



“Be Educated and Active Together”

August 2009

August Program

SeniorBEAT members have expressed an interest in environmental issues and what is done locally. Therefore, this month we offer another program along those lines. We have invited **Ed Newman, Recycling and Refuse Manager for Ohio University**, to tell us how to, what to and why to recycle. Ed was recently featured in an article in the *Athens Messenger* as the most notable and successful recycling manager in our area. He comes with 27 years of experience at Ohio University and time prior to that with the Athens County Health Department. He will share with us just what he has learned and what he has been able to implement at Ohio University. He will also be clarifying what can be recycled and the environmental benefits to us all. I like to think about recycling as something to do for my grandchildren and future generations – how about you?

In addition, **Jeremy Phillips, Athens City-County Health Department Emergency Response Coordinator**, will also be joining us. He will speak for 15 minutes to give a brief update on H1N1 influenza (swine flu). This program will be on **Thursday, August 20, at 2 p.m.** in **O’Bleness Lower Level Room 010.**

July Program

Our July program was a presentation by **Paige Alost, Executive Director of the Athens City Visitors Bureau.** During her

presentation, *Low Cost Travel: Ideas for Seeing the Best of Ohio*, Paige shared inexpensive getaway ideas and locations. Among some of her free suggestions were museums, gardens and scenic trails, which included Boyd’s Art Glass in Cambridge and Longaberger in Frazeytsburg. Paige also shared some interesting information about Athens County travel. For example, there are about 1.8 million people who visit Athens County annually, averaging \$19 million that goes back into our community. This makes Athens County the only county in Ohio to see an increase in travel revenue.



Paige Alost speaks to the SeniorBEAT audience.

Lunch Program

For our September lunch program we will be trying the relatively new **Kiser’s BBQ Shack** located in the Market on State Street across from Dunham’s Sporting Store. They offer salads, sandwiches and a variety of sides along with their barbeque selections at reasonable prices. Our lunch will be on **Friday, September 25, at 11:30 a.m.** – all are welcome!

History Group

We have a short trip planned to the **Five Springs Farm**, which is located on Dutch Creek Road (directions to follow), to enjoy a different kind of history group meeting. Five

Springs Farm is a rather unique landscaping and nursery locally owned by Design/Build Company. **Tom O’Grady**, one of our favorite local historians, works there in the summer and he hopes to arrange his fall teaching schedule to meet with us and explain the background on the native plants and natural stone used in their landscaping projects. The company also emphasizes catering to individual needs and wishes with expertise in deer proof plants and such requests as soundproofing with plants. I feel certain Tom will also offer the historical background on many of the plants. The farm itself is one of the older Athens County farms and I tend to believe we will hear its background as well. Join us on this little adventure to experience some time in the great outdoors, and learn a little about some natural resources as well. We will meet on **Thursday, September 10, at 1 p.m. at Five Springs Farm located at 12691 Dutch Creek Road in Athens.**

Directions:

The simplest way to get there is to enjoy a little ride out State Route 550 to the top of Dividing Ridge Hill (the only big hill on 550) and turn right on Peach Ridge Road. Travel a short distance to Dutch Creek Road and turn left. The farm is about a quarter of a mile on the right. It is the first group of old buildings on the right. Just pull in beside the buildings and park. **If confused call Peggy at 592-2871.**

Book Club

Our September selection is *Still Alice* by **Lisa Genova**, a novel about Alice and Alzheimer’s disease. The book is written from the perspective of a woman, Alice, diagnosed with early Alzheimer’s and the emotional effects on the both the patient and her family, according to one review. The review further noted that Alice, a college professor, tries to keep some control over her life as she finds her memory slipping away. I look forward to reading this book

and discussing it with everyone. We will discuss this book on **Monday, September 14, at 10 a.m., in O’Bleness Lower Level Room 006.**

Book Club List

October

Tallgrass by Sandra Dallas

November

The Dante Club by Mathew Pearl

December

The Uncommon Reader by Alan Bennett

Announcements

The Ohio Bureau of Motor Vehicles (BMV) has created an emergency contact database. Ohio citizens with a valid driver’s license or state identification card can voluntarily provide emergency contact information that can be obtained and used in case of a car accident. Anyone interested in utilizing this service should visit the BMV website, **www.bmv.ohio.gov/**.

SeniorBEAT newsletters and calendars are now online at **www.obleness.org** under Services, SeniorBEAT.

Anyone who would like to receive program reminders by e-mail may send e-mail to: **baum@ohio.edu** to join the e-mail list.

Photos and/or videos may be taken during SeniorBEAT activities. If you do not wish to be photographed please notify **Peggy Irwin**, SeniorBEAT coordinator at **(740) 592-2871**.

