie J 3/02/05
Monica C 3/01/05
Adrian S 3/01/05

15 YEARS
Jo-Ann L 4/27/04
Kenneth K 4/21/04
Gloria C 4/20/04
Rodriguez A 4/15/04
Bruce A 4/13/04
Joseph J 4/03/04
Nancy P 4/02/04
Angela L 3/31/04
Gwen A 3/25/04
M. Thomas S 3/19/04
Dennis O 3/17/04
Lawrence W 3/11/04
Diana H 3/02/04

16 YEARS
Wilfred S 4/27/03
Renea L 4/26/03
Sony F 4/24/03
Michael R 4/22/03
James L 4/20/03
Enclair H 4/20/03
Qudar E 4/17/03
Edward E 4/17/03
Regina S 4/16/03
Reppie M 4/14/03
Michael B 4/09/03
Garret A 4/09/03
Betty M 4/09/03
Linda T 4/04/03
James C 4/01/03
Cathy M 4/01/03

Gerald J 3/24/03
Renee R 3/23/03
Rob D 3/18/03
Karen S 3/18/03
Patrick S 3/17/03
Curtis J 3/16/03
Bill M 3/16/03
Josephine G 3/14/03
Jay J 3/11/03
Theolia T 3/10/03

17 YEARS
Patricia F 4/19/02
Alicija F 4/17/02
Robert G 4/15/02
Presley 4/15/02
Franchell J 4/14/02
Charles G 4/08/02
Robert T 4/04/02
Dino K 4/02/02
Alanna L 4/01/02
Mark B 3/29/02
Carrie D 3/28/02
Philicia R 3/27/02
James T 3/26/02
Doris W 3/25/02
Samuel J 3/24/02
Gina C 3/23/02
Charles S 3/21/02
Faurice R 3/20/02
Zack E 3/19/02
Catherine L 3/18/02
Mickey F 3/17/02
Ana A 3/17/02
Becky O 3/14/02
Ronald A 3/13/02
Luther H 3/09/02
Jim M 3/07/02
Nathalia H 3/07/02
Michael T 3/05/02
Steve S 3/03/02
Kevin J 3/01/02
Miles S 3/01/02 (RIP)

18 YEARS
Toy G 4/28/01
Juliette L 4/25/01
Albert G 4/24/01
Serena M 4/23/01
Gerri Mc 4/22/01
Debbie B 4/20/01
Pete R 4/20/01
Lynette P 4/17/01
Karla H 4/16/01
James S 4/06/01
Al K 4/06/01
Nicola G 4/05/01
Wilbert B 4/04/01
Donna H 4/03/01
David H 4/02/01
Debbie S 4/01/01
Kimberly C 4/01/01
John S 3/28/01
Bobby L 3/28/01
Tina B 3/26/01
Alfred P 3/21/01
Ana H 3/21/01
Donny H 3/20/01
Darrell L 3/16/01
Dawn W 3/15/01
Marvin H 3/14/01
Rodney T 3/13/01
Renee C 3/10/01

Helena D 3/03/01
Greg T 3/03/01
Elouise M 3/02/01
Darryl W 3/02/01

19 YEARS
Pete D 4/28/00
Nina P. 4/19/00
Stacy F. 4/16/00
Felecia B 4/10/00
Ellen F 4/07/00
Theresa G. 4/06/00
Sylvia R 4/02/00
Lisa S 3/30/00
Warren H 3/21/00
Karen E 3/21/00
Sidney W 3/20/00
Cole P 3/17/00
John W. 3/16/00
Charles S 3/15/00
Ken S 3/10/00
Willie E 3/09/00
Michelle F 3/06/00
Nylas L 3/04/00
Cass Q 3/03/00
Don C 3/03/00
Anthony S 3/01/00
Cristel D. 3/01/00
Jerry S 3/01/00

20 YEARS
Carleen B 4/26/99
Francine M. 4/23/99
Sandy W 4/14/99
Doris T. 4/19/99
Christina P 4/10/99
Rhendi J 4/10/99
Darla C. 4/08/99
Cecil H. 4/06/99
Priscilla J. 4/05/99
Ollillian M. 4/04/99
James C. 4/01/99
Joseph G. 4/01/99
Lovanda S. 3/29/99
Wolf 3/23/99
Patricia R. 3/21/99
David P. 3/19/99
Gwen T. 3/11/99
Mitchell P. 3/11/99
Tina W. 3/11/99
Linda S. 3/09/99
Sarita G. 3/09/99
Michael W. 3/05/99
Linda S. 3/03/99
Steve B. 3/03/99
Willie S. 3/01/99
Jerry S. 3/01/99

21 YEARS
Cynthia S 4/30/98
Robert B 4/23/98
Karen G 4/21/98
Jackie Y 4/15/98
Alvin C 4/12/98
Robert E. 4/05/98
Emily S 4/03/98
Lenore R. 4/02/98
Bernice C 4/01/98
Patricia R 3/28/98
Mark C 3/24/98
Kimberly W 3/22/98
Alberto G 3/18/98
Richard S 3/18/98

Earnest F 3/16/98
Rodney J 3/16/98
Bridget T 3/16/98
Sharon D 3/10/98
Tonie J 3/07/98
Denise L 3/06/98
Robert D 3/05/98
James W 3/05/98

22 YEARS
Derek S 4/18/97
Marcia R 4/18/97
Gina R 4/12/97
Hal G 4/12/97
Reginald W 4/07/97
Manuel C 4/04/97
Tommy M 4/04/97
Tracii P 4/04/97
Bill P 4/03/97
Debbie S 4/03/97
Charles K 3/30/97
Debi M 3/18/97
Robin G 3/14/97
Keith D 3/10/97
Alvitas R 3/09/97
Zina C 3/08/97
Jackie B 3/07/97
Bobby T. 3/04/97
Milton G 3/03/97

23 YEARS
Ivan M 4/25/96
Tommy H 4/23/96
Glenda M 4/11/96
Tanya T 4/10/96
Willie J 4/10/96
Gayle J 4/04/96
Tracey J 4/03/96
Elridge C 4/01/96
Charles K. 3/30/96
Venora S. 3/23/96
Karnell L 3/21/96
Gathon M. 3/18/96
Lynn M 3/18/96
Yvette N 3/11/96
Pam C 3/05/96
James H 3/01/96

24 YEARS
Daniel T 4/27/95
Charlene J 4/25/95
Darryle A 4/22/95
Philip J. 4/18/95
Tanya L. 4/17/95
Monroe C 4/10/95
Earl L 4/09/95
Monroe C 4/06/95
Dianne C. 4/02/95
Dana B 3/20/95
James J 3/16/95
Simone N 3/14/95
Cornelius A. 3/13/95
Pearl S 3/13/95
Sherry W.H. 3/01/95

25 YEARS
Danny T. 4/24/94
James S 4/23/94
Joe J. 4/19/94
Scharmaine Y 4/10/94
Cheryl M 3/27/94
Keith C 3/17/94
Renee D. 3/14/94
Carolyn K. 3/08/94
William H. 3/02/94
Garret A 4/09/03

26 YEARS
Carl A 4/27/93
Ragail H 4/14/93
Richard M. 3/04/93

27 YEARS
Barry R. 4/14/92
Billy M 4/04/92
Aubrey T. 4/01/92
Tara F. 3/31/92
Bruce H 3/23/92

28 YEARS
Lynn E 4/05/91
Linda R 3/23/91
Alex B 3/15/91

29 YEARS
Gary G 4/21/90
Helen M 4/07/90
Renita G 3/21/90
Daniel W 3/01/90

30 YEARS
Keenan G 4/18/89
Charles C 4/15/89
Orenda W 3/21/89
Joyce C 3/20/89

31 YEARS
Charles C 4/15/88
Ray G 4/12/88
Tania R 3/25/88
Tony Mac 3/19/88
Sharleen F. 3/17/88
Joi F 3/10/88
Cedric G 3/04/88

32 YEARS
Leon A. 4/16/87
Pat W. 3/19/87
Zack R 3/13/87

33 YEARS
Lee R 4/03/86

34 YEARS
Sally H 3/11/85

38 YEARS
Carlos G 3/25/81

39 YEARS
Jackie W 3/26/80