

Feb. 3 - 16, 2012

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Eastern Edition

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21st Century "KidSpace"

Berne Union After-School Program "Discovers the Scientist within You"

by Debbie Henry

A night of family fun discovering how to make Flubber, Silly Putty, Chapstick, Sidewalk Chalk, Play Dough, and Goop/Slime brought together teachers, students and their parents at Berne Union School. The kids learned what ingredients were required to make these great inventions and just who invented them. Laughs and smiles, as well as oohs and aahs could be heard throughout the room as the kids saw their science experiments take form and just how messy some of it

could be. The staff, all dressed up in character, had just as much fun as the families.

This fun night was made possible through the 21st Century Berne Union After-School Program. This program provides tutoring and mentoring to young students after school, in a safe and nurturing environment to help students succeed in school, as well as encourage participation of families in various events and field trips that the group takes together.

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Attention Fairfield Union High School Seniors!

The 32nd annual Fairfield Union Education Association (FUEA) Scholarship applications are now available! The mission of this scholarship is to support the district's students in their post-high school education and is funded by donations and staff of Fairfield Union School District. Three recipients will be awarded \$1,000 each towards college tu-

ition and/or expenses. Applications are available in the high school guidance office or online at <http://www.fairfield-union.k12.oh.us/fairfieldhigh/index.html>, and click on FUEA Scholarship. Submit applications to Mrs. Bevis in the guidance office by March 31, 2012. Recipients will be named in May.



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Sheridan Middle School Honor Roll & Principal's List

6th Grade Honor Roll

6-1: Logan Ballman; Carlene Blevins; Mikaela Combs; Gerald Dalton; Garrett Fowler; Makenzie Godwin; Benjamin Heffelfinger-Jiggins; Owen Russell; Julie Spencer; Alex Wallace. 6-2: Lucas Clark; Kaitlyn Conne; Brooke Cremeans; Ivola Daniels; Hannah Dowell; Colton Elick; Kaitilin Flowers; Jason Gray; Lucas Huston; Amber Robison; Shawna Rutter; Jarrad Scott; Katlynn Young. 6-3: Fairhen Boggs; Dylan Cooperrider; Luke Craft; Anna Foster; Hunter Hardy; Dallas Hilleary; Devin Hogan; Sarah Johnson; Daniel Lott; Tyler McCanna; Tyler Sharpe; Katherine Shaw; Blake Smith; Skylar Taylor. 6-4: Christina Ames; Courtney Brown; Dillon Grant; Alyssa McCabe; Brooklyn Nazario; Erica Sickles. 6-5: Haley Bond; Sara Cooper; Elizabeth Hines; Shayla Huffman; Natalie Stretton; Jayden White; Austin Wolfe. 6-6: Austin Bergstrom; Alayna Carter; Kendrick Cleveland; Hannah Dennis; Miranda Draper; Alanna Gillman; Britny Rubio. 6-7: Collin Butler; Carly Fitz; Noah Gordon; Isaac Hennen; Kyle Johnson; Christopher Layton; Clayton Radabaugh; Alexis Reynolds; Seth Sawyers; Sarah Tack; Camryn Wolfe

7th Grade Honor Roll

7-1: Noah Cooperrider; Noah Fodor; Elizabeth Hudak; Abby Kunkler; Jalynn Moyer; Simon Murdock; Isaiah Steptoe-Ruyf; Katherine VanMeter; Abigail Zigan. 7-2: Justyn Bobo; Samantha Caldwell; Samantha Callahan; James Finck; Ryan King; Daniel McKeag; Elizabeth Miller; Austin Oliver; Sarah Powell; Cora Standiford; Logan Walker; Abigail Woodgeard. 7-3: Denise Carpenter; Ryan Carsey; Jennifer Crane; Lance Gordon; Dakota Herges; Danielle Knoll; Allyson Potter; Dakota Soto; Brandy Tittle; Hannah Tussing. 7-4: Kyle Euman; Jayden Geary; Michael Gittings; Lyric Johnson; Trevor Jones; Megan Langwasser; Gabrielle Large; Shane Severance; Jessica Shepard; Sydney Sturgeon; Latasha Vanatter. 7-5: Trevor Barr; Luke Calderone; Breannah Campbell; Garrett Dittoe; Breanna Dutiel; Mollie Robertson; Nathaniel Schriber; Jessica Shafer; Ian Smith. 7-6: Trey Brown; Sara Denison; Mikayla Fleming; Katelin Goforth; Olivia Johnson; Samantha Layne; David Parkinson; Kylee Patterson; Luther Ridenour; Macie Smith. 7-7: Hannah Arey; Trenton Gregg; Stanley Knox; Mason Loudner; Mark Mears; Olivia Mitchell; Emma Paul; Christian Scar-

berry; Logan Thompson; Madeline Trowbridge

8th Grade Honor Roll

8-1: Mycahlin Baughman; Dominick Draper; Clay Fisher; Kelsey Garner; Colton Lentz; Shelby Seum; Kaitlyn Shuman; Margaret Skinner. 8-2: Jordyn Cipriano; Adrianna Collins; Trevor Davison; Caryn Grogan; Robert Grosse; Garrett Jordan; Alyssa Nelson; Olivia Newbold; Amber Ramsey; Timothy Stickdorn; Shyanne Taylor. 8-3: Caleb Clonch; Johnathan Conn; Joshua Fletcher; Katelynn Saxton; Charles Sode; Stephanie Vannatter; Austin Welch; Marcus Young. 8-4: Mallory Blosser; Kristin Brandt; Bryce Chalfant; Samantha Childers; Jack Dowdell; Connor Dupler; Alexis Hupp; Katie LaFollette; Jacob Rickey; Kyle Sands; Abigail Waldrop. 8-5: Courtney Helser; Destiny Maddux; Carl Schmus; Donna Swinehart; Elizabeth Wolfe. 8-6: Michael Donisi; Kennedy Emmert; Kelsey Metzger; Jesse Shafer; Jessica Smith; Coleman Snider; Clayton Woneymaker. 8-7: Cole Carnes; Noah Cook; Natalie Eberts; Shelly Graham; Jeffrey Hoffman; Logan Ogilbee; Joseph Palumbo; Jessica Rife; Kelsie Sheppard; Nathan Smith; Morgan Terrill

Principal's List

6-1: Grey Bennett; Abigail Cavinee; Sydney Holderness; Jacob Williams; Skyler Yakes. 6-2: Nathan Campolo; Melanie Clum; Nicole Friel. 6-3: Abigail Davis. 6-4: Kyle Clellan; Julia Reinhart. 6-5: Dylan Emmert; David Hess; Chrystina Watson. 6-6: Madison King; Spencer Snider; Jena Wharton; Cameron Young. 6-7: Chloe Martin

7-2: Hayley Black; Michelle Shafer. 7-3: Ryan Grove. 7-4: Adelyn Smith. 7-5: Danielle Bunting; Max Hickman; Katie Russell; Stephanie Sweazy. 7-7: Dylan Dupler; Rachel Smith

8-1: Audra Chaffin; Alexander Datz; Jamie Fraley; Haley Miller; Sarah Miller; Jordan Patterson. 8-2: Keith Clellan; Emily Holcombe; Harlei Miller; Kara Pfeifer. 8-3: Madison Lentz; Donald Purkey; Johnathon Roark; Emily Taylor. 8-4: Corey Brown; Garrett Gwinn; Alexandra Harris; Devin McGee; Delanie Thomas. 8-5: Megan Cremeans; Jaret Frame; Kira Harris; Rebecca Kovaleski; Jacob McCullough; Brandon Russell; Blake Saffell; Nicholas Wright. 8-6: Ashley Beach; Jacob Beddow; Forrest Ison; Gage Wells. 8-7: Summer King; Amanda Plaisted

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The Lancaster Community Concert Association celebrates its 75th anniversary

by Dan Jones

The purpose of this nonprofit organization as stated by its President Rob Falvo, "Is to provide cultural enrichment to the citizens of Fairfield County." Over the past 75 years they have done an excellent job of providing a great variety of cultural offerings to the citizens of our county. Everyone that works for this organization volunteers their time to make this a successful operation.

They have provided a very wide variety of entertainment over the past 75 years from such groups as the Glenn Miller Orchestra, The Von Trapp Family Singers, The Ohio State University Men's Glee Club, The Great China Acrobats and The Columbus Symphony Orchestra. The Chris Jacome Flamenco Ensemble was their latest event which was held at the Fairfield Union High School on Sunday, January 22.

I had the opportunity to attend

this performance and was rewarded with a wonderful afternoon of haunting songs, brilliant instrumentals on the guitar and beautiful men and women performing exciting flamenco dances. The audience was mesmerized by the performance and there were frequent exclamations of "Ole!" and approval of the virtuosity of the performers.

The Lancaster Community Concert Association has four to five programs each year. This year there are five programs and they are all held in the auditorium at Fairfield Union High School. The Lancaster Concert Association has a reciprocal agreement with other communities that have similar associations, such as: Zanesville, Cambridge, Mt. Vernon, Washington Court House and Alliance. Each of these communities sponsors artistic events comparable to those in Lancaster and your local membership allows

you to attend concerts in these communities without further charge.

On Feb. 21, the St. Petersburg State Orchestra will be performing at the Secrest Auditorium in Zanesville and local members can attend this concert by using their local membership. The fifty dollar membership in the Lancaster Community Concert Association becomes a real bargain when you realize that you can attend over 25 performances in the surrounding cities. There were several people attending the Chris Jacome Flamenco Ensemble from Zanesville and other surrounding communities. The Lancaster Community Concert Association is to be complemented on providing quality entertainment to the citizens of Fairfield County for over 75 years. If you wish more information about the Lancaster Community Concert Associations go to their website at www.lancastercca.com

Sons of the American Revolution to host historical program in Lancaster

Members of the Hocking Valley Chapter of the Ohio Society, Sons of the American Revolution, will host a historical program open to the public on Saturday, February 18 at 11am. The free program will be held at American Legion - Post 11, located at 279 Canal Street, in Lancaster.

The guest speakers will be Colonel Larry Cornwell (USAF-Ret.) and his lovely wife Leanne, of Montgomery, Alabama, who portray General and Mrs. Richard Montgomery in Revolutionary War uniform and period garb. General Montgomery was declared by Thomas Paine, author of *Common Sense*, to be the "first hero" of the American Revolution.

Montgomery, Alabama, was named for him, as well as counties in 18 states, including Ohio. Colonel Cornwell currently serves the National Society, Sons of the American Revolution (SAR) as its Genealogist General. Mrs. Cornwell serves as the secretary of the National Ladies Auxiliary of the SAR, and both have been active in SAR activities at the chapter, state, and national level for a number of years.

Colonel Cornwell's ancestors lived in Ohio in the 1800's, including Fairfield County. His Ohio surnames include Brokaw, Lambert, Bush, Beatty, Ewing, Edwards, Houtz, Whitmer, Longberry, Kerr, Ross, and Elder. One

of his 29 Revolutionary War ancestors, Peter Whitmer, is buried in Perry County.

The Sons of the American Revolution, is a 501(c)(3) non-profit organization, whose objectives are: Patriotic - Historical - Educational. For additional information about the local Hocking Valley Chapter, please visit their website at:

www.rootsweb.ancestry.com/~ohhvcsar/index.html

The public is invited to attend this free program to learn more about the fascinating General who had such an impact on our country's history.

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DEADLINE IS NOON FEB. 10TH FOR THE FEB. 17TH ISSUE

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Red Cross Heroes to be honored February 14



Fran L. Miller



Charlie Schneider



Clyde Beougher



Alan Wallace



Cody Sarensen

by Tammy Drobina

Ordinary people often do extraordinary things, and the Red Cross holds a Heroes Breakfast each year to honor those who have made a difference in the lives of others.

This year's celebration will be held Tuesday, February 14 beginning at 7:30am at the Eagles Event Center in Lancaster.

The American Red Cross of Fairfield and Hocking Counties, a United Way agency, has announced the following as the 2012 Heroes:

Community Hero - Fran L. Miller

Fran Miller received multiple nominations due to her active community service. Fran has run the County Fair booth for the Fairfield Heritage Association for over twenty years and is the director of the annual holiday parade. She works on the project "Jillian's Dinners" that raises support for families in need and has served for 20 years as a 4-H leader and past Twig 2 President. Additionally, Fran is a member of the Lancaster Arts and Civics Committee, past President of the Lancaster Board of Realtors 1995-2005 and will serve again in 2013.

She has been recognized with Outstanding Women in Business, Athena Award, and a State recipient of Ohio Realtor of the Year Award. One of her nominations noted that "we sometimes search for those heroes among us, [and] Fran, a member of this Heroes Breakfast committee since its inception, has been a hero among heroes. She deserves our Community Hero award and our thanks."

Workplace Hero - Charlie Schneider and Clyde Beougher

Charlie and Clyde were nominated by Jim Craft of Diamond Power, who wrote that while at work at Diamond Power, the two men witnessed a driver for Landstar shipping company collapse and fall to the plant floor, apparently victim of a heart attack. They initiated their training protocol as instructed by the American Red Cross for cardiopulmonary resuscitation (CPR), a class they had taken at their workplace. Three times during the CPR process, the victim lost vital signs.

When the Lancaster fire department's emergency squad responded, they utilized their defibrillator device three times before he could be stabilized for transport to Fairfield Medical Center.

Charlie and Clyde attributed their success in handling this emergency situation to the first aid and CPR training they received. "It's nice to know that we had the training and experience required to perform the care needed," they stated, adding they would encourage everyone to obtain training in Red Cross CPR and First Aid in

order to be prepared in case you encounter a similar emergency.

Senior Adult Hero - Alan Wallace

Alan, a Vietnam veteran, was a volunteer for the Bloom Township Fire Department and continues his service today as a helper at their Annual Labor Day Fish Fry. His service as a firefighter included a term at Fort Myers Army Base, Washington D.C.

Alan was present on that fateful day of September 11, 2001 when American Airlines Flight 77, hijacked by five al-Qaeda terrorists, deliberately crashed into the Pentagon, killing all 59 people on board plus the hijackers, as well as 125 people in the building. On duty and present at the Pentagon at the time, Alan witnessed the aircraft headed toward the Pentagon and his fire truck was actually struck by the aircraft prior to slamming into the Pentagon. He was knocked to the ground and sustained injury from the burning fuel and debris, but despite his injury he entered the Pentagon and helped rescue a number of victims.

Alan has since moved back to Ohio but continues to lead groups of young and old alike to Washington D.C. in the celebrated program known as "Honor Flight," where he and other patriots assist military veterans on trips to the Nation's Capitol to visit the War Memorials there. He recently led a trip with 111 volunteers from Ohio to lay wreaths at the Arlington National Cemetery as a part of the "Wreaths Across America" program.

Alan is no stranger to our community and we proudly welcome him to the celebrated list of Heroes of the American Red Cross.

Youth Hero - Cody Sarensen

Cody Sarensen, a Junior at OUL with major studies in communications, organized and directed a basketball camp called "No Limits" for children and young adults with disabilities last July. Cody has determined that "kids with disabilities do not have a convenient opportunity to experience physical activity camps anywhere in central Ohio." Realizing this need, Cody did his research of other similar camps and drew on his own experience with the Lancaster High School Gale Force basketball camp, which he attended and helped supervise during his high school years.

He had planned on about 20 students signing up, but was surprised when he ultimately had nearly three times that amount of registered campers. Students and area coaches worked in groups and one-on-one with children of all abilities, with the title "No Limits" setting the tone for fun, play, inclusion, and learning.

The title "No Limits" could not be more appropriate because ac-



Rob Wiseman

ording to Cody, "The only disability in life is a bad attitude."

The camp he created was "mixed by design," including 9 to 11 year olds without disabilities so that they could learn from and about each other. The project was such a success that Cody anticipates even more campers next year. His hope is to build a career in service to disabled children and adults. According to Cody, "We all may seem different, but we are a lot the same."

Rob Wiseman - Education

On the opening night of last year's Millersport High School Football season, Toby Bullock was standing at the concession stand and had just taken a bite of a jumbo hotdog, which became lodged in his throat. He hit the side of the metal concession stand in an attempt to get someone's attention, but to no avail. Becoming light headed, quickly losing consciousness and filling with fear that he might not survive, Toby felt someone reach around his waist performing the Red Cross Abdominal Thrust maneuver. After the second or third thrust, the hotdog was dislodged.

Toby looked to see who was responsible for saving his life, and saw Millersport head football coach Rob Wiseman headed to the field with his team. With tears in his eyes, he ran to catch up, thanked Rob and kindly returned the hug. Coach Wiseman later said he was glad he had taken Red Cross training and hoped that incident was a positive learning experience for his team.

The nomination from Toby Bullock of Lancaster said, "Coach Wiseman saved my life and I will never forget how he stepped up to help a stranger!"

Public Safety Hero - Officer Eric Eggleston

Lancaster Police Officer Eric Eggleston was nominated due to actions during a response to an incident in December. While on routine patrol he responded to a call from the Pizza Hut restaurant on E. Main St. where a customer had collapsed and was not breathing. Upon arrival he discovered a man on the floor with a laceration to his head. Officer Eggleston confirmed the victim was not



Officer Eric Eggleston



Tracey Miller

breathing and was turning blue, and began to perform cardio-pulmonary resuscitation (CPR) immediately. He continued one man CPR until the medics arrived on the scene and transferred the man to Fairfield Medical Center.

In follow-up and self-initiated investigation, Officer Eggleston

learned that the man had an elevated level of carbon monoxide in his system. He continued his investigation, responded to the man's place of residence to ensure that his furnace had not malfunctioned

continues on page 10

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Honor Roll (3.51-4.00)
*Denotes all "A's"

5TH GRADE
*Nya Feinstein
*Zane Mirgon
*Cheyenne Miller
Callie Rathburn
Elly Johnson
Micah Hamilton
Kaitlyn Kilbarger
Jennifer Snyder
Kirsten Wolfe
Victoria Downour
Kaylin Hintz
Jacob Motta
Abigail Shupe
Amanda Montgomery
Wyatt Miller

6TH GRADE
*Sarah Bieber
*Gabby Sheets
*Jacob Ricker
*Abby Hintz
*Michaela Banville
*Xandra Taskey
*Andrew Ribo
Julia Folden
Isaac Cox
James Muncie
Teddy McCormack
Baylee Russell
Michael Leffman

7TH GRADE
*Josh Bauman
*Alyssa Lanier
Blake Mathias
Nicholas Gorbey
Sarah Dilyard
Thomas Perry

Braden Little
Skyler Vance
Nick Vancamp
Levi Brown
Chloe Miller
Peter Redman

8TH GRADE
*Jazmyn Watson
*Mac Kremer
*Keirstan Mirgon
*Alyssa Sand
*Alli Probasco
*Joey Ricker
*Mary Tebben
*Jasmine Hanes
*Nathaniel Hieber
*Alexis Lanier
*Keegan Fillingner
*Chloe Griffith
Lilli Marvi
Brianna Saltsman
Abigail Shafer
Emily Dilyard
Hannah Chapman
Janae Roberts
Lauren Shephard
Sarah Long

Merit Roll (3.00-3.50)
5TH GRADE
Lauren Nemeth
Kevin Clark
Dilan Gregory
Faith Hankison
Gavin Thompson
Sidney Little
Keri Speakman
Kolt Culbertson
Chase Lewis
Audrey Swick

Dylan Schaar
Tanis West
Jana Lenart
Brandy Potts
Nick Robberts
Chaz Dickerson
Madison Nihiser
Bradley Kennedy
Milina Daugherty
Jake Marincic
Gabby Flowers
Adam Balzer
Josh Dilyard
Kayla Bowers
Gage Warner
Savauna Persinger
Weston Stoneburner

6TH GRADE
Brittany Hartsook
Alexis Gavorcik
Dakota Justice
Joseph Muncie
Corbin Unger
Ashley Gillespie
Lacie Crist
Austin Dennis
Gabby Todd
Robbie Brendsel
Taylor Carpenter
Dalton Azbell
Paige Probasco
Jacob Tharp
Alex Delong
Aron Goss
Chloe Voris
Cora Holland
Zaid Abdulsalam
Samantha Lowe
Blake Smith
Sam Croft
Jeremiah Wolfenbarger

Emily Mayles
Latera Campbell

7TH GRADE
Jacob Grubb
Trevor Belvins
Elizabeth Queen
Alyssa Reis
Taylor Schank
Hunter Mahlerwein
Alyssa Callahan
J.R. Grubb
Madison Staten
Ethan Snok
Mariah Jackson
Mickayla Hull
Nathan Romine
Brittney Mirgon
Tyler Gavorcik
Noah Sharpe
Brianna Hartsook
Nick Krile
Thomas Rollins
Shelby Fetherolf

8TH GRADE
Bryce Pietila
Lucy Johnson
Jessica Wehrle
Elijah Cooperrider
Chris Chapman
Trisha Yerian
Ashley Venrick
Kaitlyn Downs
Trevor Curtis
Abigail Helber
Chelsea Arganbright
Shy Murphy
Jason Sims
Elizabeth Kennedy
Brook Reid

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From These Hills *with Trendle Ellwood*

Fickle February

February, the last full month of winter, can sometimes give us what December forgot. It hardly ever snows for southeastern Ohio before Christmas, so to me it doesn't really seem like winter until January. Then comes February which sometimes brings us the most wintry days of all. Yet, we have passed the winter solstice so the days are getting longer and sunlight lingers with us later every evening. In February, even if nature sometimes dresses herself in frozen crystals of ice and snow, a breath of change is stirring.

This breath of change is found hiding in the dark recesses of the chicken's nests, where brown oval treasures begin to appear. It can be seen above our heads where the maple trees press maroon buds against the deep blue of the skies and it can be heard in the sap that flows in the veins of these same trees. (If you hold a stethoscope up to a maple's heart on a warm day in February, like listening to the sea in a shell, you can hear the sap flowing.) Syrup harvest will begin soon, if it has not already.

This breath of change is found beneath our boots in the faces of Snow Drop flowers bearing buds that mirror and mock the snow. It is smelled in the scent of skunks that totter across the fields, drunk on love. It is in the bees that make cleansing flights on the warmest afternoons and are busy raising brood in their self, warmed hives. This breath is heard at dawn in the trill of the screech owl as he serenades his engaged and it is seen in the kitten-like fuzz that erupts on the pussy willow sprouts.

February, so busy with all these inner changes, can be very moody. She delights us with days that seem like sunlit spring then she clams up and turns us a cold shoulder sending shivers up our spines. Often I go to our gardens on mornings, after these cold snaps, to witness crocus flowers that dared to bloom when February smiled the day before. These bold blossoms can get caught in



Crocus in bloom

one of the fickle month's crying spells and become enclosed in a cloak of ice.

Between the ice, snow and rain, I have a passion for getting out into these hills and trampling around in every season. There are secrets in these woodlands that are only found in quiet places. The plow, the bulldozer nor the car can ever reach them. One needs to get off on horseback or foot, away. We had a rare winter day recently with temperatures up to 50 degrees. After weeks of being in the house I craved to get out, to be surrounded by nature. So, even though logic told me stay (my check engine light was on in my car) I got in and drove a few miles down the road.

I took myself to a place where a wonderful lady lets people walk her property, "so people like you can enjoy nature in its natural state", is how she said it. Can you believe there are still such angels in this world? I am so thankful for her. Nature can be witnessed undisturbed there as the property is, as yet, unheralded. Full of history and hints of the unknown, the trail leads to stones placed in two circles by ancient people.

When I arrived at my destination I gathered up my camera and backpack and escaped the car. I lifted my face to the balmy breeze and the warmth of the sun and

started up the hill. Entering the woods I heard a rustling and watched as three deer browsed. They were not scared, just cautious and stood at times looking back at me. I acted like I was just grazing and not a predator and so was privileged to travel for a time with them as they led the way to the top of the hill.

My eyes were amazed at all the green even in the depths of winter. Nothing is greener than the moss that drapes and softens the forest with carpet. Sporophyte rises from the clumps of green on spindly legs in a deep shade of bronze. Lichens add splashes of orange to the brown oak leaf floor. Silver stems of last summer's American pennyroyal stand like delicate ladders against the green moss on the rocks in the inner circle. The red veined leaves of alumroot tumble over the outer heaps of mysterious stones that know of what was, but are not allowed to tell. I left the hill happy to have witnessed nature in her calm, winter mood.

Now February's breath of change will bring more to notice and it will stir the sap in me to dream of spring and fresh new growth, the scent of loamy soil and the simple pleasure of shaking a seed packet full of rattling seeds.

www.trendleellwood.com

Ask The Professional

This article is being launched as a public service to the community by Tri County Home Builders Association to advise our neighbors on questions they may have which are pertaining to building, remodeling or maintaining their homes.

Dear Pro: If I turn my thermostat to "90", my house will warm up faster, right?

TCHBA Pro: Sorry to say, but only maybe. If your furnace is single-stage unit it will fire at its maximum capacity for a 1 degree temperature increase, or a 20 de-

gree temperature increase if it is a "multi-stage" unit, it will detect the temperature difference and stage up sooner but then only to its maximum capacity. It's best to set the thermostat at the temperature you want and let the system do its job. That way, you have less chance of **over**heating the home, being uncomfortable and wasting fuel.

Dear Pro: Why do I need my heating and cooling equipment serviced?

TCHBA Pro: As with any piece of equipment, like the engine in your car, it wears. Metal assemblies corrode, plastic and vinyl pieces deteriorate, and gas valves may leak from worn seats. And sure enough, on the COLDEST night at 2:17 am in the morning it will GET your attention!

Email your questions to questions@tricityhomebuilders.com or call Tri County Home Builders Association 740-689-3916.

Lifeguard and cashier applications being accepted by City of Lancaster

The City of Lancaster, Ohio, Department of Parks and Recreation are currently accepting applications for lifeguards and cashiers for employment at the city pools the 2012 summer season.

Please pick up an application at the Parks Office at 1507 E. Main Street, Lancaster, OH between the hours of 8am and 5pm Monday through Friday. When turning in applications you will need to present your drivers license or state ID and your social security card. All new employees will be required to take a pre-employment physical,

drug test and background check. If you are under 18 years of age a parent will need to accompany you.

If you are interested in lifeguarding you will need an American Red Cross Lifeguard Certificate and First Aid and CPR/Pro Certificate. If you do not have these you will need to have them by mid-May. Do not wait until April to find a class because they will either be full or completed for the summer many times.

The Robert K Fox Family Y is offering a class beginning on February 19. If you cannot attend that

class, at least call and put your name on the next class list at the Red Cross. Information on obtaining these certificates is available by contacting the American Red Cross chapter house at 740-687-5585. Another close location that you may be able to obtain a certificate is Ohio University-Athens at http://www.ohio.edu/recreation/aquatics_institute.htm.

Please be sure to make a contact to gain access to a lifeguarding class ASAP.

Cashiers will have on the job training provided at the facility.

Beavers Field Receives the Field of Distinction Award from Ohio Sports Turf Management Association



Photo of Beavers Field from their website

by Debbie Henry

One man's dream and compassion for a sport, and the complex that he has built to provide a baseball facility for all to enjoy, has not went unnoticed. Al Beavers, owner and general manager of the Beavers Field Baseball Complex in Lancaster was honored on December 7th with the "Field of Distinction" Award. This award is given out to the facility that raises the bar with their maintenance and upkeep of their fields. Fields throughout Ohio, including the Columbus Clippers, Cleveland Indians, and the Cincinnati Reds were considered for this award. Al says it came as quite an honor and a surprise "It has become quite a passion, my wife jokes I have created a monster, but to be recognized by all of your peers makes it all worthwhile." He continues, "I almost didn't go to the convention this year, I have always went in the past, but this year my wife is going through some medical issues, and I had other commitments. I was getting emails inquiring if I was going to be at the State OSTMA Annual Convention at the Convention Center this year, and I kept saying, not this year. I received a call from Head Groundskeeper Doug Gallant of the Cincinnati Reds to make sure I was going to be there, then I received a call from Head Groundskeeper Wes Ganobcik of the Columbus Clippers inquiring what size jacket I wore, I knew then something was up, and I better be there. It was such a nice honor"

Beavers Field was a dream of Al's back in the late 80's, after many years of coaching Legion Ball and playing on High School



Al Beavers receiving award (photo from OSTMA website)

fields, he thought it would be nice to have their own complex to enjoy as well as the community to share. The first pitch was thrown out on June 1st 1991 with 30 games played on the field that year. By the time 2004 rolled around there were 165 games played on their field from Legion games to high school games to college and pro class 1 games. The numbers keep going up as the word gets out about how nice this complex is. Al's improves and adds something every year. He is dedicated and passionate about the sport as well as this facility. He has put not only his own money into making this facility great, but a lot of sweat and tears. You can find Al out there doing all the work; mowing, repairs, upkeep. He just recently installed the fence slats for the wind screen, 5,594 slats, 670 feet by himself, one at a time. Yes he has volunteers, and his wife works and runs the concession stand. His son coach's ball at OU-L and his grandson can be found helping his grandpa out on the fields. It is truly a family affair, a field of dreams for the Beavers family.

To learn more about Beavers Field you can go to their website at www.beaversfield.com.

Musicians and vocalists to perform a concert of American Music Favorites on February 5th

A diverse group of top instrumentalists and vocalists will be performing jazz, pop and classical music during the 24th Annual American Music Concert concert held at the Lancaster First Presbyterian Church on Sunday, February 5, 2012, beginning at 2:00 p.m. Many of the performers have Masters and Doctorates in Music and are now professors of music at various universities and have also performed worldwide. The concert is unique in many ways. All of the music that is performed has been written by American composers; the performers are trained professionals who volunteer their time to support the ef-

forts of pianist Marjorie Seeley in providing an outstanding musical event for the community and sharing their love of music; and everyone attending receives a program that lists the musical selections, and a brief biography of each performer and composer.

The concert, sponsored by the Lancaster Music Club, will be held in the beautiful sanctuary at the Lancaster First Presbyterian Church, 222 North Broad Street, Lancaster, Ohio. Tickets are not required and the concert is open to the public. A reception with light refreshments will follow the concert. For additional information, call (740) 653-1076.

Sewing Smorgasbord Scheduled for March 17

Interested in marketing your sewing business? Excited to learn how to use your Serger? Looking for new ideas for creative fabric embellishments? Are you curious about heirloom sewing including needle and shuttle tatting? Have quilting questions or looking for new quilting tips and techniques? Want to learn how to "recycle" those once dyed shoes? Interested in learning felting techniques? Scissors need sharpening? For these topics and more, plan to attend the 39th annual Sewing Smorgasbord on Saturday March 17th to be held at Sheridan Middle School in Thornville, Ohio, (Perry County). This is the clothing and textile update of the year sponsored by Ohio State University Extension. This year's program includes thirty five classes on a variety of topics, exhibits by area businesses, a fabric fair, scissor sharpening and a "people's choice".

Back by popular demand is the "people's choice" contest. The category for 2012 is a "green" ("green" can be the color green or "green" as in having used recycled materials) wall hanging. The contest is open to anyone. There will be two categories - a youth (under 18 years of age) division and an adult (over 18 years of age) division. The winner in each category will be determined by a "People Choice" vote of those individuals attending the Sewing Smorgasbord. Participants can enter by constructing a "green" wall hanging (no-ready-made wall hangings allowed, however, pre-printed panels can be used in designing the wall hanging), using a commercial pattern or your own design. Registrations for wall hanging entries will be accepted during the Sewing Smorgasbord

until 10:00 a.m. and must remain on display until the announcement of the winning entries at approximately 3:15 p.m. Individuals may enter as many wall hangings as they choose. There will be a \$1.00 fee per entry. The overall winner in each category will win a \$25.00 cash award. If you have questions, feel free to contact Cindy Shuster, Extension Educator, Family & Consumer Sciences, Perry County at shuster.24@osu.edu or call her at 740-743-1602.

The fabric fair is a huge attraction for annual attendees. The fabric fair is an opportunity for individuals to clean out their fabric closets and sell unwanted or orphan fabric while attending classes throughout the day. Individuals may sell pieces of fabric 1/8th yard in length or greater by putting the fabric in a clear, self-sealing plastic bag. Enclose an index card with your name, coun-

ty, fiber content (if known) and asking price. We'll sell your fabric and you get the proceeds.

Scissor sharpening will be provided by Chuck Lewis, of Zanesville for a nominal fee. Bring your scissors in need of being sharpened, drop them off, attend classes and pick them up at the end of the day.

Doors open to the public at 8:30 a.m. Classes will begin at 9:15 a.m. and continue until 3:05 p.m. Registration fee is \$8 which is payable at the door. Participants may purchase a light lunch for a small fee or bring a brown bag lunch with them. Door prizes will be awarded at the end of the day.

For additional information or a complete listing of classes, contact the Ohio State University Extension, Perry County Office at 740-743-1602 or visit the web page at <http://perry.osu.edu>



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LOTS/LAND FOR SALE

12 Lots priced between \$32,000-\$42,000 - Offers paved streets, curbs, city utilities, custom built homes and country view! #211008898.

2.5 ACRE LOTS - \$49,888 - close to Pine Hill Golf Course! Country setting is a perfect place to build your Dream Home! Great location close to Rt33. #211008502 #211008505.

OVER 63 ACRES IN THE CITY OF LANCASTER! - \$524,888 - Close to school, hospital, grocery, etc. Sanitary sewer manhole, water and shut offs for fire hydrants are on property #211008299

NEW LISTING



\$200,000 LESS THAN PREVIOUSLY LISTED - NOW \$395,888 - Well established turn-key office building across from the Hocking County Court House in Logan. Over 13,000 sq ft, 4 floors, 3 entrances, elevator, almost fully rented and extremely well maintained. Better known as the Blosser Building. Zoned B-1.

NEW LISTING



JUST LIKE NEW! \$169,888 - Beautiful 3BD, 2.5 bath home with combined great room and kitchen. Full finished LL, 2nd floor laundry, large master suite & fenced-in back yard.



LARGER HOME! LARGER VALUE! - \$167,888 - Sprawling 3BD, 2.5 bath ranch home with 2,008 sq ft on 1st floor in the Sanderson School District. Updates: Pergo flooring, French doors in KT, 4 security storm doors, roof shingles, furn, a/c, siding, gutters, sump pump, hvac etc. #211037503

THIS 'N' THAT

Local Events, News, Happenings & More!

The deadline for the Feb. 17th Issue is Noon Feb. 10th. Submissions for This 'n' That should be sent to Towne Crier, P.O. Box 38, Baltimore, OH 43105 or emailed to: freedomptg@roadrunner.com. Please include your name and phone number in case we have questions.

We Want Your News Items!

We want your news items for the This 'n' That section of the Towne Crier. Meetings, special events, reunions, etc., can all be submitted to us for publication. You can mail your items to freedomptg@roadrunner.net, or write to us at P.O. Box 38, Baltimore, OH 43105.

Submissions sent via email need to be attached as an unformatted .rtf or .doc file, and typed EXACTLY as you wish it to appear in our publication. We reserve the right to omit any handwritten or faxed submissions that are not readable.

Bremen Area

Dave Ramsey's Financial Peace University

Financial Peace University (FPU) is a 13 week life-changing program that teaches you how to make the right money decisions to achieve your financial goals and God's plan for your life. The course includes 13 practical lessons on eliminating debt, building wealth, giving like never before and much more. It is for everyone... from the financially secure to the financially distressed.

Classes will be held at Bremen-Bethel Presbyterian Church on

Sundays from 2:00-4:00pm beginning Sunday, February 5, 2012.

Participants must purchase a family or individual FPU membership. The cost is \$ 93.00 for each membership. A **scholarship of \$ 50.00 is available to members of Bremen-Bethel who complete the 13 week course.** The community will be invited to participate so register early to assure your space.

For more information contact Kathy Mowry at 740-503-8945.

Sugar Grove Area

It's Showboat Time!

The Berne Union music program will hold its annual talent show "Showboat" Thurs., Feb. 23, Fri., Feb. 24 and Sat. Feb. 25 at 7:30 pm and Sun., Feb. 26 at 2:30 pm. Admission is \$3 for students and \$5 for adults. The performances will be held in the school's auditorium.

Berne Union Music Boosters to Meet

The Berne Union Music Boosters meet the third Mon. of the month at 7 pm in the band room. All parents and relatives of students in the vocal and instrumental music programs are members of the booster organization. Money raised at booster events is used to support the school's music programs. Additional information regarding the school and its music programs can be obtained on the school's Web site at buschools.com.

Somerset Area

Somerset Girls' Softball Signups are on the following dates:

Saturday February 4th from 9:00am-Noon; Wednesday Febru-

ary 8th from 6:00pm-8:00pm; Saturday February 11th from 9:00am-Noon; Wednesday February 15th from 6:00pm-8:00pm.

Registration is opening to any girl(s) in the community ages 6-14, could be as old as 15 as long as they turned 15 after January 1st 2012.

Lancaster Area

Tri County Home Builders to meet

The business owners of Fairfield/Hocking County are invited to attend the Tri County Home Builder's meeting. The meeting will be held at Pizza Cottage located at 2222 W. Fair Ave., Lancaster on February 14. Social Hour will begin at 6:30pm, with the meeting starting at 7:00pm. If you have questions please call the Tri County Home Builders at (740) 689-3916.

Legion Scholarship Applications Available

The American Legion Clark A. Devol scholarship applications are available at the American Legion Post 11, 279 Canal Street in Lancaster. They also can be obtained from guidance counselors at any high school. Applications must be returned no later than March 9. Seven \$500 scholarships will be awarded. In addition, any boys in their junior year of high school who wish to be considered for Buckeye Boy's State should contact their high school principal or guidance counselor before March 9 to be recommended for an interview.

Fairfield County Chapter of the Ohio Genealogical Society

The Fairfield County Chapter of the Ohio Genealogy Society will be offering two genealogy courses for anyone wanting to learn how to search for their ancestors. The two courses will consist of three sessions each held on Saturdays from 2:30 - 4:30 p.m. at the Genealogy Library located at 503 Lenwood Dr, Lancaster, Ohio (corner of W Mulberry St. and Lenwood Dr). The first course begins on Saturday, February 11 and will be an introduction to basic genealogical research. The second course begins on March 10 and covers the topic genealogy research using the internet.

These classes will be taught by Alice Stevens and Hank Craddock. Price for the classes are \$20.00 per course for nonmembers. The cost is \$35.00 for both courses. Call 653-2573 to register by Wednesday, February 8. Class size is limited. Email genealogycourse2012@fairfieldgenealogy.org or visit our website <http://www.fairfieldgenealogy.org> for more information.

Fairfield County EMA Offers Emergency Weather Spotter Training

Meteorologists from the National Weather Service (NWS) are again offering free training on spotting dangerous weather patterns during a storm. With this training the NWS hopes that citizens with this training can help them identify and relay important storm related information to the County Emergency Management

Agency (EMA), local public safety officials, and the National Weather Service.

Course Topics include How to safely observe storms; How to identify important features of storms; Visual clues that may precede tornado development; and How to make accurate and timely reports.

The course will be on Wednesday, March 21 from 6:00pm - 8:30pm. Cost is free. Register online at www.fairfieldema.com/training or call the Fairfield County EMA at (740) 654-4357.

Sen. Schaffer announces 340 scholarships available for high school seniors

Senator Tim Schaffer (R-Lancaster) announced the availability of over 340 scholarships worth more than \$1,000,000 to attend one of Ohio's career colleges or schools. Available scholarships may be one-half tuition or specific amount programs.

These scholarships are provided by the Ohio Association of Career Colleges and Schools through cooperation with members of the Ohio General Assembly and 52 participating career colleges and schools.

"These scholarships are a great opportunity for 2012 high school graduates to attend a career school for little or no cost. These programs will prepare individuals with the education and training they need to begin a career in an Ohio business or industry," Schaffer said.

Students from the graduation class of 2012 who are planning on attending a career college may contact Senator Schaffer by telephone at 614-466-5838 or e-mail at SD31@senate.state.oh.us to receive details and scholarship applications.

Main Street Lancaster is happy to announce Mystery Dinner Theatre is back!

"Their wedding day was supposed to be the best day of their lives, until the murder..."

Join us on Saturday, February 11th at The Lodge in Lancaster, 129 E. Main St., Lancaster as we enjoy a four course meal and watch the show in search of clues to find out "whodunit". Cash bar available. Show times are 5pm and 8pm. Only 100 tickets available for each show; get your tickets early because this show sold out last year. Tickets are \$40 person/\$75 couple/\$300 table of 8. Purchase tickets by calling 740-653-8251 or stop by our office at 109 N. Broad St., Suite 100, Lancaster. For more information visit our website, www.mainstreetlancaster.com.

Pancake and sausage breakfast to benefit Clearcreek EMS

The Clearcreek Twp. EMS is sponsoring an all you can eat pancake and sausage breakfast on Saturday, February 11 and March 10. The proceeds will support community services and activities. Breakfast will be served from 7:30am to 10:30am at the firehouse, 11042 Main St. in Stoutsville. Cost is \$5.00 for adults and \$3.00 for children under 12. Your continued support is very much appreciated.



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Home loans available for low-income residents

The U.S. Department of Agriculture's Rural Development Office in Marietta announced that its Fiscal Year 2012 annual allocation will soon be received from the Consolidated and Further Continuing Appropriations Act. We are now accepting applications for funding low-income rural residents interested in becoming homeowners.

Rural Development assists many families in acquiring their own home through its Direct Loan Program. The program offers 100 percent financing, 33-year term, 3.25% fixed-interest rates, and can be used to purchase, repair or build homes to meet the needs of the household.

Payment Assistance can temporarily lower the interest rate to one (1) percent, and is available to borrowers who qualify based on income. The effect is a lower monthly out-of-pocket cost for the mortgage payment, which is more affordable for the household in terms of monthly cash flow. The loan program ensures applicants have access to safe, well-built, affordable homes. The applicant chooses the home they wish to purchase with the assistance of a local realtor, or they can locate a property directly from a seller. Most counties encompassing the Marietta service are eligible, but some areas are restricted from participation due to population.

The Rural Development (RD) Area Office can assist you if you have questions as to whether a property is located in an eligible

area. Interested applicants must have a stable source of income, a satisfactory credit history, and have responsibly managed their other debt. As an example, in the majority of southeastern Ohio counties, the adjusted income limit would be \$43,050 for a four-person household. Additional household size income limits for individual counties can be obtained by calling the RD Area Office.

The agency also administers a Guaranteed Loan Program. Guaranteed housing loans are utilized through approved lenders. The fixed-rate, 30-year loans require no down payment and bare market interest rates. The guaranteed housing program offers 100 percent financing, no private mortgage insurance and no maximum purchase price. Local banks and mortgage companies have utilized this program extensively over the last 12 months, resulting in record level activity. Last fiscal year, more than \$370 million was expended assisting homeowners across the country.

Further information on rural programs is available by calling 740-373-7113, or by viewing the website: www.rurdev.usda.gov. The Marietta Area Office serves 18 counties in southeastern Ohio. USDA Rural Development's mission is to deliver programs in a way that will support increasing economic opportunity and improve the quality of life in Rural America.

read us on the web

www.fairfieldtownecrier.com

Berne Union High School Honor Roll

Grade 9

All "A" Honor Roll: Casey Bieber, Joey Banville, Gabby Sharp, Sara Winland, Andrew Perry, Taylor McIlwain, Caitlin Wolfe, Abbie Wright, Ariel Lanier

Honor Roll (3.99 - 3.00): Megan Shephard, Alexandra Borgan, Victoria Lowe, Allie Downour, Samantha Schmelzer, Sarah Benner, Jessica Thomson, Morgan Queen, Zach Wolfenbarger, Patrick Kormmiller, Drew Carlo, Zack Laughlin, Amity Wilkin, David Shaw, Rylee Snoke, Gabriel Ingram, Deven Draper, Cerena Woodgeard, Carlee Fuchs, Hunter McCartney, Mariah Krile, Jacob Barnes, Nicole Harris, Rachel Rathbone

Grade 10

All "A" Honor Roll: Laura Tebben, Caroline Brendsel, Keara Sheets, Rachel Childers, Lorain Drake

Honor Roll (3.99 - 3.00): Natalie Helt, Josiah Roberts, Brianna Jenkins, Asa Kline, Tristin Warthman, Landon Venrick, Brady Mahlerwein, Drew Zaar, Desiree Freeman, JP Fogle, Megan Smith, Zach Love, Alex Drake, Hailey Lape, Scott Kelley, Richard Kern, Sara Campbell, Brittanie Wehrle, Ian Finney, Hanna Yerian, Haleigh Vickroy, Amber Cunningham, Corey Powers, Riley Leach, Gene Reis, Kameron Black, Alexis Young, Isaac Hawk, Blake Weidner, Bethany Reed, Samantha Partlow

Grade 11

All "A" Honor Roll: Devin Johnson, Abraham Abdulsalam, Kayleigh Sharp

Honor Roll (3.99 - 3.00): Jared Lewellyn, Shelby Walters, Jacob Mullins, Nick Arnold, Miranda North, Sam Storts, Skylar Emmert, Morgan Locker, Robert Queen, Mikayla Joiner, Allison Coleman, Elizabeth Hardwick, Mariah Weisel, Jessica Grubb, Amberlee Hull, Gabi Gardner, Nick Wolfe, Chelsey Dennis, Rachael Watts, Mitchell Sanborn, Kayla Cooperrider, Nick Holycross, Matt Jameson, Karlie Lavey, Clayton Croft, Klay Nye, Tanner Merchant, Jon Sanborn

Grade 12

All "A" Honor Roll: Josie Childers, Aaron Roberts, Katie Schwendeman

Honor Roll (3.99 - 3.00): JT George, Noelle Beal, Olivia Eckols, Cassy Powers, Allison Sorrell, Levi Benner, Jacob Tharp, JC Cocks, Tyler Zwahlen, Ryan Grubb, Thaddeus Lashbrook, Brody McIlwain, Rachel Weekley, Amanda Adams, Jennifer Berry, Connor Windland, Levi Voris, Lacey Morarity, Michael Whittington, Mitchell George, Zachary Phillips, Joshua Homan, Emily Carlo, Tiffany Smith, Parker Templin, Azia Miller, Khalid Abdulsalam, Zachary Holter, Brittany Potts, Molly Mauger, Megan Weisel

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Hittin' The Bricks

Welcome to the Bremen Area Chamber of Commerce column, **Hittin' The Bricks**, where a Chamber member will be featured each issue. The logo is a design of the sidewalk brick that can be seen throughout the Village. Chamber contact information: 740-569-9150 or bremencoc@gmail.com

2012 Executive Board Members
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Connie Moyer, Vice-President
Annmarie Qualls, Treasurer
Mark Morgan, Secretary

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business cards, interior and exterior graphics. If you have an idea, chances are they can design it for you. David and Kim offer quality, service and experience for your business' first impression.



photo courtesy Jennifer's Studio & Gallery - Rushville

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Food... it gives our body the energy it needs to function well. If you don't make sure that the fuel you put into your body is of the right quality, you're not going to function properly and you won't feel as healthy as you could. If you put inexpensive farm diesel fuel in your expensive sports car; sooner or later, it's not going to run properly and will probably break down and be in need of expensive repairs. The human body is no different.

Our body is made up of 100 trillion cells; each one demanding a constant supply of daily nutrients in order to function. Food, the fuel for those cells - affects each and every one of our cells; and thus basically, every aspect of whom we are... from our moods, energy level, critical thinking, sex drive, food cravings, sleeping habits to your general health. Simply put - healthy eating is the key to your overall healthy well-being.

The first step toward turning your health and your life around is to make better choices. In this instance, better food choices. The relationship between food and health is significant. However, the first crucial step in making that change is for you to make the connection between good food choices and good health and poor food choices and bad health. My aim for participants in our, "Healthy Life by Design" program is to help them make simple changes that will begin to take affect almost immediately and will help improve their health throughout their lifetime. Here are several important food facts:

- A diet high in fat (particularly saturated fat) and high in salt is associated with a known increased risk of coronary heart disease.

- A diet high in fat, sugar and salt leads to weight gain and increases the risk of obesity. Carrying that excess weight doesn't just increase the risk for you to have heart disease, diabetes, cancer and infertility; it is also associated with fatigue, low-self esteem and poor mental and physical performance.

- It's estimated that, on average, a third of all cancers could be prevented by changes in diet. A diet which is high in fiber, whole grain cereal and low in fat has the potential of preventing a number of cancers including stomach and breast cancer.

- Many fertility experts believe that an unhealthy diet, high in fat, sugar, processed foods and low in nutrients essential to fertility can lead to infertility and increase the chances of miscarriage.

- A diet high in additives, preserva-

tives and refined sugar can cause poor concentration, hyperactivity and aggression. This is because foods high in sugar and additives lack chromium, which is removed in the refining process. Chromium is needed for controlling blood sugar levels; when these levels are out-of-control, it can trigger these types of behavioral problems.

- A diet that is low in the essential nutrient calcium (needed to keep your bones strong) increases the risk of bones becoming weak or brittle - a condition known as osteoporosis.

- A diet too high in sugar can lead to too much glucose (a form of sugar carried in the bloodstream) circulating in your body. Too much glucose in the blood indicates development of blood sugar problems such as diabetes mellitus. Its symptoms are: thirst, frequent need to urinate due to excessive glucose, problems with vision, fatigue and recurring infections.

- An unhealthy diet increases the risk of depression and mood swings. It's also linked to PMS, food cravings and anxiety.

- A diet low in nutrients puts enormous stress on the liver. The liver is essential for proper digestion and absorption of life-sustaining vitamins and minerals. For optimum health, you need your liver to be in peak condition. The liver cannot cope with large amounts of saturated fat and alcohol and this can lead to liver and kidney problems such as kidney disease and cirrhosis of the liver.

- If your diet is poor, this can compromise your immune system and make you more susceptible to colds, flu and poor health. We need a steady and balanced intake of essential vitamins and minerals to keep our immune system working properly and to provide protection from infections and disease.

Notice that a theme of these last 10 points deals with high amounts of sugar, high amounts of fat, improper function of the liver and bowels which in turn lessens your immune system. All of which decreases your overall optimum health.

When I consult with patients about their diet, one of the first issues we have to deal with is about the quality of his/her diet. Invariably, most patients tell me that they feel they eat a fairly healthy diet. It's only after we review their "Seven Day Food Diary," that we discover that most of them eat rather poorly; even though they think they have been eating just fine. Most of

continues on page 9

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Drinking Water: An Invaluable Resource Taken for Granted

(NewsUSA) - You turn on the tap, and water comes out. Period. Safe, plentiful and affordable drinking water is one of our nation's most precious resources and something most of us take for granted.

But what if you turned the tap and nothing happened, or if the water you drank made you sick?

While pouring a glass of water may seem simple, before it arrives at your tap there is a complex process of collecting, storing, treating and distributing that helps ensure its availability and quality. In fact, water utilities implement comprehensive water management plans to ensure that adequate amounts of drinking water are available. These include conservation and reuse, reclamation and sourcing strategies.

Drinking water supplied by

utilities is always treated to remove contaminants and harmful micro-organisms. That treatment process typically consists of clarification (to remove dirt and other particles), filtration (to remove even smaller particles) and disinfection (to kill bacteria and most viruses). The water is then delivered to residential and commercial customers via an extensive pipe network.

Drinking water utilities are committed to protecting public health and constantly monitoring and reassessing their methods for treating water to ensure its quality. In part, this is due to changing government regulations, which periodically alter water quality standards. In addition, they may undertake other forms of treatment not expressly required to comply with regulations in order to ensure that drinking water meets and often exceeds the stan-

dards and needs of local communities.

For example, they may seek to remove trace compounds that are not currently regulated, and to enhance the aesthetic quality of the water.

Drinking water utilities carry out these services while also managing costs and minimizing environmental impacts of their processes; they are committed to keeping drinking water affordable. Water utilities and other stakeholders invest more than \$12 million each year in the Water Research Foundation to sponsor research that enables water utilities, public health agencies and other professionals to provide safe and affordable drinking water to the public.

So the next time you pour a glass of water from the tap, take



a moment to honor the commitment and significant investment made to ensure the quality of that water.

For more information, visit www.waterrf.org.

SO YOU THINK YOU HAVE A HEALTHY DIET? continued

Food... it gives our body the energy it needs to function well. If you don't make sure that the fuel you put into your body is of the right quality, you're not going to function properly and you won't feel as healthy as you could. If you put inexpensive farm diesel fuel in your expensive sports car; sooner or later, it's not going to run properly and will probably break down and be in need of expensive repairs. The human body is no different.

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When I consult with patients about their diet, one of the first issues we have to deal with is about the quality of his/her diet. Invariably, most patients tell me that they feel they eat a fairly healthy diet. It's only after we review their "Seven Day Food Diary," that we discover that most of them eat rather poorly; even though they think they have been eating just fine. Most of us eat very similarly to how our parents ate; thus, we justifiably assume we eat a fairly balanced, good diet. However, times have certainly changed. Not only in the quality of food we eat; the quantity of food we eat; the time of day we eat and for some, the number of meals they eat - some people skip meals routinely.

Either way, before we go any further, I would like you to complete this food intelligence quotient test. After adding up your final score and assessing it with our grading scale - you'll quickly be able to find out if you're doing pretty well with your diet or if you need some help. Simply answer yes or no to the following 20 questions:

1. Do you eat at least 1 piece of raw food each day?
2. Do you eat at least 5 servings of vegetables each day?
3. Do you eat rice, quinoa, millet, oats and other grains at least 3 times a week?
4. Do you eat a serving of raw vegetables each day?
5. Do you eat raw seeds at least 3 times a week?
6. Do you ever use seaweed in your cooking?

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See page 10 for details.

Thornville Elementary Principal's List and Honor Roll

PRINCIPAL'S LIST

1st Grade Ethan Abbott, Karisa Bowers, Hannah Boyd, Calob Brewer, Bianca Covert, Elleigh Culver, Alex Dale, Macie Forgrave, Casey Johnson, Bella Karnes, Trinity Nobles, Reid Packer, Jacob Ramey, Gabriella Shank, Ashlynn Swackhammer, Katlyn Woodruff

2nd Grade Savannah Backus, Kamdyn Clark-Bush, Abby Dupler, Gabriel Emmert, Julie Nichols, Sydney Patterson, Ally Perkins, Sarah Short, Natalie Shriner, Alex Winegardner

Third Grade Jordan Barnett, Ethan Boyd, Sonny DeJohn, Gabriel Finta, Brooklynn Heller, Ashley James, Kenton Lawrence, Joseph Reynolds, Rylee Rodich, Hunter Yakes

Fourth Grade Hunter Dishon, Deven Factor, Will Glorioso, Jennifer Nichols, Casey Patterson, Sarah Smathers, Aden Smith, Colton Talbot, Abby Tolliver, Julianna Watson

Fifth Grade Cloey Brock, Mackinley Dempsey, Elena Glorioso, Ethan Heller, Liberty Justice, Summer Short, Aaron Thorpe

Second Grade Calista Baird, Lindsay Cooperrider, Sydney Dennis, Katrina Feasel, Erika Grum, Charlee Gutridge, Blaine Hannan, Nicholas Hardbarger, Tanner Harris, Kailey King, Nevaeh Lash-Taylor, Samantha Madden, James Miller, Kole Moore, Lillian Moran, Riley Morbitzer, Carter Mottley, Christopher Neel, Payge Nihiser, Kaelan Pulliam, Jarrett Thorne, Troy Tingler, Jeremiah Tvrdik, Garrett Wells, Shauna White

Third Grade Laney Brock, Harley Comisford, Dylan Cunningham, Elijah Dupler, Luke Foster, Alyssa Gettys, Izayah Gibson, Abigail Hill, Nathan Johnson, Hailee Knapp, Kaley McCandlish, Alex Peters, Aaron Shepard, Caden Shugert, Tyler Talbot, Makayla Vaughn, Madie Walker, Justin Winegardner

Fourth Grade Cooper Baird, Tristin Boring, Parker Carpenter, Wolfie Clagg, Reece Crandell, Lexi Dupler, Justin Feasel, Graham Grant, Ethan Grum, Chris Guttridge, Timothy Harris, Madison Henry, Luken Hill, Josh Hines, Kendyl Mick, Hunter Mottley, Drea Nihiser, Breanna Reynolds, Levi Sweazy, Hailey Vaughn, Aubrie White, Savannah Willis, Raine Wiseman

Fifth Grade Kelcianne Chalfant, Rachel Cooke, Sydney Cooperrider, Vanessa Crawford, Devan DeJohn, Duke Fodor, Michael Fry, Noah Herda, Collin Hill, Draven Hopkins, Jarod Ison, Taylor Jordan, Chance King, Noah Nobles, Olivia Renner, Alexis Rush, Dakota Scheuvront, Hannah Suver, Katelynn Thomas, Mitchell Wells, Shiane Willis

HONOR ROLL

1st Grade Chase Boring, Alanna Covert, Abigail East, Brooke Forsythe, Iyannah Gibson, Reece Hale, Sequoia Hamilton, Aaliyah Harvey, Thomas Helsel, Elijah Jones, Haylen Kay, Jasmine Love, Kyla Mangon, Joshua McNichols, Braydon McPherson, Ellen Pfahl, Leila Renner, Johnny Roush, Amanda Schultz, Spencer Showalter, Hugh Sweazy, Samuel Taylor, Lauren Trainer, Tor Willis

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Red Cross Heroes *continued from page 3*

to cause the carbon monoxide poisoning and finding no problem, then examined his vehicle and discovered the exhaust pipe was choked with debris, which had been the source of the near fatal exposure. Officer Eggleston's diligence in determining the cause of carbon monoxide poisoning saved that man's life. It is a pleasure to report that the victim has since made a full recovery from this incident, due to Officer Eggleston's quick actions at the

restaurant and tenacious investigation. An officer since 1999, Officer Eggleston has numerous complimentary letters and cards in his personnel file which verifies his exemplary performance.

Health Care Hero – Tracey Miller

Tracey Miller is an adolescent grief counselor and considered by those nominating her as truly a blessing to those unfortunate souls of our community that have

such special need. Amy Sampson lost her thirty-seven year old husband to Hodgkin's Lymphoma, leaving her alone to deal with two grief-stricken young children, ages 6 and 9. Tracey was very interactive with the children during this time and constantly provided different projects for the children to help them through their grief. She met with Amy's children every week, which then turned to months.

Amy wrote, "I'm not sure that my family would have come through that awful experience without Tracy's help!"

Tracey has also responded to local schools to help children with their grief and provides numerous personal and valuable encounters to members of our community. Her role in our community as an adolescent grief counselor has proven invaluable to those lives she has touched.

The nomination stated, "Heroes such as Tracey allow people in our community to cope with loss, to honor those of whom we have lost, and to celebrate life."

The Annual Heroes Breakfast is the way for the Fairfield/Hocking County Chapter of the American Red Cross to honor heroes and serves as the Chapter's primary fundraiser. All proceeds from ticket sales and sponsorships benefit the programs and services of the Fairfield/Hocking Chapters. Tickets for the event are now on sale and can be obtained by calling Becky McAnespie at Valmer Title Company 740-687-0080.

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Phone..... # Issues..... Amount Enclosed \$.....
Circle one
Visa/MC/Disc #..... Exp Date.....
Name on Card..... Zip Code.....

(1)	(2)	(3)	(4)	(5)	(6)	(7)
(8)	(9)	(10)	(11)	(12)	(13)	(14)
(15)	(16)	(17)	(18)	(19)	(20)	(21)
(22)	(23)	(24)	(25)	(26) \$10.25	(27) \$10.50	(28) \$10.75
(29) \$11.00	(30) \$11.25	(31) \$11.50	(32) \$11.75	(33) \$12.00	(34) \$12.25	(35) \$12.50

The Groundhog
The bad, the good and the beautiful



Rudy the groundhog visiting the author's bird feeder last fall.

by Dan Jones

My wife, whose family was involved in grain farming in Western Ohio, says she can remember her father being angered by the fact that the groundhogs had dug many deep holes in his fields. Many of the holes were clustered together so that they could have several exits and entrances from their dens. He was worried that the wheels of his farm machinery would drop into some of these holes and break an axle. The groundhogs also entered their gardens and enjoyed eating vegetables such as tomatoes, cucumbers and broccoli. They also dug holes under their chicken coop. I have also had trouble with them devouring the vegetables in my garden, although I've found that they eat most of the tomatoes and other vegetables which have fallen onto the ground and would spoil. The raccoons do more damage in my garden than the groundhog, especially in my sweet corn patch. There is one rather large groundhog, which we have named Rudy, that lives near our house and he makes frequent visits to my bird feeder.

The groundhog is also called a woodchuck or in some cases a whistle pig because of the sound they frequently make. Groundhogs are a common rodent in Ohio and their closest relative is the marmot which is found in the Rocky Mountains. They spend the winter in hibernation and usually come out in late March or April. As soon as they emerge from hibernation, they will mate and about a month later the young are born in May. There are usually about three to six kits in a litter. The mother is solely responsible for rearing the young, and in fact,

she chases away the male.

These rodents in their natural environment can be beneficial animals. They are active during the daytime which provides us with an opportunity to observe them frequently. It is fun to watch them sit up on their hind legs and survey the surrounding area for possible trouble. Their old burrows often provide a home for such animals such as foxes, weasels and skunks. The foxes and weasels in turn help to control the rodent population of mice. The skunks consume large numbers of insects particularly in their larval (grub) stage when they are buried in the ground. The groundhog burrows also allow air to circulate to the roots of plants and the organic matter in the burrows provide nutrients to help turn the subsoil into rich topsoil which helps plants to grow.

We have come to that time of the year when the groundhog takes center stage in the news as a prognosticator of the weather. Probably the most famous groundhog is Punxsutawney Phil who lives at Gobbler's Knob in Punxsutawney, Pennsylvania. Every year people wait with eager anticipation to learn Phil's weather forecast for the rest of the winter. It is actually a three day celebration which involves everything from art shows, entertainment with various musical groups, contests for kids, food and concession stands as everyone awaits Phil's appearance on February 2. I am sure that Phil is considered a very beautiful animal to the people in the Village of Punxsutawney, about eighty miles northeast of Pittsburgh, as the limelight focuses on this small community all because of a groundhog.

Ohioans can renew boat registrations online

COLUMBUS, OH - Now is the time for Ohioans to renew their watercraft registrations if they are set to expire on March 1. The renewal process can be completed conveniently online, through the mail or in person, according to the Ohio Department of Natural Resources (ODNR) Division of Watercraft. O

The Division of Watercraft encourages boat owners to take advantage of the online registration renewal system if they are not making any changes to boat information included in their registration. Once the boat owner's transaction is successfully com-

pleted, a valid boat registration and decals will be sent in the mail within 10 days.

Ohioans also may renew watercraft registrations in person when visiting a watercraft registration agent. A listing of watercraft registration agents, which includes each of the Division of Watercraft's 11 area office locations, fee schedules and other registration information, is available online at www.ohiodnr.com/watercraft or by calling the Division of Watercraft toll free (in Ohio only) at 877-4BOATER (877-426-2837).

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SALES

4-Family Indoor Garage Sale, Heated, Jan 28, corner of St Rt 37 & Carroll-Eastern. Everything must go! Furniture, Cabinets, Depressionware, Longaberger, Tools, Lots more! 9AM-4PM

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House for Sale – \$32,000, 1 1/2 story, 1 bedroom, 1 bath, deck, enclosed porch, appliances including washer/dryer, unfinished upstairs. Overlooks beautiful ravine. Lancaster Campground. Call 740-687-4434

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Interim Healthcare Of Lancaster is looking for a PRN Speech Therapist for Fairfield County and surrounding Areas . Interested parties please contact Linda Starcher, Human Resource Manager at 740-653-5990. An equal

opportunity employer M/F/D/V. www.interimhealthcare.com

Village Curl in Baltimore Looking for Hair Stylist with experience and established clientele. 15 minutes from Pickerington, Lancaster and Pataskala. Call 740-503-3122 for more information.

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1997 Ford Escort for Parts. Nine steel fence posts \$3 each. 3 horsepower Campbell Hausfeld electric air compressor \$100. Call 740-654-5161.

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La-Z-Boy Rocker, swivel, recliner, Paid \$700 will sell for \$350. Less than 2 years old. Phone 740-862-8364, light olive green in color.

OSU Extension Office Update

The OSU Extension Office Update is compiled by Connie Smith, Program Assistant and Master Gardener Coordinator with the Ohio State University Extension Office in Fairfield County

Winter is a Good Time to Think of Your Landscape as a Blank Canvas

Sunny winter days are a great time to assess your landscape. With all of the leaves gone on your trees and shrubs you can definitely see crossing branches and things that need to be corrected. Why not pull out your digital camera and take pictures of trees and shrubs that need pruning? Be sure to get pictures from several angles. You will then have a digital image that you can refer to when it comes time to prune. Or you could actually print out your photos and mark branches that need to be removed. It will be easier for you to see which branches need to be

removed when there is no foliage. Taking photos at different vantage points will also give you a good idea of the overall shape of the plant.

If you are thinking about landscape changes or perhaps even hiring a landscape designer, pictures throughout the seasons will aid in the design process. Learn to appreciate and enjoy the seasonal interest in your garden.

Salt Damage on Plants is Caused by Absorption

When you think of winter salt damage, you may be inclined to think of your car. While it is true that salt from the roads and highways can cause damage to your car, what you may not realize is the detrimental effect salt can have on plants.

You may be thinking that you have used salt on your driveway before and never noticed damage. Salt damage is not immediately

apparent in the spring. Rather, it can take several years for the salt content in the soil to build up to kill a plant.

This occurs in the absorption process. Typically, a plant absorbs water through its roots. However, when salt is used on driveways and sidewalks, the melting ice causes the salt to wash into the soil. As the salt content of the water in the soil continues to increase, the imbalance causes the water to flow out of the plant's roots. The loss of water causes the roots to dry out. Eventually, the plant will die from what is called "root burn".

Examine the type of salt you are using. If you have used table salt, or sodium chloride, switch to calcium chloride. These white pellets dissolve more slowly and are less toxic to plants. Although calcium chloride is still a salt, it's much less damaging.

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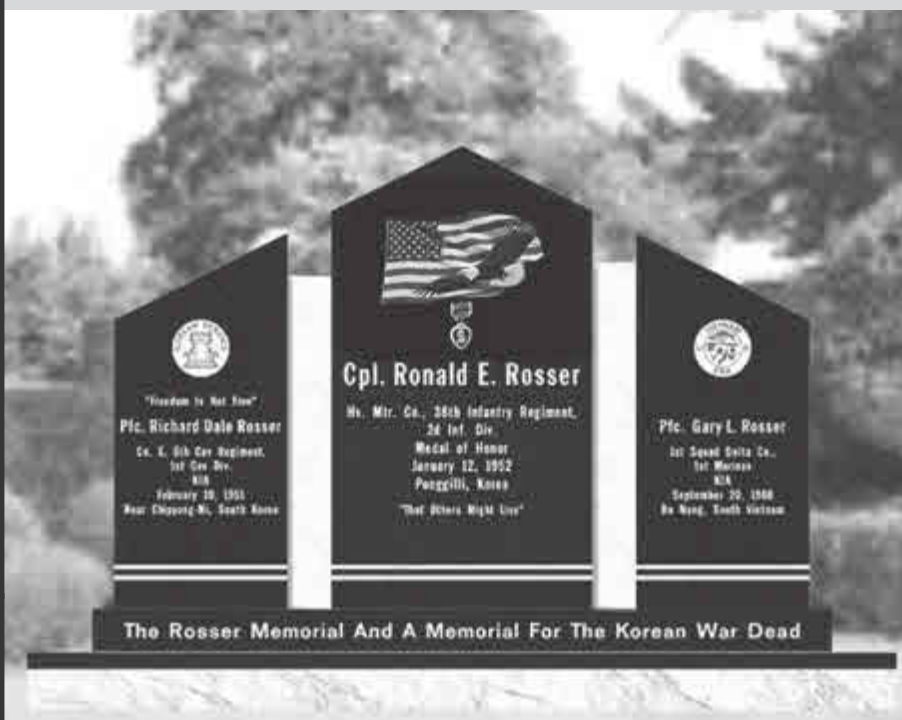
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