

COASTAL COMPASS COASTAL OPPORTUNITIES

SUMMER 2015

THE WORTHINGTON HOME OPENS ITS DOORS

After more than three years of meetings, negotiations, design, construction, and stress, the newest Coastal Opportunities residence became reality in March of this year. The Worthington Home, named after Gertrude "Trudy" Hurlburt Worthington and located at 61 Elm Street in Camden, has three groundfloor apartments for Coastal Opportunities participants and a fourth apartment upstairs for a "sympathetic tenant."

Designed by Camden architect Christopher Glass, the home was dedicated on Sunday, February 8, and move-in day came several weeks later. (Sadly, Ben Scofield, a well-loved figure in the community, was also slated to move from 59 to 61 Elm, but he passed away before making the move.)



The Worthington Home

In a February article for the local Pen Bay Pilot, Sarah Shepherd interviewed Coastal Opportunities staff and participants, providing background on the organization and the new home. (Thanks to her and to Lynda Clancy for allowing us to share the story.)

There has been a lot of interest in this construction project, and two of the residents, Melvin and Scott, volunteered to chat about their daily lives, along with the staff members who are directly involved with supporting the residential program.

Joe Curll, Executive Director of Coastal Opportunities, said: "The philosophy of the home is to enable the residents, who have intellectual disabilities, to live independently in their own apartments with minimal support. The home's central location allows them easy access to all of the necessary services and to be more connected to the community. Each resident has an



Scott and Melvin take a break during their packing. Sarah Shepherd photo, courtesy of Pen Bay Pilot

individualized care plan for assistance with banking, medical care, shopping, cooking, cleaning and nutrition."

Curll also emphasized the importance of economic participation in the community. Scott works at the Coastal Redemption Center in Camden and Melvin at the Penobscot Bay YMCA in Rockport.

The philosophy of Coastal Opportunities differs from a common one in our society, where too many people with disabilities are segregated in institutions, isolated in their family homes, all ways that they can be disconnected from full and meaningful lives.

Gail Varga, Program Coordinator at Coastal Opportunities, supervises the implementation of the individual assessment plans. For example, Melvin and Scott develop their own weekly grocery shopping lists with a focus on nutritional meals, not just microwaved frozen dinners, which tend to be high in sodium.

They are responsible for coordinating their own breakfast and dinner, with lunch provided at Coastal Opportunities.

One of their support persons, living in the Worthington Home's fourth apartment (on the second floor), is available for any emergencies and supervises outside chores such as raking leaves and shoveling snow.

A Coastal Opportunities staff member regularly takes Melvin and Scott grocery shopping at Hannaford and provides transportation to medical appointments, Clean Bee Laundry, and community outings such as movies, bowling, or coffee. The outings are a social opportunity for Melvin and Scott to expand their friendships with other Coastal Opportunities participants.

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Message from the President

As spring has arrived and the snow is finally melting, Coastal Opportunities is preparing to celebrate 43 years of caring for adults with intellectual disabilities in Knox County.

Looking back at 2014, we broke ground for a new apartment home at 61 Elm Street in Camden to replace the inefficient, drafty residence at 59 Elm Street. In spite of record-breaking snow and cold, the building was completed in mid-February by a team of subcontractors under the supervision of Maine Coast Construction. On February 8, the home was dedicated, and an open house attracted members of the First Congregational Church, the residents' families, Coastal Opportunities board members, and the public. The residents proudly became tour guides in their new apartments. The new residence has been named the Worthington Home, in honor of the late Gertrude "Trudy" Hurlburt Worthington, a longtime supporter of Coastal Opportunities. When told about the name, Trudy's son, Paul Hurlburt Jr., said, "I know how dear the Cash for Clothes program and the recipient of the proceeds, Coastal Opportunities, was to Mom. She would have been speechless upon hearing of this honor."

In December, Coastal Opportunities was the designated beneficiary of the handbell concert held each year at the First Congregational Church during the Christmas-by-the-Sea Weekend. Four handbell choirs and several soloists — 38 ringers in all—contributed their time and talent to this annual event, after which the free-will offering of nearly a thousand dollars was presented to Coastal Opportunities. In this era of major budget cuts, such donations are greatly appreciated.

Another annual event—one that benefits the Coastal Navigators Special Olympics team—is always enjoyed by everyone who attends. In early December, staffers organize a spaghetti supper followed by an auction that generates plenty of hilarity and lots of funds. Watch for the announcement in local media later this year, and join us for the occasion at the First Congregational Church.

Finally, on behalf of the Coastal Opportunities Board of Directors, I want to extend much appreciation to Joe Curll and the entire staff of this fine organization—their energy and enthusiasm and dedication are second to none!

-Ann McDonald Bex

THE WORTHINGTON HOME (continued from page 1)

According to Varga, the men need some assistance in order to live as independently as possible in an apartment setting. The level of assistance is tailored to each resident's individual needs. Always ready to lend a supportive hand are the dedicated staff members of Coastal Opportunities.

From Melvin and Scott's perspective, they love living in Camden and being able to walk to Rite Aid, Cappy's, Coastal Opportunities, the YMCA, the Camden Public Library for movies, and church. They enjoy being active members of the First Congregational Church and are regular ushers. They both agreed that their church family is a very special part of their lives.

And the community is special to them as well. Melvin speaks fondly of people who stop and give them rides to work if the weather is nasty. He mentioned Frank Rankin and Camden Fire Chief Chris Farley, in particular. They also appreciate their

friendships, hugs, smiles, discounted meals at Cappy's, and even the stranger who picked up their dinner tab at The Helm. When they go out, Melvin and Scott know practically everyone in town.

Besides their community outings, Melvin and Scott participate in such other activities as Tennis for Fun, the summer and winter Special Olympics, and classes at the Mid-Coast School of Technology.

Although they felt nostalgic about leaving their home at 59 Elm Street to move next door, they were excited about living in new, ground-floor apartments that don't need constant repairs and upkeep.

Scott shared that one of his favorite TV shows is The Andy Griffith Show, and maybe Camden has its own element of Mayberry. It's a town where people really care and support Melvin and Scott, their neighbors at 61 Elm Street.



THE CAMDEN ASSOCIATION FOR HANDICAPPED CITIZENS: A RICH HISTORY OF SUPPORT

The late George Robishaw once recalled that on February 22, 1951, he was among a group of concerned parents and friends gathered in the parlor of the First Baptist Church in Camden to discuss how they might encourage local school officials to change their policies and provide services to children with handicaps. That first meeting was the genesis of the Camden Association for Handicapped Children. The group worked with purpose, and eventually the school department in Camden relented and provided a room in the Mary E. Taylor School. That was it, though—only a room with desks and textbooks. The Association was responsible for everything else—including a teacher. Through impressive fundraising, the room was readied, even equipped with a toilet and sink purchased by one of the parents. The program was the third special-education class in the state, following Bath and Bangor.

The Association went on to open a program for the more severely handicapped children, establishing the Henderson School at the First Congregational Church in 1967. Dedicated to meeting the needs of the special population they served, the CAFHC then focused on creating what then was called a "sheltered workshop," to help the adults in need of a day program. The Coastal Workshop (now Coastal Opportunities) grew out of the Midcoast Activities Center, which opened in 1970.

In 2012, out of the blue, the Association was threatened with "extinction" when its tax-exempt status was revoked (along with that of about 275,000 other nonprofits). The ever-determined members of the Association went into action, frantically chasing and meeting deadlines for additional information and even amending the Articles of Incorporation. As they forged ahead, including making a quick trip to Augusta to file the paperwork in a timely fashion, they worried: "Did the IRS care about our little group? Will we cease to exist?"

Fortunately, the members were successful! In February 2013, they were notified that the Association was reinstated as a nonprofit organization. Now they look forward to carrying on their purpose and hopefully growing in support of all local handicapped citizens and their families. Over the years, the name of the Association changed the word "children" in its name to "citizens," which more aptly describes its ongoing work with both children and adults.

The current activities of the Association include meetings with potluck suppers on the third Wednesdays of April, May, September, and October, an annual picnic at Beaver Lodge, and assistance at dances and parties for Coastal Opportunities participants. Association members manage the funds for the Coastal Navigators Special Olympics teams and organize a pizza party for the Camden Hills Regional High School students who run the "Tennis for Fun" program for Coastal Opportunities clients.

Association President Cindy Bland says that the group is always available to help throughout the year as the need arises. Anyone with an interest in supporting and advocating for the people, programs, and events of Coastal Opportunities is welcome to become a part of this enduring group. Please consider joining! Contact Coastal Opportunities at (207) 236-6008.

—Marcia Orff



COASTAL REDEMPTION CENTER

HOURS OF OPERATION

Tuesday through Friday: 9 a.m. to 4 p.m. Saturday: 9 a.m. to 2 p.m. Sunday and Monday: Closed

LOCATION

35 Limerock Street Camden, ME 04843

TELEPHONE

(207) 236-6098



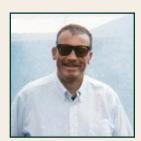
Peter Palermo photo



GONE BUT NOT FORGOTTEN...

In the last year, Coastal Opportunities lost two longtime participants, two former staff members, and the stepmother of one of the participants. May they rest in peace.

Wayne Breeding Ross Holt Marguerite Regnier Ben Scofield Barbara Wheaton



BEN SCOFIELD



ROSS HOLT

IN THE NEWS

In 2014, the Literacy Volunteers fundraising letter featured Coastal Opportunities client **Melvin Achorn**, who has participated in the LV Learning Center for more than six years. As their letter noted, "His initial goal was to learn to write his name in cursive. He has substantially improved his basic literacy skills and now corresponds via email and reads the news online." Coastal client **Katie Kuhn** also attends classes at the Learning Center, housed in the former Lincoln Street School in Rockland. Kudos to Melvin and Katie for their determination and successes!

Rockland, October 3, 2014—Coastal Opportunities announces that it has received a \$2,500 grant from the Bangor Savings Bank
Foundation to assist with costs at the organization's supportive-living apartment home under construction in Camden.

Eric Belléy, vice president and business banking officer at Bangor Savings Bank in Camden, presented the check to Coastal Opportunities Executive Director Joseph Curll and three of the home's future residents. The Foundation's goals, according to the bank, are "to support projects that will make our communities more prosperous, more livable, and more vibrant."

"The Foundation's generous grant will help us replace inadequate housing for Coastal Opportunities participants who hope to move in by the end of this year," said Curll.

In early 2014, Coastal Opportunities purchased the land at 61 Elm Street from the First Congregational Church of Camden, and groundbreaking occurred June 20. The church has had a long history of helping Coastal Opportunities (formerly Coastal Workshop) to accomplish its mission: to assist adults with intellectual disabilities to become participating members in the social and economic community.

-Courtesy of Village Soup



Ann Bex photo

A SALUTE TO STAFF!

The following staff members were recognized in May for their dedication and their years of service:

20 years

Diana Pomerleau Kingsley Sleight Janet Thomas 10 years

Sheryl Shattuck Paul Weintraub



COASTAL OPPORTUNITIES 2014 DONATIONS

Bill & Alcy Achorn • Grace & Herbert Annis Bank of America
 Ann Bex
 Billy Weiss Memorial Foundation • Jean Boobar • Marion Bowman • Camden Home for Senior Citizens Cappy's Chowder House
 Rosemary Carroll Cash for Clothes Sale
 Cash for Clothes Yard Sale • Marjorie Christie • City of Rockland • Amy Cobb • Ruth & Doug Cole • Tom & Susan Corcoran • Joe Curll & Hilda Livingstone • Bob & Norma Davee • Lisa & Mike Davee • Bettina Doulton • Thomas & Ellen Dowd • James Field & Margaret Pickering • First Congregational Church/Outreach • First Congregational Church/Bell Concert • Georgia Frizzell & Douglas Kellough • Lisa Genasci & Christopher Smith • Charlie & Dorothea Graham • James & Marlene Groves • Robert & Louise Hardina • Ronnie & Judy Hastings • Elizabeth Henry • Carol & Edward Howland • David & Nancy Jackson • Elinor Klivans • Lucy Levenseler • Keith & Carolyn May • Messler Family Foundation • Pat Messler • Karen Martin • Katherine Migliorato • Nativity Lutheran Church • Olive Coates Charitable Trust • Marcia Orff • Keith & Priscilla Patten • Jim & Linda Pieper • Audrey Post • Frank Rankin • Rockport Automotive • Saint Thomas' Episcopal Church • Claire & John Sanford • Frank Scofield • Meg Sideris • Jean Silva • Eileen & Peter Spectre • Henry & Claire Sullivan • Town of Cushing • Town of St. George • Town of Thomaston • United Mid-Coast Charities • United Way of Greater Portland • United Way of Mid Coast Maine • Gail & Kevin Varga • Erika & Robert Wilson • Nancy & Russell Wolfertz • Allen & Judith Zern

In Memory of Vera & Guenther Brandes

Bruce & Virginia Brandes Guenther & Dawn Brandes Hans Brandes Kathleen Brandes & Michael Drons

In Memory of Shirley Drinkwater

Lucille Shimkus

In Memory of Russ & Cindy Fales

Rae Fales Lyndon & Marion Mink Lew & Jill Pottle

In Memory of Ross Holt

Kathleen Brandes & Michael Drons Judy Dappen Diane Hill Gregory Holt Susan Hopkins Kingsley Sleight

In Memory of Loved Ones

June Fryer

In Memory of Annette Overlock

Rae Fales Lyndon and Marion Mink Lew & Jill Pottle Henry & Marian White

In Memory of Bernard Raynes

David & Barbara Witbeck

In Memory of George Robishaw

Bill & Alcy Achorn Jean Boobar Kathleen Brandes & Michael Drons Jim Jenkins Elizabeth Knight Eleanor Raynes Gary & Ann Seavey Jane Sternberg

In Memory of Jack Shimkus

Georgina & Gerald Gaebel Jay & Joyce Moody

In Memory of William Sternberg

Jane Sternberg

In Memory of Walter Yattaw/ In Honor of Linda Yattaw

Kermit & Michael Voncannon

For the Worthington Home

Bangor Savings Bank Foundation Worthington Fund/Maine Community Foundation

In Honor of Coastal Opportunities Staff

Rita Grinnell Elliott

In Honor of 40 Years of Cash for Clothes

Sharon Marden

In Honor of Denise Raynes

Frank & Janice Morong

Cash for Clothes Sponsors

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Christopher Glass
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Jill Lang
Bob Oxton
Pop the Cause
Amy Rollins

THE SCHOONER SOCIETY, COME ABOARD!

Support the Present • Secure the Future

Established in 2009, The Schooner Society encourages friends of Coastal Opportunities to make planned gifts to ensure the future care of citizens with special needs in our communities. Coastal Opportunities, founded in 1971 and celebrating its forty-fourth anniversary this year, has been nurtured and sustained by planned gifts and bequests from a prior generation. Now it is our generation's turn to "gift" the future.

Friends who would like to assist Coastal Opportunities have a range of options—a bequest, a life insurance policy, an annuity, a charitable remainder gift, or another form of deferred giving. All such benefactors will be enrolled and recognized as lifetime members of The Schooner Society.

To get started with the planning process, contact Coastal Opportunities board member Jim Jenkins at (207) 594-8857.





COASTAL OPPORTUNITIES ANNUAL REPORT

July 1, 2013 - June 30, 2014

OVERVIEW

Coastal Opportunities has provided services to adults with intellectual disabilities in the Knox County area for 43 years. We provide an array of services that include Residential, Community, Vocational, Work, Job Development and Placement, Home Support, and Case Management. These services are designed to assist adults with intellectual disabilities to become participating members in the social and economic community.

DHHS has continued to work with providers of these services to tie reimbursement rates to a standardized evaluation. This process will continue through the 2014–2015 fiscal year, and the new rates will be implemented July 1, 2015. Preliminary rates are estimating an 8 percent cut to Community (Day) Services and a 4 percent reduction for Residential Programs. The trend seems to favor people receiving residential services in their natural homes, with the family receiving some compensation for providing the support.

The waiting list that has been in place for a few years continues to hover at around 1,000 adults with intellectual disabilities waiting for services. Most will wait a minimum of two years before they can access day or residential services after they complete high school. The waiting list for our services is divided into two basic areas: Section 21, which provides for 24/7 Residential Services and for Community Services, and Section 29, which provides for 22.5 hours per week of Community Services. Section 29 is undergoing some changes and should be expanding in services and hours available to qualified participants in the upcoming year.

Coastal Opportunities was able to gain approval from the members of Camden's First Congregational Church to buy a piece of property on Elm Street from the church and build a new home with four apartments for three adults with intellectual and developmental disabilities as well as a resident sympathetic to their needs. The new construction, replacing inadequate housing owned by the church and currently leased by Coastal Opportunities, will provide three of the four residents with ground-floor apartments with ramped entrances and accessible interiors, allowing them to age in place. Work began on the new construction at the end of this fiscal year, and it is expected to be completed by the end of 2014 or early 2015. The apartments will also continue to be in the downtown area, allowing the residents to easily access work and needed services. This project is the result of a successful collaboration between the First Congregational Church of Camden and Coastal Opportunities.

Coastal Opportunities provided services and supports to adults with intellectual disabilities from July 1, 2013, to June 30, 2014, to further our mission. Our mission is:

To assist adults with intellectual disabilities to become participating members in the social and economic community.

In fiscal year 2013-2014, we provided services to 82 adults with intellectual disabilities. Services to the 82 participants included Community and Work Supports to 62 participants and Residential and Home Supports to 33 residents, who also received the Community and Work Supports above. In addition, we provided Case Management Services to 20 participants. To provide these services, we employed 90 full- and part-time staff, at a cost of \$2,886,606.

ORGANIZATIONAL EMPLOYMENT Work Services

Coastal Opportunities provided meaningful work at the Coastal Redemption Center to 4 participants. We supported 1 additional participant at the Pen Bay YMCA for two days per week. We provided 697 hours of Work Supports to participants in this program.

Organizational Employment Objectives for 2013-2014

- 1. To maintain Vocational Rehabilitation certification for agency-operated vocational services.
 - Completed: We have been certified to provide Vocational Rehab services until 2015.
- 2. To develop a transition plan with local school systems for students with intellectual disabilities by June 30, 2014.
 - We continue to reach out to schools each spring to identify services we can offer to outgoing graduates. A letter is sent to area schools each spring.
- 3. To develop a curriculum for work services that will assist individuals to make employment choices by June 30, 2014.

We now have three trained Employment Specialists to assist individuals in the job search process.

Objectives for 2014-2015

We will continue addressing the same objectives in 2014-2015.

COMMUNITY INTEGRATION

Community integration offers classes and volunteer opportunities to participants. Activities are designed to provide participants with the skills they need to access the community. This program provided services to 61 participants.



Volunteer Activities

Program participants had opportunities to volunteer at the following 15 sites: Owls Head Transportation Museum, Meals on Wheels, Tanglewood 4-H Camp, Goodwill, Nativity Lutheran Church, Windward Gardens, the Camden Area Food Pantry, Pope Memorial Humane Society, P.A.W.S. Animal Adoption Center, First Congregational Church of Camden, Knox Center, South Thomaston United Methodist Church, John Street United Methodist Church senior meal site, UMCC mailings, the Salvation Army.

Community Activities

Participants were offered classes and groups with other organizations in the community and with volunteers off and on site. This year we offered the following programs on site: Yoga with a volunteer teacher, Colleen Duggan; Art Class with Leenie Weintraub; Reading Groups with volunteers Martha Brower and Kim Slocomb; Woodworking with Marie Lufkin; and Music with Kella River. In addition to these programs, participants have the opportunity to weave on one of the many looms in the art program or participate in movement-based exercise.

We also offered a cartooning class in Hope at Sweet Tree Arts with James Quigley. James did a showing of the participants' work at the Corcoran Center, 35 Limerock Street, following the completion of the course.

Participants also enjoy structured programming at the Y, including swimming and gym time; bowling at Oakland Park Lanes; library visits; and walks on the Boardwalk in Rockland.

Community Integration Goals (and Results) for 2013–2014

- Program participants will maintain or increase progress toward their individual goals. Target: 90 percent.
 67 percent of participants maintained or made progress on individual objectives (down from 72 percent).
- 2. Program participants will maintain or increase the amount of time spent in integrated community settings. Target: 22 percent.
 - 23.9 percent of participants' time was spent in integrated community settings.
- 3. Program participants will maintain or increase the amount of time spent in volunteer activities. Target: 10 percent.
 - 6.7 percent of participants spent their time in volunteer activities (same as last year).
- Program participants will increase the amount of time in work settings (work supports). Target: 10 percent.
 2 percent of participants spent their time in work supports (up from 1.2 percent).

- 5. Coastal Opportunities will maintain enough staff to ensure that community integration is accomplished in small groups with a 1:3 staff-to-client ratio. Target: 60 percent. 18 percent of participants spent their time in integrated activities; 20 percent of this time was spent in groups of 3 or fewer (down from 31 percent).
- 6. Coastal Opportunities will continue to strive for customer satisfaction. Target: 100 percent.

 84 percent of program participants were satisfied, down from 98 percent. (Participants expressed an interest in trying additional opportunities at Coastal and going out into the community more.) 94 percent of Family/Other were satisfied.

Goals for 2014-2015

We will continue with all the same Goals and Target percentages we had in 2013-2014.

Coastal Opportunities Statement of Activities Years Ended June 30, 2014 and 2013					
		<u>2013</u>		<u>2012</u>	
Operating revenue Net patient service revenue Department of Health and Human Services grant Redemption center and client sales Other revenues Total operating revenue	\$	3,839,247 22,842 288,472 29,823 4,180,384	\$	3,765,379 63,934 280,024 65,546 4,174,883	
Operating expenses Program services General and administrative	_	3,529,950 516,659	_	3,497,066 479,976	
Total operating expenses		4,046,609	_	3,977,042	
Operating income	\$	133,775	\$	197,841	

SUPPORT COASTAL OPPORTUNITIES BY SHOPPING WITH AMAZON SMILE

When you're ordering from Amazon, start with

http://smile.amazon.com

Put in Coastal Opportunities as your beneficiary, and Coastal Opportunities will receive a check from Amazon for 0.5 percent of your purchase price (not counting taxes and shipping). After your first purchase, you'll be asked the next time whether you'd like to start your search with Coastal Opportunities as your beneficiary. Please DO! Even better, bookmark the site. There's no charge to you, and you'll be supporting a very worthy cause.

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Dressed for the occasion, Jean Boobar served as official greeter at the 80th Cash for Clothes Sale. Behind the checkout table are longtime Cash for Clothes volunteers Elaine Davis, Linda Mank, and Sue Rogers.

Amy Rollins photo

THE 80th CA\$H FOR CLOTHE\$ SALE!

The fall 2014 Cash for Clothes Sale marked the 80th sale of gently used clothing to benefit Coastal Opportunities. To celebrate, the American Legion Hall was festooned with pennants and a collection of vintage Cash for Clothes posters dating back to 1983. Adding period ambiance, courtesy of Tom Dowd, we played three days of 70s music and enjoyed watching shoppers "of a certain age" who swayed to the beats.

And...there were prizes. The first person in line at the opening sale, Mary Waite, won a handcrafted handbag from Coastal Opportunities, as did Najla West, the 80th shopper. The 160th shopper and Allison Wheeler, number 240 through the door, also won prizes. Every shopper received a raffle ticket, and numbers were drawn at intervals during the three days of the sale.

Winners of a free donated clothing item of their choice were Andy Jacobson, Emily Burgess, Leslie Peterson, Colleen Newcomb, Linda Weaver, Karen Eveland, Pam Egar, Sam Rains, Bev Nolan, Ann Bex, Betsey Wedge, and Brenda Williams. On the second day

of the sale, Sandy Payson won a handbag for being last in line; on the final day, Marguerite Fernald, age 95, won a free bag filled with clothing she selected. Kara Potter and Brenda Williams also were eligible to check out one sale bag for free. An unusual prize was awarded to the person who was nearest in age to 80 and remembered Haskell & Corthell Department Store: a cotton turtleneck still in its original sealed wrapper from H&C!

Also, many thanks to the Camden Hills Regional High School students who promoted the sale by strolling along the sidewalks of Camden wearing sale clothing with the sizes and price tags visible. They displayed signs with such phrases as, "Ask me where I bought these shoes for \$2," "Would you like to buy the shirt off my back?—just put your name on the tag and we'll sell it to you."

Helping to offset expenses and improve the bottom line were the sale sponsors: Allen Insurance & Financial and The First, N.A. We're most grateful to them for their generosity. Thanks to everyone who helped the celebration to be such a great success—Coastal Opportunities received a check for \$6,000 after the sale!!

—Jean Boobar