

# voices

## Lutheran Services Carolinas announces service award winners

Each year, Lutheran Services Carolinas selects a small number of employees to recognize for their dedication to their jobs and to the LSC mission. The following individuals honored with the Loyal Service Award have enriched the lives of the residents and clients they serve, as well as the lives of their co-workers.

**Nancy London** of Hickory's Trinity Village has been with Lutheran Services for 45 years, and during that time she has played many different roles, from accounts receivable to office manager to,

currently, receptionist. Nancy is key to visitors forming a positive first impression of Trinity Village, and she inspires co-workers with her sincerity and compassion.

**Bobby Lewis**, a maintenance worker at Trinity Ridge in Hickory, has been with LSC since 2010. Many residents ask for Bobby by name because of the way he makes them feel. He says he's thankful to have a job he looks forward to so much. "We don't just take care of people's medical needs; we take care of the individual," Bobby says. "I'm proud that I get to play a small part in that."

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LSC Loyal Service Award winners for 2014: Front, Nancy London. Back, Janet Coffey, Kristyn Yelton, Deanne Mingus, Jackie Bost, Bobby Lewis, Vernestine Bynum.

# goins on

By Ted W. Goins, Jr.  
LSC President



This edition of Goins On is dedicated to a part of our ministry I don't often talk about, LSC's independent living ministries. Today, LSC is home to nearly 200 people who live in our retirement communities, Trinity Oaks and Trinity View. I don't mention them as often because so much of my time is spent advocating for

and finding ways to serve the most vulnerable people in our society who can't help themselves. The people who live in our independent living communities are our unsung heroes. Let's sing about them for once!

The LSC independent living communities are not extravagant but are designed to be affordable for schoolteachers, business professionals and owners, veterans, housewives, and the like. LSC's independent living residents pay their own way; it's one of the only ministries always paid for by the person and without government subsidy. These people worked hard their entire lives, served our country, served their neighbors, saved their money, and now have decided to call LSC home.

The communities look like other neighborhoods, and the residents come for comfort, security, and quality of life. They might be doctors, lawyers, farmers, or gardeners, or perhaps readers, artists, musicians, athletes, jokesters or church leaders. They come from different backgrounds and cultures and lead the same lives the rest of us want to live.

This all brings me to one of my favorite topics: elderhood. Elderhood is the celebration and veneration of elders, those older and almost always wiser people who have learned from a

life well lived. LSC's independent living residents are living the LSC vision statement from John 10:10: "I came that they may have life and have it abundantly."

I live in Salisbury, so I see that elderhood and abundant life almost every day: at the grocery store, at the "Trinity Oaks section" of St. John's Lutheran Church, emblazoned on the side of a race car, at the theater, at local restaurants, or at any number of community events. The Trinity Oaks bus is more visible than the pizza delivery guy! And Trinity View in Arden is no different!

Every ministry of LSC has different needs, but they all easily fall under our mission statement: "Empowered by Christ, we walk together with all we serve." In the case of our independent living people, we don't have to walk with them as much as we have to run to keep up with them!

Like the slogan on the Trinity Oaks racecar states: "Never slow down!"

## New LSC offices

LSC's Charlotte office has a new home! The previous child and family offices on Albemarle Road officially closed on July 9 and reopened at Ascension Lutheran Church, 1225 E. Morehead St. in Charlotte. The LSC office is on the second floor. The new mailing address is as follows: LSC Charlotte Office, P.O. Box 30066, Charlotte, NC 28230. The phone number will remain the same: 704-940-3333.

The Assertive Community Treatment Team (ACTT) program in Chapel Hill also has a new home: 891 Willow Drive, Suite 2, Chapel Hill, NC 27514.

## Women of the ELCA Triennial donation benefits LSC

The Women of the ELCA continue to be very generous to the ministries of Lutheran Services Carolinas. At this year's Women of the ELCA Ninth Triennial Gathering in Charlotte, which wrapped up July 27, representatives from LSC received 1,508 prayer shawls made by women of the ELCA from around the country. The shawls will be shared with LSC's senior and child and family ministries. LSC also received 252 gift cards totaling more than \$4,000 for Faith Farm, an LSC home that provides transitional housing for female veterans. In addition, Faith Farm accepted more than 40 boxes filled with toiletry items and undergarments. LSC is grateful for this outpouring of support from the Women of the ELCA!



*The women of Faith Farm pose in their new prayer shawls.*

## Service award winners

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**Jackie Bost**, also of Trinity Ridge, has been a certified nursing assistant at Trinity Ridge since 2011. Jackie gets to know her residents in the rehab wing and anticipates their needs, doing her work with a warm, bubbly attitude. "I love being needed and knowing my residents depend on me," Jackie says.

**Deanne Mingus**, a restorative CNA at Trinity Ridge, has been with LSC since 1997. Deanne looks after residents who have little or no family support, taking them in as part of her own family. "She is a shining example of how we should offer humble service to others," says Director of Nursing Kim Price.

**Janet Coffey**, a rehab registered nurse at Trinity Village, has been with LSC since 1984. "Each day is different and sometimes challenging, but at the end of the day I can look back and think about how I was able to help someone who needed me," Janet says. "I made a difference!"

**Vernestine Bynum**, a restorative CNA at Trinity Glen, has been with LSC since 1985. "Residents love spending time with Vernestine," says Director of Nursing Ann Corns. Vernestine is a great entertainer, singing and laughing and catering to residents' needs. She also demonstrates leadership daily by helping wherever she sees a need.

**Kristyn Yelton** has been with LSC for almost four years, starting out as a social worker but recently taking on a new role as vocational specialist for the Assertive Community Treatment Team. Kristyn has "shown extreme dedication to her job, the clients, the agency and the team," says her supervisor, Amelia Howard. Kristyn believes that each person deserves to achieve their potential, regardless of obstacles.

# Trinity Elms health and rehab celebrates opening

Lutheran Services Carolinas celebrated the completion of the new Trinity Elms health and rehab with a dedication and open house Aug. 3. Located at 7449 Fair Oaks Drive in Clemmons, this new skilled nursing community is adjacent to Trinity Elms assisted living. Featuring more than 70,000 square feet and a hydrotherapy pool, the new home is the last of the four nursing homes constructed as

part of LSC's 2008 Master Development Plan. Funded in part by the *Keeping the Promise* capital campaign, it is the second of two skilled care nursing homes built to replace Lutheran Home - Winston-Salem. Guests for the opening celebration included U.S. Rep. Virginia Foxx and the mayor of Clemmons, Nick Nelson.



*Elliott Williams greets a couple arriving for the dedication of the new Trinity Elms health and rehab.*



*Guests enjoy refreshments in one of the home's four neighborhood dining areas.*

## 2014 Unaccompanied Children Appeal

Plans to further develop LSC's ministry to unaccompanied alien children are ongoing. Gifts to support this humanitarian effort are needed and can be made by visiting the LSC website, clicking on **Donate Now**, and specifying "2014 Unaccompanied Children Appeal" in the "Special Instructions" box or by mailing checks to LSC, P.O. Box 947, Salisbury, NC 28145 and writing 2014 Unaccompanied Children Appeal in the memo field. Questions can be directed to Lutheran Services Carolinas at [contactus@LSCCarolinas.net](mailto:contactus@LSCCarolinas.net) or by calling 704-754-8224.

## LSC helps unaccompanied children

In recent months, the problem of unaccompanied alien children crossing the Mexican border into the United States has reached crisis proportions. Regardless of one's stance on immigration reform, LSC believes the current situation demands a humanitarian response.

Since 2007, LSC has worked with Lutheran Immigration and Refugee Service (LIRS) to serve unaccompanied alien children (UAC) and help them reunify with family members within the United States, says Bedrija Jazic, service team leader for LSC Refugee Resettlement Services, which operates in both North and South Carolina.

In order to keep children out of adult detention centers that can be traumatizing for them, Jazic says, the Office of Refugee Resettlement, part of the Department of State, works with various agencies to give the children shelter and care until they can be placed with a sponsor, preferably a family member. After the children

are placed, they continue to receive services to ensure they're in a safe and healthy environment, Jazic says. The majority of unaccompanied children come from Guatemala, Honduras, and El Salvador, and they are often fleeing gang violence, domestic abuse, and poverty. Some have been victims of human trafficking.

Currently, LSC does post-placement case management and home studies for unaccompanied children that have already been placed in the home of a relative. Support is given both to the child and the "sponsor," or relative. In 2013, LSC provided such services to about 50 children in both North and South Carolina. Today there are about 60 children in the program.

LSC encourages those interested in learning more about the care of these children to visit the website of the Office of Refugee Resettlement at [www.acf.hhs.gov/programs/orr](http://www.acf.hhs.gov/programs/orr) and to consider a gift to support the 2014 Unaccompanied Children Appeal.



# Colors of the World

## LSC celebrates World Refugee Day in Raleigh and Columbia

On June 20, the block in front of the Raleigh capitol was alive with the colors and sounds of the World Refugee Festival, a celebration of culture and community. Sponsored by Lutheran Services Carolinas, North Carolina African Services Coalition, and the North Carolina U.S. Committee for Refugees and Immigrants, the event highlighted the contributions of refugees to American life. LSC's own Courtney McCurdy was the stage manager for the block party, which featured live music throughout the day. Guests also enjoyed a special Ethiopian and Eritrean coffee ceremony, as well as food tastings from refugee-owned catering companies.



LSC celebrated World Refugee Day in Columbia, S.C., June 21 with fashion, art, food, and music from around the world. Highlighted by a "Colors of the World" international fashion show, the event was a labor of love for the many refugees resettled by LSC who now call Columbia home. Held at St. Andrew's Lutheran Church, the program also honored volunteers who have played a key role in refugee resettlement efforts there.

*Top: This group of colorfully dressed women took part in the fashion show at the World Refugee Day celebration at St. Andrew's Lutheran Church in Columbia.*

*Bottom: People of many different cultures and countries, including this woman from Somalia, participated in the World Refugee Festival in downtown Raleigh.*

# Going to the dogs

## Kinard Manor welcomes service dog

Don Horn, who served in the Army for 23 years, never expected to be without a roof over his head, but this spring he found himself sleeping on the grounds of the Dorn V.A. Medical Center in Columbia, S.C. He had recently moved with his girlfriend to Columbia, where he had a temporary place to live. When an anticipated job fell through he found himself without a home.

Officials at Dorn tried to find Horn transitional housing, but Horn says three Columbia-area homes turned him down because of his dog, Moose.

Yet LSC's Kinard Manor in Greenwood, S.C., didn't see Moose as a deal-breaker, provided he didn't cause any problems.

In fact, Moose, who has a service dog designation, proved to be a wonderful resident of the transitional home for veterans.

Moose helps Horn handle his back problems so he doesn't need to use a cane to get around, and he's also a good friend.

"He knows when I'm stressed, when I'm happy," Horn says. "And I didn't have to teach him that. We've been inseparable since I got him."

Horn says that if it had been necessary, he would have gone hungry in order to feed Moose.

"He comes first," Horn says. "He's my soul and inspiration. I don't know what I'd do without him."

When Horn was an 8-year-old with a paper route, one of his customers gave him a border collie puppy. That was the beginning of a lifelong hobby: training dogs.

The bond between Horn and Moose is evident when you watch them interact. Moose is incredibly attentive to Horn, who treats him affectionately but firmly when necessary.

His approach, he says, is old school – which means he doesn't train with treats. "I don't believe in bribing dogs," he says. "The reward is love, affection, and kindness."

Horn himself found kindness at Kinard Manor.

"I had to turn to my brothers in arms," he says.



*Don Horn and his service dog, Moose, were welcomed at Kinard Manor.*

"When I walked in here with Moose, everybody in the house accepted me with open arms," Horn says.

"If it weren't for the V.A. and Lutheran Services, I don't know where I'd be."

After spending less than two months at Kinard Manor, Horn was accepted to a truck driver training program and moved back to Columbia. We look forward to the day when we see Don behind the wheel of a big rig, with a friend named Moose sitting beside him in the cab.

## Out of Baghdad

### Former LSC case manager and her family find a better life in North Carolina



Zainab Alnomani

LSC's Refugee Resettlement Services program supports people who have lived through situations most of us can barely imagine. But Zainab Alnomani can imagine them all too well, since she was a refugee herself. Zainab began working for LSC in 2013 as an interpreter and then moved into case management.

The daughter of an Iraqi diplomat, Zainab was working for the Iraqi Ministry of Foreign Affairs in 2009 when the situation in Baghdad became dangerous. Although Zainab prefers not to talk about the politically sensitive details, she will say that she could no longer handle the instability of her life there.

"I felt unsafe," she said, a feeling that was heightened by the fact that she and her husband Samer were expecting their first child. "We felt there was too much stress," she said. "We wanted a better life for our son."

Deciding to risk everything for a better life, Zainab and Samer applied to settle in the United States and were accepted right away, but getting there took more than two years. During that time, they lived with their young son, Faisal, in Jordan.

After arriving as refugees in the United States, Zainab and Samer received resettlement services from Church World Service, which later became Zainab's employer. She also worked with World Relief, a Durham-based agency, before taking a position in 2013 with LSC Refugee Resettlement Services in Raleigh.

Zainab and Samer both found jobs quickly; Samer, who works in information technology, began working after a month, and Zainab found a job several months later.

Although initially unsure if they would be accepted in their new country, Zainab says that her family has felt welcomed, and that life has been good.

"Now we feel close to Americans," she says. "I can't imagine being anywhere else."

While Samer had a good job as a tower technician for a telecommunications company, his job kept him traveling almost all of the time, and he missed his family.

Zainab sent an email to LSC IT professionals Aaron Dixon and Mary Lince inquiring about internship opportunities with LSC.

"We didn't have any opportunities," Lince said, "but he had a great resume, and I wanted to help." She sent his resume to Christopher

Fogarty, a vice president at Versiant, LSC's IT provider. Fogarty was impressed with Samer's background and after they met, Fogarty offered him a job in Charlotte.

"He loves it," Zainab says. "And now we get to be together."

Still, she hated to leave her job with LSC in July.

"It breaks my heart," she says. "I've had a great time here. People have been friendly and supportive."



Zainab Alnomani with husband Samer and their son, Faisal

# Wine and The Word

## Kurt Senske explores wine as a metaphor for the Christian life



Kurt Senske

Have you ever considered how many times wine appears in the Bible?

Kurt Senske says it's 521, if you include mentions of grapes and vineyards as well.

The author of four books and the president of Lutheran Social Services of the South, Senske is also a past chairman of the board for Thrivent Financial, the only

Fortune 500 company that is also a not-for-profit organization.

Senske spoke this spring at a Trinity Oaks luncheon sponsored by Thrivent Financial and Lutheran Services Carolinas.

For the past decade, Senske said he's been consumed by three topics: wine, the Bible, and what it means to live a Christian life.

For Senske, there is much about wine that works as a metaphor for living the Christian life, and that is the subject of his new book, "Wine and the Word: Savor and Serve," which became available June 1. Senske said the book has been called a "sneaky Jesus book" because its approach appeals to those who normally wouldn't buy a religious book.

In the Old Testament, Senske said, wine was considered a necessity of life, and an abundant wine harvest was thought to be a symbol of God's blessing. In the New Testament, Senske noted, the first miracle by Jesus – turning water into wine – was intended to show that a God greater than Bacchus had arrived on the scene.

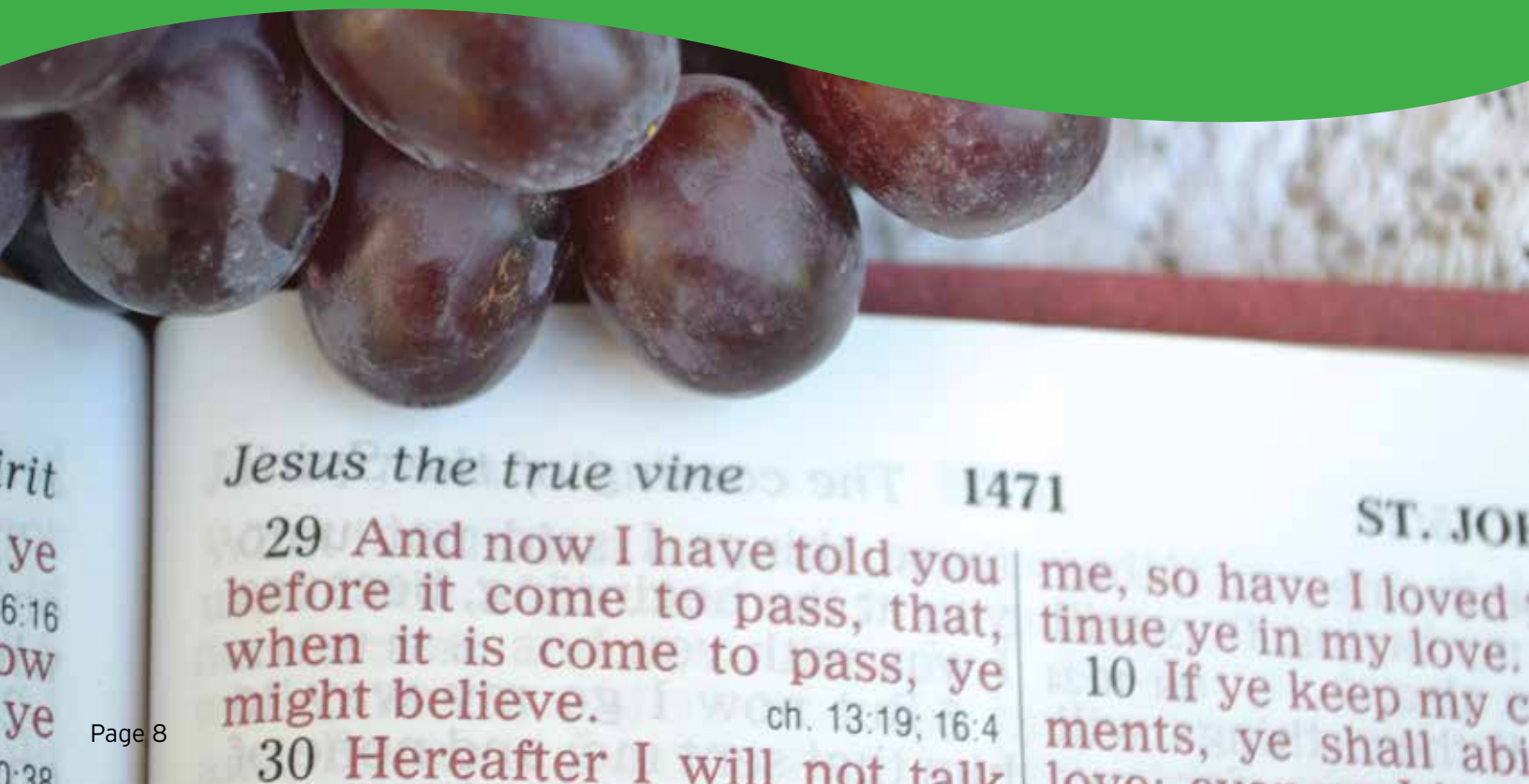
Senske pointed out that the Bible is full of wine imagery. Wine even plays a role in Christ's final moments, when he is given a sponge soaked with "the cheapest of common wine," Senske said.

We need to "taste" God's word in the way wine experts explore a fine wine, savoring it, lingering over it, and paying careful attention to it.

Living a life of integrity and significance is to be intoxicated with the Gospel, Senske said, which brings the kind of satisfaction even the finest bottle of wine cannot.

Through Christ, he said, "my cup runneth over, spilling recklessly into the lives of others."

*Senske has written three other books: "Executive Values: A Christian Approach to Organizational Leadership," "Personal Values: God's Game Plan for your Life," and "The Calling: A Life of Significance."*





## Lutheran Chapel hosts disaster response training

More than 35 people representing North Carolina churches and agencies gathered together in Gastonia in July to learn more about disaster preparedness and Lutheran Disaster Coalition of the Carolinas, the lead agency for Lutheran Disaster Response in the Carolinas.

According to Thrivent representative Terry Halvorson, the day-long training session was created to connect Thrivent, Lutheran Men in Mission, Lutheran congregations, and other “like-

minded” people who have traditionally participated in disaster response in North Carolina.

Leading the session was George Strunk, Long Term Recovery Group Committee Chair of North Carolina VOAD (Volunteer Organization Active in Disaster). Strunk outlined the delivery of disaster response services in North Carolina and also offered suggestions for churches interested in forming Early Response Teams for immediate disaster situations within their communities.

## Care management funds now available

Care management services are increasingly important in helping seniors and their families find the support they need to navigate the senior care system. If you live in the Research Triangle Park area of North Carolina and need the assistance of a care manager, the Community Services program of Lutheran Services Carolinas now has provided \$4,300 in grant funds to help offset

the cost of professional geriatric care management. Funds are available on a sliding scale basis to assist those 60 or older who live in the counties of Wake, Durham, Johnston, Orange, and Harnett. For more information, please contact Barbara Garwood, director of community services for LSC, at 704-603-1686 or email her at bgarwood@lscarolinas.net.

## West Stanly class sews dining scarves for Trinity Place

Which would you rather wear at mealtime to protect your clothing: a bib or an elegant dining scarf? Residents at Trinity Place, a skilled care nursing home in Albemarle, can now wear lovely dining scarves, thanks to students at West Stanly High School.

Students in Karen Brown’s apparel classes began sewing the scarves after Trinity Place Administrator Courtney Adams reached out to them. Trinity Place

supplied a pattern and some fabric, and the Cooperative Extension Service donated some fabric as well. So far, students have completed about 40 scarves. The scarves are part of a Lutheran Services Carolinas initiative to bring more creative and dignified care to its nursing homes.

*Trinity Place resident Jennie Whitley poses with a new dining scarf made by students from West Stanly High School.*





*With her fascinating history and sunny demeanor, Betty Miller is a popular resident of Trinity Grove.*

## Meet Betty Miller

### Trinity Grove resident once interviewed Eleanor Roosevelt

If you get a chance to meet Betty Miller, a resident of Trinity Grove, you'll soon feel like you've known her all your life. She has a knack for connecting with people. If you're lucky enough to hear her talk about her life, you might learn about the time she got to interview Eleanor Roosevelt, just one of the many fascinating stories she has to tell.

"I was an ambitious kid," Betty says. She grew up in Boston, and at 17, she wrote to various summer theatres to secure an internship. She was accepted by one in New Hampshire, and she soon began getting roles. That experience led her to a job with a Boston CBS radio station on a variety show called "Youth on Parade," which featured a precocious 12-year-old emcee named Milton Grubbs.

Later, Betty had her own show on a radio station in western Massachusetts called "Cheerful Little Earful," in which she talked about fashion and home economics and did interviews.

Feeling the lure of something bigger, at 21 she made her way to New York City, where she worked for a time at a hotel called The Flying Tigers. That was followed by a job at a 5th Avenue doctor's office.

She later moved to West Hartford, Connecticut, and became a drama teacher at the Randall School. One of her favorite students there was a young man named Ted Knopka, who was attending school on the G.I. bill after serving in World War II. You might know Knopka better as Ted Knight – the actor who won an Emmy for playing sports announcer Ted Baxter on "The Mary Tyler Moore Show."

Betty then did a morning show at WCCC, the Hartford radio station where Howard Stern got his start. She became a disc jockey – one of the first women to do so. She was known as Sidesaddle Sue. Her

big break came when a WCCC radio personality named Jean Colbert went on vacation and asked Betty to fill in for her. Betty proved a popular addition to the show, which led to her own show with her husband, Ross Miller.

It was largely a music show, but Ross and Betty also interviewed celebrities and notables who were in town. Ross talked to musicians like Duke Ellington and Frank Sinatra. Betty interviewed non-musical celebrities who were visiting Hartford, including Dorothy and Lillian Gish. One of her most memorable interviews was with the artist Norman Rockwell. She recalls sitting on a window seat in his studio in Lennox, Mass. "He was charming, absolutely charming," she recalls.

Betty had a little tougher time in 1957 interviewing Eleanor Roosevelt in the first lady's Hartford hotel room. Roosevelt had recently returned from a trip to Russia, where she had visited with the family of Soviet Union leader Nikita Khrushchev. An early question from Betty about Russian fashion drew an icy response from the first lady, who changed the subject. Fortunately, Betty was able to switch gears, and the two successfully discussed politics.

"I was in awe of her," Betty says.

Betty herself is the kind of person you might be in awe of – she's so smart and charming – but she's too friendly and kind to make you feel intimidated.

Plans are in the works for Betty to host a weekly TV show at Trinity Grove that features interviews of Trinity Grove residents and other community members. Stay tuned!

## Grace Lutheran helps Trinity View



For Servant Saturday on April 26, volunteers from Grace Lutheran Church in Hendersonville spruced up a wooded area behind Trinity View, an LSC senior living community in Arden.

Trinity View owns the beautiful wooded acreage that features a walking trail and is right next door to Lutheridge, a 160-acre camp and retreat center.

Volunteers from Grace Lutheran were joined by Trinity View staff, as well as several residents, including the Rev. Ernest Ridenhour, who has a particular interest in hiking trails. A former board member for Lutheran Services Carolinas senior services, Ridenhour helped lay out and build about 4,500 feet of trails on Lutheridge property, some of which cross over onto Trinity View property. After a morning of hard work, volunteers joined

Trinity View residents to enjoy a picnic lunch organized by Erik Sandstedt, director of dining services.

## Refugee Resettlement Services offers thanks

In June, Lutheran Services Carolinas sent out a plea for assistance to help some victims of human trafficking, individuals who are now being helped by LSC Refugee Resettlement Services. LSC supporters opened their hearts, responding quickly and with great generosity. Enough items were donated to meet these clients' immediate needs by furnishing apartments for them and helping them to settle into a secure place they call home. You have truly made a difference. Thank you!

## Trinity Ridge Parade of Tables supports child and family services

Trinity Ridge held a Parade of Tables event recently to benefit LSC child and family services.

Sponsors decorated eight tables, and Trinity Ridge provided food, which was donated by several local businesses. LSC Development Officer Elliott Williams spoke to the 60 guests about LSC's child and family programs.

The event raised \$630 for child and family services. Nicely done!



Trinity Elms  
(Assisted Living)  
3750 Harper Road  
Clemmons, NC 27012  
336-766-2131

Trinity Elms  
(Health & Rehab)  
7449 Fair Oaks Drive  
Clemmons, NC 27012  
336-747-1153

Trinity Glen  
849 Waterworks Road  
Winston-Salem, NC 27101  
336-595-2166

Trinity Grove  
631 Junction Creek Drive  
Wilmington, NC 28412  
910-442-3000

Trinity Oaks  
(Health & Rehab)  
820 Klumac Road  
Salisbury, NC 28144  
704-637-3784

Trinity Oaks  
(Independent Living)  
728 Klumac Road  
Salisbury, NC 28144  
704-633-1002

Trinity Place  
24724 South Business 52  
Albemarle, NC 28001  
704-982-8191

Trinity Ridge  
2140 Medical Park Drive  
Hickory, NC 28602  
828-322-6995

Trinity View  
2533 Hendersonville Road  
Arden, NC 28704  
828-687-0068

Trinity Village  
1265 21st St., NE  
Hickory, NC 28601  
828-328-2006

## Adult Day Services

Trinity Living Center  
1416-A S. Martin Luther King, Jr. Ave.  
Salisbury, NC 28144  
704-637-3940

## Learn more about LSC

by following **Lutheran Services Carolinas** on Facebook,  
by following LSC President Ted Goins on Twitter at **TedGoinsLSCPrez**,  
or by visiting the LSC website at **LSCarolinas.net**.



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*"Empowered by Christ, we walk together with all we serve."*

## Holy Schnitzel!

Incarnation Lutheran Church will celebrate its German heritage with the fourth annual Oktoberfest, Oct. 10-12, 2014. Hours are 11 a.m.-10 p.m. Friday and Saturday and noon-6 p.m. Sunday. The family-friendly event will be held at the gray stone church with the red doors in the heart of Shandon, S.C., at 3005 Devine Street. Come enjoy authentic German food, pastries, and beer while tapping your toes to the "oompah" music of live German bands. Kids will have their own huge play area and be treated to appearances by Martin and Katie Luther. Proceeds from the three-day event will benefit local charities, including Lutheran Services Carolinas. (Admission is free for sinners!)

For more information, visit [www.oktoberfestcolumbia.com](http://www.oktoberfestcolumbia.com).



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