Stock your gift bag locally

Holiday Lights on the Hill

New state wildlife area
November is Diabetes Awareness Month

If you aren’t living with diabetes, there’s a good chance that someone you know is – 1 in 10 people in the U.S. have diabetes, and 1 in 4 of those are unaware they have it.* Diabetes is a chronic condition that can lead to serious complications like heart and kidney disease, vision loss or stroke.

Risk factors for developing diabetes include prediabetes, obesity, age, family medical history and gestational diabetes. A simple blood sugar test can determine if you have diabetes.

**Symptoms include:**
- Frequent urination
- Being very thirsty and/or hungry
- Blurry vision
- Numb or tingling hands/feet
- Fatigue
- Dry skin
- Sores that are slow to heal
- More infections than normal

Talk to your primary care provider about a screening blood sugar test. Don’t have a primary care provider? Call 937.382.9606
Clinton County Welcomes You
This Holiday Season!

The 37th annual Homespun Christmas is back and better than ever! Coming December 7th and 8th
come visit over 50 vendors and businesses in Wilmington!

Denver Place Elementary will be open December 7th with multiple crafters/vendors under one roof!
Something for everyone. Handcrafted & homemade items. Many unique and one of a kind! Primitives,
furniture, shelves, Angels, Santas, snowmen, centerpieces, jewelry. Farmhouse décor, wooden crafts,
clothing, homespun articles, baked items & candy and much more! Get your pictures taken with Santa and
have them printed and framed while you wait!

Visit Denver Place Elementary School and over 20
other open houses throughout Wilmington all weekend long!

Stop by the News Journal office for the 2019 brochure or call 382-2574 for more information!

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Hours: 10am-7pm Mon-Sat, 12pm-5pm Sun
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Ohio Living Cape May
175 Cape May Drive
Wilmington, OH 45177
937.382.2995 | ohioliving.org

Live Life Your Way
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Hide & Shake

Find the shaker in this issue and be entered to win a $10 grocery card.

Visit our website, thesaltmagazine.com, and click on the Shaker Contest link at the top and enter your contact information. Your name, street number, street name, city and zip code are required. Only your name and city will be published. All entries must be received by Dec. 1. Only online entries will be accepted.

In the September/October issue, the shaker was hidden on page 17, in the shadows by the word “out” in the headline.

Congratulations to our most recent winner, Madison Caldwell, of Portsmouth.
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On the Cover
This photo at Alma’s Attic is by Tom Barr.
Sometimes an idea is so simple it should have been obvious.

Holiday party coming? Take a hint from a charcuterie board — but put a sweet spin on it. Desserts and cookies, even store-bought ones, can be arranged into a seasonally appropriate display that is a lot more appealing than opening a Tupperware.

Sentimental or vintage items can be incorporated into that display for an even more special touch. (The board in the photo was my late grandmother’s. She’d be so tickled. And now I need a hankie.)

This issue has plenty to offer, from readers reminiscing about Salt’s decade of helping you flavor your life, foodie gifts you can make, a holiday light show that has the unique twist of being at a sculpture park, a new state wildlife area, ideas for doing your Christmas shopping locally and more.

Here’s to 10, and may your holidays be happy!

Calories don’t count at Christmas. Or something like that.

Here’s a recipe my mom made often, thanks to its inclusion in one of those old-timey church cookbooks in her collection.

Is it trendy? Nope. Is it good? Goodness, yes. That being said, you might find it a bit sweet and prefer to reduce the sugar. It’d be easy enough to add sugar a quarter cup at a time and taste after each addition until you find a good ratio for you.

In case you’re having a “where’s the Tylenol?” moment when your family gets overly … festive … this also makes a great mixer for a splash of spiced rum.

**Hot Cranberry Wassail**

- 48 ounces cranberry juice (6 cups)
- 5 cups water
- 23 ounces pineapple juice (3 cups)
- 3/4 cups sugar, to taste
- 1 tablespoon instant tea
- 1 teaspoon cinnamon, to taste
- 1/2 teaspoon cloves, to taste

Heat in a large saucepan, dutch oven or coffee pot. Serve hot.
‘Tis the season to be thinking outside the (big) box. And even outside the Amazon and the eBay. Small shops in Ohio communities offer a wealth of unique items that you can actually pick up and look at to ensure that your Christmas gift is unique as well as fitting for your gift recipient.

“For me, shopping at a small shop vs. going to Walmart or Amazon or whatever, it’s the uniqueness of items that we carry,” said Joni Palmer, who with husband Brad owns Alma’s Attic in Wilmington.

“I always think it’s neat for people to be able to support local businesses,” she said. “We order from different suppliers than the large retailers do, so it’s a different line of goods that we carry. And also we can do personalization more than the large retailers can.

“I carry quilts and curtains; I only carry a small sampling but I can special order if you are looking for something else. I can put together gift baskets — it’s a more personal shopping experience.”

Alma’s Attic offers a wealth of antiques and vintage items to new items and home decor, and makes the shopping experience an easy one.

“We’re not an antique mall, so we don’t have separate booths set up for vendors; it’s all ours,” said Joni. “So instead of having little booths where you find the same item scattered throughout the store, we’re able to categorize, so I have a section of advertising at the front, I have toys all grouped together on one wall, I have glassware grouped together on another wall … so just a little bit different shopping experience than you find at most antique stores.”

Alma’s Attic — which is larger than it may appear from the outside — also features a permanent Christmas room.

“We carry Christmas year-round and we have a room that’s a combination of vintage and new Christmas items,” she said, “and as we get closer to the holidays we expand into the main part of the store and carry even more items.

Ironically, it’s the “big box” corporate world that led the Palmers to starting Alma’s Attic less than two years ago.

“It’s a classic case of one door closing and another opening,” said Joni. “When corporate restructuring brought my retail management career of over 20 years to a close, Brad and I began to discuss which direction I should take for the future. “We both have an interest in antiques, and for several years had rented booth space in antique stores as a hobby,
so making that a full-time pursuit became a possibility. As we gravitated to that option, we began discussing locations, and it struck me that Clinton County had a shortage of antique stores.

“Many people prefer to dedicate an entire day when they go ‘antiquing,’ so we felt that the lack of shops in the area was contributing to people traveling to Lebanon, Waynesville, Springfield and other locations instead of shopping locally,” she said.

She said that just in the first year since Alma’s Attic opened, “at least two additional antique shops have opened in Wilmington, and I hope to see even more. I would love to see Wilmington become known as a destination location for antique shopping!”

Alma’s Attic offers furniture, lighting, advertising, glassware, wall art, books, clothing, toys, and much, much more as well as gifts and home décor with a primitive or country theme including lighting, quilts, throws, pillows, wreaths, wall décor, Crossroads Candles, Swan Creek Candles, Candles by Jackie, Yoder’s jams and jellies, Windy Acres candy, goat milk soaps and lotions, greeting cards, dish towels, rugs, curtains, and more.

The store is open 10 a.m.-7 p.m. Monday-Saturday and noon-5 p.m. Sunday.

At Sugartree Mill (formerly Shops at the Old Mill), Owner Diane Dell and General Manager Isaac Dell believe the rich history of the building is one factor in pulling in shoppers.

“This was a big spot for all the farmers,” said Isaac. “Having been built in the late 1800s, there’s a lot of history in the grain industry.”

For about 30 years, before the Dells came into
ownership in the past year, the location had mostly been an antique shop and shared its location with For a Song and a Story at one point. Now the facility offers both the old and the new.

“Whether it’s antiques that have a lot of history to them or newer goods, the store provides a good variety,” said Isaac.

It’s the combination of old and new that Diane thinks makes the spot so unique.

“It’s a combination of antiques your grandma would have, but we also have newer items,” said Diane.

An outing in the store could include browsing lamps, old toys, books, old glass pop bottles, grandfather clocks, John Wayne memorabilia, books about Quakerism, kitchen appliances, old tools, candles, home decor, plate sets and music albums from movie soundtracks to John Denver and Beverly Sills to Harry Belafonte.

But even if a visitor doesn’t find the exact item they were looking for, the Dells hope the inviting atmosphere and the fun of looking around will make it a worthwhile visit — and Christmas shoppers may just find a unique hidden gem.

Which to them makes shopping at local spots all the more enjoyable.
Story by Jane Beathard

It’s full of big whitetails, raccoon, mink, coyote and a host of important (and in some cases endangered) wildlife.

The new Eagle Creek State Wildlife Area in southern Brown County is an outdoor enthusiast’s paradise.

“It’s a really cool property,” said Brett Beatty, the Ohio Division of Wildlife’s management supervisor for southwest Ohio.

And in order to preserve its diverse and abundant wild creatures, the state is limiting hunting and trapping there — at least for this year.

Under a new rule approved by the Ohio Wildlife Council in early October, hunters and trappers will be required to obtain permits for the upcoming season through periodic drawings.

Anglers, wildlife watchers and hikers will not need permits to access the property.

In addition to its population of wildlife, the area has a colorful history, dating from pioneer times.

Native Americans once hunted and fished the four miles of Eagle Creek that meander through the property.

Picturesque stone walls shore up steep roadsides — evidence of the late 1800s when southern Ohio was de-forested and wood for fencing and embankments was unavailable.

A covered bridge, currently under reconstruction, shelters a remote access road.

More recently, tobacco fields
thrived in the creek bottoms. Remnant tobacco barns from that time still stand in some places.

By the 1970s, dense woodlands again thrived on the rugged hillsides of Brown County, leading a man named Charles Perin to begin acquiring property in the neighborhood for recreation and conservation. In time, he owned about 3,000 acres.

“He aimed at eventually turning it over to the Ohio Department of Natural Resources,” Beatty said. That opportunity eventually came to Perin’s family. ODNR paid $4.1 million for 1,850 acres last year and plans to buy an additional 450 acres by the end of 2019, Beatty added.

Much of that money came from the state Wildlife Diversity ($2.4 million) and federal Land & Water Conservation funds ($700,000). Sales of specialty conservation license plates, tax check-off contributions and legacy stamps create the state’s diversity fund.

“We saved that money for years to buy this. It is a dream property.” — Kendra Wecker, state wildlife chief

The Ohio Department of Transportation added another $1 million to the purchase pot as remediation for Indiana and long-eared bat habitat destruction elsewhere. Both species are federally endangered. Eagle Creek is home to colonies of maternal bats, Beatty explained.

Wecker said ODNR began purchase negotiations about eight years ago.

Although portions were once leased to private hunting clubs, over the years only a few hunters and trappers actually roamed Perin’s land. That led to bigger and better deer, as well as healthy populations of wild turkey, squirrel and other small game.

“It’s a good area to grow deer,” Beatty said. “And that presents unique opportunities for hunters.”

Raccoon, mink and coyote flourish along Eagle Creek. And quality smallmouth bass and panfish swim in its fast-flowing waters.

“There’s no other stream with public access like it in the area,” Beatty noted.

Beatty said the new permit rule is designed to encourage novice outdoor enthusiasts, with extra consideration given to mentor hunters and trappers who are afield with their students.

“We want to leverage (mentor-mentee) activity,” he added.
There are lots of good reasons to get a lung cancer screening, but you really only need one. And if your not exactly sure what that is, just ask the people who love you. Because with early detection of lung cancer you’ll have a better opportunity to live the moments they don’t want you to miss.
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**Throwback Reader Recipes**

Enjoy these recipes from a story on making food gifts by Sheryl Sollars in the Holiday 2011 issue of Salt magazine:

**Cinnamon Honey Butter**

- 1 pound butter, 4 sticks, no substitutions
- 1 1/4 cups honey
- 1 tablespoon cinnamon

In a large mixing bowl, beat butter until fluffy. Add honey and beat until well blended. Add cinnamon and start mixer slowly and mix until well blended. Once incorporated, increase speed to high and beat until light and fluffy, about 5-8 minutes. Place in jars with lids. Decorate as desired. Makes 2 pints.

**Herbal Vinegars**

Decorative bottles, any type or shape, resealable

- Apple cider or rice wine vinegar
- Fresh herbs
- Food-safe extracts

This recipe is pretty straightforward and can be varied by the size of the bottle. The preferred bottle will be tall, clear or colored with a resealable cap. Wash and rinse bottle in very hot water. Place fresh herbs and/or extracts in the bottle. Fill bottle with vinegar. Seal and let set for at least 1 week. Keep stored in refrigerator.

**Ultimate Fudge Sauce**

- 2 cups white sugar
- 1 1/2 cups cocoa
- 1 cup water or hot coffee
- 1 can condensed milk
- 1/2 teaspoon salt

Combine all ingredients in a double boiler. Cook 15 minutes. Pour into hot jars and seal immediately with hot lids. Should be kept in refrigerator no longer than 3 weeks.

When ready to use, heat amount needed in microwave for a few seconds.

Makes 1 quart but best placed in half-pint or 1-pint jars for gifting. Add ribbon for sparkle.
Avocado and Hearts of Palm Salad
— From Joann Chamberlin, of Midland

Note: This is from Darren McGrady’s cookbook, “Eating Royally: Recipes & Remembrances from a Palace Kitchen.” Mr. McGrady was Private Chef to Princess Diana. This is a wonderful cookbook as well as an insight into the Life of Princess Diana and the royal family. I had the unique experience of attending a cooking demonstration by Mr. McGrady that was presented by Dorothy Lane Market, Dayton. Mr. McGrady came to the United States after the death of Princess Diana. He and his wife live in Arizona.

Salad:
1 head Bibb or butterhead lettuce
16-ounce jar hearts of palm rings, drained (I use the hearts of palm and cut them into rings or small pieces.)
1 ripe avocado, diced
2 navel oranges, peeled and segmented
1 small red bell pepper, finely diced
1/2 small red onion, finely diced

Dressing:
1/4 cup raspberry vinegar
2 teaspoons sugar
1 teaspoon Dijon mustard
2 teaspoons lemon juice
1 tablespoon walnut oil
1/4 cup water
Salt and freshly ground pepper
2 tablespoons chopped fresh tarragon

Tear lettuce into bite-size pieces, removing the center rib of the outer leaves. Place lettuce in a large bowl. Add hearts of palm, avocado, orange segments, bell pepper and red onion.

Blend raspberry vinegar, sugar, mustard, lemon juice, walnut oil and water. Season to taste with salt and pepper. Fold in tarragon. Drizzle 2 tablespoons dressing over the salad and divide the salad among four plates. Drizzle each plate with more dressing. Serve immediately. Serves 4.

Cherry Fancy Cookies
— From Mary Ann Vantress, of Xenia

Cream brown sugar with margarine in mixing bowl until light and fluffy. Add flour, pumpkin pie spice or substitute listed below, soda and egg; blend well. Stir in walnuts. Spread in greased 9-inch-square pan. Combine sugar, cherries and orange peel; mix well. Sprinkle over batter. Bake at 350 degrees for 18 to 22 minutes. Cool, cut into 24 finger bars.

Pumpkin Pie Spice Substitute
Yield: 3 teaspoons

1 1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/2 teaspoon ground ginger (scant)

Stir or shake ingredients together. Store in a closed small container.

Avocado and Hearts of Palm Salad

Salad:

Dressing:

Cherry Fancy Cookies

Pumpkin Pie Spice Substitute

Send us your favorite recipe. We may feature it in an upcoming issue.

Visit our website, thesaltmagazine.com, and click on the Recipe Submission link at the top to be entered. Include a photo of your dish, too, if you’ve got one. All entries must be received by Dec. 1.

Every submitted recipe will be entered in a drawing for a $25 grocery card.

Congratulations to Mary Ann Vantress, of Xenia, who won for her Cherry Fancy Cookies recipe submitted for this issue of Salt.
Sharon Flatter, of Fairborn
I loved reading Salt magazine when I subscribed to the Xenia Daily Gazette. I particularly enjoyed an article published in the Spring 2014, regarding a recipe taken from a cookbook compiled (early 1970s) by the Ladies Aid of the Satterfield Chapel, West Union, Ohio. I believe the recipes had been submitted by Ruth Trefz for the cookbook. My grandparents were long-time active members of this church and I remember going to church services with them when I was young. My grandmother, Mae Moore, was also a member of the Ladies Aid and submitted recipes for the cookbook. Please run more recipes from this very sought after cookbook. I would love to have a copy of it!

Kendra Conrad-Thompson, via Facebook
I love to read Salt magazine! It’s down to earth, it has lovely recipes and well-written articles.

Vicki Schaublin, via Facebook
I have made several recipes from Salt magazine. Love it.

Joann Chamberlin, of Midland
On the tenth anniversary of Salt Magazine, I would like to say how much I have enjoyed reading it since its inception — and yes, I keep all the issues! They are definitely a keeper.
This old, OLD house.
I’m in a long-term committed relationship. With my house. But I have to admit, sometimes I develop crushes on other houses. Currently, I’m obsessing over a newer home that is for sale. I go online and gaze longingly at its garden tub and open floor plan. I feel like I’m cheating on my house, but I just can’t help myself. I have even physically stalked that newer house by driving slowly past it, hoping that the current occupants don’t see me and alert the authorities.

Parts of my house are over 150 years old. With at least two add-ons, there are two other “ages” to my house. (I know how it feels. Sometimes I “feel” like I’m 21, but then my knees remind me that I’m actually 154.) A real estate listing would describe it as a “charming older home.” Translated: “This house has ISSUES!” I just live with its many quirks and don’t even notice them until I have a visitor and I have to go through the litany of “watch-its.”

“That door sticks, so you have to pull it up, over and down.”

“To turn that light on, you have to make sure that both switches on either side of the room are pointing skyward.”

“Before you flush, jiggle the handle for exactly four times, then jump up and down until it finishes the cycle.”

Yes, my house practically oozes “charm.”

Over the years, I have replaced every surface of my house; walls, flooring, ceilings on the inside and siding and roofing on the outside. So, I have had a parade of handymen of various stripes parade through my house, offering up their counsel and wisdom. I’ve learned that sometimes people will overstate their abilities. The phrase I’ve come to dread is, “Well, I’ve never actually done that before, but how hard could it be?”

My dad used to have an expression, “Don’t put a 100-dollar saddle on a 50-dollar horse.” So, I’ve always endeavored to have the work done as cheaply as possible. But I like things done “right” so it’s been an exhausting dance that I’ve done over the years, balancing quality with price.

Sometimes, my stubbornness will kick in and I’ll buy into the notion of “How hard could it be?” and search the internet for how-to videos. One time, I decided to mud and sand my own drywall. BIG. MISTAKE. The guy on the video made it look soooo easy, as professionals often do. I didn’t have the “knack” of putting the mud on in a smooth way like the video guy did and when I went to sand it, there was so much excess that my whole house looked like the Oklahoma Dust Bowl of the 1930s.

With all of the work, money and sweat equity that I’ve put into my house, I guess I’ll stay awhile. Maybe I will go online and learn to knock out a few walls and open up the floor plan. I mean, how hard could it be?
Holiday Lights on the Hill
1763 Hamilton Cleves Road, Hamilton
Nov. 22 through Jan. 5
Visit pyramidhill.org

A ‘spectacle’ of art and nature

Story by Sarah Allen
Photos courtesy of Holiday Lights on the Hill

For the past 20 years, tradition has met wonder at the Pyramid Hill Sculpture Park. Each holiday season, the park becomes a dazzling testament to the winter with their annual Holiday Lights on the Hill. The event is just one example of how the park brings people to art and nature, said executive director Sean FitzGibbons.

“It’s great to hold that tradition,” he said, adding that visitors’ favorite part is the “overall spectacle.”

Holiday Lights on the Hill began when Harry T. Wilks first opened the park to the public, said FitzGibbons. And, since the lights are set up in a sculpture park, he added, guests can see dazzling, holiday lights in a

Heartland of Hillsboro
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937-393-5766
curated layout.

Over millions of lights create the wondrous displays through the two-mile round trip drive. FitzGibbons said people are often surprised by how “expansive” the Holiday Lights trail is.

In addition, FitzGibbons said, the event provides “a new way to explore Pyramid Hill for the season.”

“[Guests can] see the park in, pardon the pun, ‘a new light,’” he added.

FitzGibbons also said that he’s looking forward to Brave Berlin’s projection map sculpture. Brave Berlin worked with the park last year, and they are also known for other projects, such as BLINK Cincinnati.

Last year, Brave Berlin created an installation that included “wonderful animation” and “light projection mapping,” FitzGibbons said.

He added that this year represents a transition to the park’s Borealis program. FitzGibbons described plans for next year’s season, saying that the park is going to put a call-out to all artists in the world to create special pieces. The idea, he said, will be “contemporary artists kind of riffing on holiday light themes.”

This year, however, is all about the park “easing into” that Borealis concept, FitzGibbons said. “Pyramid Hill is really excited to be taking that next step toward Borealis 2020. … We have really wonderful plans for this year.”

Above all, however, the ultimate goal is to provide awe for families — as well as special memories. FitzGibbons said, “We want to make the kids in the car ‘lose their mind’ at the spectacle.”
Show us what you’re up to!
We’re interested in learning about what our Ohio neighbors are making in their free time. There’s so much creativity happening outside of the 8 to 5, a way for folks to help with the household budget or just express themselves in a way their jobs don’t ask of them.

Send a photo of a finished item, cost, social media info and your contact info to amcgeesterrett@aimmediamidwest.com.
Serving the Transportation needs of Highland County
by providing safe & reliable transportation services

Highland Area Rural Transportation System

FRS Transportation, HCCAO, Chris Hopkins Transportation, Carpenters House of Prayer/Shiloh Recovery Services are providers of various types of transportation in Highland County.

We will be happy to answer any of your transportation questions.

For Information Contact Joseph Adray, HARTS/Highland County Mobility Manager at (937) 402-6156 Email jadray@harts4highland.org Website www.harts4highland.org

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Doug Saunders
CEO of Fayette County Family YMCA

By Martin Graham

What is unique about your job as CEO of the Fayette County Family YMCA?
The opportunity to serve the community in so many ways and the doors it opens to partner with other organizations to make an even greater impact on the lives of youth, families and seniors.

What are your hobbies?
Running, bicycling, weight training, watching any kind of sport, traveling with my wife.

Of the many events and functions you attend, what is your favorite local event/meeting you take part in?
Volunteering at one of the many events as part of Washington Court House Rotary, Good Hope Lions Club, Fayette County Chamber and on behalf of the Y at community events like the WCH High School band boosters concession stand. It is a great way to give back and to see many people outside of the Y and to raise funds for many worthy causes.

If you could have a conversation with any person alive or dead, whom would you choose and what would you talk about?
Tony Dungy on leadership.

What do you love most about your community?
There are so many people that give back to the community in countless ways with their time, talent and treasure. Many of these people do so without letting it be acknowledged publicly.

Serving the Transportation needs of Highland County by providing safe & reliable transportation services

FRS Transportation, HCCAO, Chris Hopkins Transportation, Carpenters House of Prayer/Shiloh Recovery Services are providers of various types of transportation in Highland County.

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One more thought ...

All the lives we’ve ever lived and all the lives to be are full of trees and changing leaves.
— Virginia Woolf, “To the Lighthouse”
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Innovative Patient Care Equipment, Including
- Bariatric Beds
- Ceiling Mounted Lift Equipment
- Repositioning Systems
- Cardiac Monitors

Increased Inpatient Rehabilitation Space

New Cancer Care Unit

Expanded & Remodeled Surgery Unit

Onsite & Expanded Outpatient Rehabilitation

Separate Orthopedic & Sports Medicine Outpatient Clinic

Additional Patient Registration Access Points

More Easily Accessible Patient Entrance with Improved Traffic Access

Parking Lot Expansion

Visit our website for more information: www.HDH.org