

The Log

November 2023

Fitness Group Classes
 Mon-Fri 7:00 AM - 5:00 PM
 Sat 10:00 AM - 2:00 PM

MONDAY

- 9:00 Qi Gong - Mobility, Strength, Balance
- 10:00 Posture, Balance & Gait, L2
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball
- 3:00 Ai Chi (P)
(no class 11/13 & 11/20)
- 3:30 Taiji for Wellness
- 4:00 Croquet
(contact Roland Byrd)

TUESDAY

- 9:00 Fit 4 Life
- 10:00 Aqua Yoga (11/7 only)
- 11:00 Posture, Balance & Gait, L1
- 12:00 Chair Yoga for Wellbeing
- 1:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball
- 3:15 Fundamentals of Tap

WEDNESDAY (no classes 11/1)

- 9:00 Qi Gong - Mobility, Strength, Balance
- 10:00 Qi Gong for beginners
(see details on page 5 side)
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball
- 4:00 Croquet
(contact Sara Dalton)

THURSDAY

- 9:00 Fit 4 Life (no class 11/2)
- 11:00 Posture, Balance & Gait, L1
- 1:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball
- 3:15 Line Dancing
(special class on 11/16 & 11/30 from Sapphire Ballroom. See Kenny for details and to sign up - 18 spots available)

Continued on next page...

Holiday Hours

Fitness Center

11/1 - close at 4:00
 11/23,11/24,11/25 - closed

Cafe & Marketing Offices

11/23, 11/24 - closed

**1,8,15,22,29
November**

Karr Activity Center

Wednesdays, 3:30 PM

Warm Hearth Singers Rehearsal

All are welcome to join this fun group of singers! We are currently working on a program of Broadway Show tunes and will start a Christmas Program soon. If you have any questions please contact David Jones, Activity Director, Kroontje Health Care Center at 540-443-0407 or djones@warmhearth.org.

**2
November**

see below

Thursday, see below

COVID Booster Clinic

Come get your COVID 19 boosters (schedule below). **Only the Moderna vaccine will be available.** To receive the vaccine, you must be at least two months out from your last COVID-19 booster and will need to bring your vaccination card with you. Anyone who is not vaccinated for COVID-19 can still receive this vaccine. **You must call Kevin or Alisha to sign up. 540-443-3456 or 540-443-0415.**

November 2nd- 8:30am Showalter: All Showalter Residents
 November 2nd- 10:30am KHCC: All KHCC Residents
 November 2nd- 1:15pm KARR: Independent Living Residents

**3
November
Friday, 1:00 PM
Birthday Tea**

Karr Activity Center

Welcome to the Karr Center for the monthly Birthday Tea. This intimate tea is designed to celebrate the birthdays of the month with hot tea, finger sandwiches, and a slice of cake. All are invited, birthday or not, and guests are welcome at \$10 each (cash or check only made out to Warm Hearth Village). We will serve items in a buffet style with hot water stations to replenish tea pots.

Sign Up: Contact Bix at 540-443-3800. Please no group signups. Limit 35.
Registration Deadline: November 2 by noon. Please notify us if you need to cancel.

Fitness Group Classes, continued

FRIDAY

10:00 Posture, Balance & Gait, L2
10:30 Arthritis Aquatics (P)
11:00 Mat Yoga for Wellbeing
12:00 Chair Yoga for Wellbeing
2:00 Pickleball

SATURDAY

Open Swim (P)
Open Gym
2:00 Pickleball
10:30-11:15 Aqua Yoga - (no class
11/4) First and third Saturdays of
the month

Family Swim (P) - last Saturday of
the month 12:00-1:45 PM. Bring
your own towels.

Non-residents may purchase a
monthly pickleball pass for \$40.
See Kenny Harrah.

* Please limit towel usage to no
more than two towels per person.
You are also welcome to bring
your own towels.

Groups & Clubs - Quick Guide

**Alzheimer's/Dementia Caregiver
Support Group**
On break until after the holidays
Contact: Alia Zaro
443-3450, azaro@warmhearth.org

Book Club
Second Monday of each month
1:00 PM
Zoom
Contact: Nancy Thomas
804-514-0057
nantom200@gmail.com

Bridge
Every Wednesday
1:00 - 4:00 PM (2:00 on 11/8 only)
Karr Activity Center
Contact: Mardy Baker
443-3434, mbaker@warmhearth.org

Campus Bingo
Every Saturday
1:00 - 2:30 PM
Karr Activity Center
Contact: Cindy Rethwill
230-3215

Continued to next page.

3,10

November

Fridays, 1:00 - 2:00 PM

Technology Talk and IT Assistance

Join an experienced group from the Project Manager course of Virginia Tech as they help you take control of your privacy and security in the digital age. This four-part lecture series and IT assistance workshop is designed to educate on cyber security, create awareness of the variety of current scams in real time and deliver hands-on tech support to attendees. Attendees will be given detailed concepts of Information Security so they can gauge a scam before it happens. After the demonstrations and lectures, there will be time for basic IT assistance, so feel free to bring your smart phones, laptops and tablet devices if you need trouble-shooting. At the end of the series there will be a brief survey for feedback. **No registration required.**

3

November

Friday, 4:00 - 6:00 PM

Karr Activity Center

Bingo Fundraiser

Join Sigma Kappa and other sorority students for a fun night of Bingo! As part of philanthropy week for the Greek groups at Tech, students will pay for the pleasure of our residents' company and a chance to play one of Warm Hearth's favorite games! Residents can play for free, of course!

4

November

Saturday, 2:00 - 3:30 PM

Karr Activity Center

Marching Virginians Celebrate!

Wear your orange and maroon and head to the field across from the Kroontje Health Care Center where the Marching Virginian's will perform select pieces. Cheering, singing and lots of Hokie spirit is all that is required to attend this fun event. Seating available, however, you are welcome to bring your own camping chairs if desired. Our rain location is the Village Center, Tall Oaks Hall.

8

November

Wednesday, 10:45 AM

Off Campus

Lunch Out - Casa Del Rio

Join Mardy on a lunch trip to a new Mexican restaurant in Christiansburg, Casa Del Rio. Pickup begins at 10:45 AM across campus. Please make sure to be waiting by your front door.

Sign Up: Contact Bix at 540-443-3800. Please no group signups. Bus limit 12. Showalter residents, please sign up at the front desk at Showalter.

Registration Deadline: November 6 by noon. Please notify us if you need to cancel.

Groups & Clubs - continued

Genealogy Group

Second Friday of the month

12:00 PM

Huckleberry Cafe (lunch optional)

Contact: Liz Ackermann

teashanty@me.com

Green Committee

Third Tuesday of each month

10:30 - 11:30 AM

Carson Library

Guided Meditation

Guided Meditation on Zoom

Every Monday

3:30 - 4:30 PM

Contact: Zed Hrubec

zhrubec@outlook.com

540-250-2154

Headline News Discussion Group

Every Thursday

9:30 - 10:30 AM

Zoom Meeting ID: 871-991-4463

Hymn Time

Every Sunday

2:00 - 2:30 PM

Karr Activity Center

Men's Coffee Club

First Friday of each month

9:30 - 10:30 AM

Woodland Studio

Contact: Mardy Baker

mbaker@warmhearth.org

443-3434

Purls of Wisdom (Knit/Crochet)

Every Friday

10:00 AM

Carson Library

Contact: Mardy Baker

mbaker@warmhearth.org

Scrabble

Every Wednesday

11:00 AM

Karr Activity Center

Contact: Mardy Baker

mbaker@warmhearth.org

443-3434

Tap Club - Timeless Tappers

Every Tuesday

3:15 PM

Village Center

Contact: Bix

mktgc@warmhearth.org

443-3800

8

November

Wednesday, 10:30 AM

Living Room
Village Center

Origami Meet Up

This is a casual meeting for anyone interested in Origami. We welcome all skill levels. We will provide some paper, but feel free to bring your own. Contact Lyn Day at dayweave@gmail.com for more information.

8,22

November

Carson Library

Wednesday, 9:00 AM-12:00 PM

Beltone Audiology Clinic Day

All Types and Styles of Hearing Aids Available

- Hearing Screening – No Charge
- Hearing Aid Batteries – All Sizes
- 10-point Hearing Aid Cleaning and Checkup, All Makes and Models – No Charge

Other days and times are available by appointment only. Please call our office to set an appointment today: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

8

November

Tall Oaks Hall
Village Center

Wednesday, 1:30 PM

VT Lifelong Learning - Palliative Care – What's It All About?

Many of us have experienced the stress and strain of serious illness, either personally or with a family member. Palliative care is specialized medical care, available at any age and any stage of disease. The goal of this care is to improve the quality of life for patients and their families, with a focus on providing relief of symptoms and stress of the illness. Bring your questions and join us for a surprisingly uplifting discussion, followed by a Q&A session, about the often misunderstood role of palliative care.

Nicole Thompson is a palliative nurse specialist at LewisGale Hospital Montgomery. She serves as a consultant for those with serious and chronic illnesses, promoting and facilitating difficult conversations with patients, families, and the Interdisciplinary Team regarding goals of care. Nicole has more than 30 years of nursing experience, including two decades in an ICU setting. She found her true calling in 2015 when she transitioned to hospice nursing.

Groups & Clubs - continued

Trivia, Coffee, and Donuts

Every Tuesday
10:15 - 11:00 AM
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
443-3434

Village Quilters

First Thursday of each month
2:00 PM
Woodland Studio
Contact: Bonnie Lawton
bonlawton@me.com

Warm Hearth Singers

Every Wednesday
10:00 AM
Karr Activity Center
Contact: David Jones
djones@warmhearth.org

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

Mon - Thurs, 8:00 AM - 2:00 PM
Fri, 10:00 AM - 2:00 PM

The Daily Special is available online by approximately 9:30 AM each day: <https://retire.org/lifestyle/huckleberry-cafe/> Scroll down until you see it.

Fireside Cafe - 443-3429

Open every day
11:00 AM - 6:00 PM
Available for curbside takeout to residents and employees.

Karr Activity Center

Open from Monday at 8:00 AM to Friday at 5:00 PM each week.

New River House

Carson Library

Open 7 days a week, all day.

Tea Tree Salon Hours

Wednesdays 1:30 - 5:00 PM
Fridays 10:00 AM - 3:00 PM
For appointments call 443-3817

Micah's Pantry

Tuesdays, Thursdays & Fridays
11:00 AM - 3:00 PM

Fitness Massage Services

To schedule a massage, call 540-520-0140 or email loraleighgiessler@gmail.com.

9

November

Thursday, 4:00 PM

Story Hour Happy Hour

Hugh VanLandingham, a resident of WoodsEdge, will present an original "Musical Love Story" which he has written and will perform. Much like the old radio serials we all listened to decades ago, it will include songs and humor. You will not want to miss this!

To share YOUR story, contact Richard Shepherd at shepherdrichard333@gmail.com.

Tall Oaks Hall
Village Center

13

November

Monday, 4:00 PM

Folk Music with Ash Devine

Join Ash Devine for music that reminds you of an earlier time, with sing-a-longs, and bits of history, to some of our most iconic songs.

Karr Activity Center

14

November

Tuesday, 10:00 AM

Preparing For Tax Season - What You Need to Know

Join the Warm Hearth Foundation for a special presentation by Samara McMillion Abplanalp, CPA and Edward Jones Financial Advisor Meghan Kuczarski about recent tax changes and a market update. Related topics such as standard or itemized deductions, medical expenses, and planning for charitable giving, including qualified charitable distributions from your IRA will be covered. Timely market perspective will be shared surrounding an ever-changing landscape. Light refreshments will be served. This event is open to the public!

Sign Up: RSVP to Meghan at Meghan.kuczarski@edwardjones.com or 540-944-1511.

Deadline: November 10th

Tall Oaks Hall
Outside

14

November

Tuesday, 1:00 PM

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusевич to teach a monthly greeting card class. You will go home with a professional collection of handmade cards after step-by-step personal instruction. No experience or artistic talent necessary. All materials provided. If you register and then need to cancel, please tell Bix so someone on the waiting list can attend.

Karr Activity Center

Participation limit: 12 (Minimum 4)

Sign up: Contact Bix at 443-3800, once the class is in The Log

Registration deadline: November 7th at 1:00 PM

Attention: New Fitness Class
Wednesdays 10:00 AM
Qi Gong For Beginners
(Blends of Qi gong, Tai Chi, & Yoga)

Val DePillo shares her five decades of study and dedicated practice in mobility, flexibility, body stability, and strengthening. The class targets core, glutes, and abdominal muscles.

Bio:
1960-1990's:

~A dedicated student of original and restorative yoga under the guidance of R. Rosen, Rodney Ye.

~Rudolph Steiner College teacher training - attended a five year spatial awareness program. kindergarten through eighth grade demographic.

~Decades studying the science of movement and anatomy and the science of how the mind and body can work in successful collaboration, for the purpose of enjoying optimal health and wellness.

2000–Present:

Creating programs in sustainable exercise & movement for our aging population.

2022-Present:

Completing a second 12 month master training and study with Shi Heng Yi Shaolin Temple Europe in Chan, Medicine, Kung Fu, Taijiquan, Qi Gong.

Questions: Call 540-421-4873

Micah's Pantry Hours

As of September 1st, Micah's Pantry will be open from 11 am -1pm on Tuesday, Thursday and Friday at the Karr Activity Center for the Fall/Winter season. Adding the additional afternoon pantry hours will be reviewed in the spring. Thank you for your understanding.

14
November
Tuesday, 1:00-3:00 PM

Karr Activity Center
Outside

Outdoor Market

Warm Hearth and Feeding America have teamed up to provide fresh produce and shelf-stable grocery items directly to residents and employees at a reduced cost. We accept debit, credit or SNAP/EBT as payment. So convenient! Stop by on your break or lunch! Visit the second Tuesday of every month.

For more information contact Karen Nelson at 443-3412.

15
November
Wednesday, 11:00 AM

Tall Oaks Hall
Village Center

Warm Hearth Village Town Hall

William Lester will host this Town Hall Meeting. This is an opportunity to hear updates on important Village happenings. If you have questions for William, please email them in advance to wlester@warmhearth.org.

This meeting will be held in person only.

17
November
Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Everyone loves to go to their mailbox to find someone has remembered them with a handwritten letter or a greeting card with a personal message inside. Many people hold dear and treasure these remembrances and tuck them away for later reflection. This is especially true today when email and texts are ephemeral and phone calls disappear when the connection ends. In this class series participants will create five projects choosing from a wide selection of styles and techniques. Participants will leave with beautiful, handmade greeting cards to have on hand, ready to send when those special occasions arise. Melissa Matusevich teaches this advanced paper crafting class.

Participation limit: 15 (Minimum 4)

Sign up: Contact Bix at 443-3800. Your registration will be confirmed upon payment of \$20 BEFORE the day of the class. Please give your payment of cash or check to Bix at the Village Center. Checks should be made out to Melissa Matusevich.

Registration deadline: November 10 @ 1:00 PM (Call Bix if you need to cancel).

Warm Hearth transportation will provide a bus for the following events for the new season at Moss Center:

Roanoke Symphony Orchestra
Saturday 12/2 4:00PM
Jazz at Lincoln Center Orchestra
Tuesday, 1/23 7:30PM
Mark Morris Dance Group
Saturday, 2/24 7:30PM
Meshell Ndegeocello
Friday, 3/15, 7:30PM
Bamberg Symphony
Friday, 4/26, 7:30PM

Seating is limited, pickups begin 1 hour before performance times.

THANK YOU LUNCH FOR VETERANS

Mission BBQ would like to treat the Warm Hearth Village veterans to a lunch in November as a Thank You for your service. Please contact Cindy Rethwill at 540-230-3215 to let her know of your interest.

CALLING ALL CRAFTERS! NOV 18th CRAFT SHOW

Cindy Rethwill is calling for all residents and staff who would like to participate in a Saturday, November 18th resident run craft show in the Karr Activity Center. If you are interested in vending your handmade items, please contact her at 540-230-3215.

Many Thanks!

The philanthropy office extends a heartfelt thank you to all residents who support the Treasure Trove thrift store with donations! We've just finished up another successful fiscal year where donations to the store come back to help seniors on campus through our annual fund. Please continue to spread the word about the great things happening through the Trove and know that we appreciate your ongoing support.

17 November

Friday, 11:00 AM - 1:30 PM

Single Ladies' Lunch

Join the Single Ladies' Social Group for lunch in the Woodland Studio. Purchase your lunch/snack/beverage and come for socialization.

This group was formed to foster connectivity, and friendship among single women (single, divorced, widowed) across all the neighborhoods of Warm Hearth Village through planned and spontaneous activities. We hope to see you there. **No reservation required.**

Woodland Studio
Village Center

17 November

Friday, 1:30 PM

VT Lifelong Learning - Listening to Landowners: Rural Appalachia Responds to the Mtn Valley Pipeline

How did rural Appalachian landowners respond to the development and presence of the Mountain Valley Pipeline? This presentation will share the results of recent research into that question. As of today, more than five years after it was permitted, the pipeline project is still not complete, due in part to opposition by many, but by no means all of the people in its path. Pipeline developers, as well as prior researchers, misjudged landowners' perceptions of the danger and disruption to the lives and livelihoods of those with long-standing attachments to the land.

Dr. Steve Gerus has undergraduate and master's degrees in anthropology and a recent PhD in sociology. In this presentation, he combines sensitivities to the various and sometimes competing cultural interests of rural Appalachian landowners and the business interests of investors in utility-grade infrastructure projects such as the Mountain Valley Pipeline.

Tall Oaks Hall
Village Center

22 November

Wednesday, 11:00 AM

Thanksgiving Dinner To Go \$17.95

Take it easy this Thanksgiving and let the Huckleberry Cafe cook dinner for you and yours!

MENU

Sliced Turkey, Mashed Potatoes & Gravy, Pasta Salad
Broccoli Casserole, Cornbread Dressing, Rolls
Pumpkin or Apple Pie w/ ice cream

Pick up between 11am & 1pm

Sign up: Contact the Cafe at 443-3801.

Order deadline: November 21st at 1:00 PM.

Tall Oaks Hall
Village Center

Chess Anyone?

Are you interested in playing chess with a really good 12-year old? His mom reached out to us because he is looking for good chess players to play and thought of Warm Hearth. Please call Sara McCarter if you want to learn more about how to play with him.

540-443-3458

smccarter@warmhearth.org

Fitness Center Assessments

If you would like to participate in the November 7th Risk Assessments for Falls, please pick up paperwork in the Fitness office.

New Bible Study Group

Gi Conger, a Warm Hearth resident, is starting a new Bible study group. The group will meet on Saturdays at 10:00 AM in Karr Activity Center. She is looking for other residents to join who want to take a deep dive into the scriptures as they relate to politics, economics, society and culture, history and more. For questions contact Gi at 706-691-2319. For future editions of The Log, this will be listed under "Clubs and Groups".

Senior Volunteers Needed for Children's Museum

The Wonder Universe Children's Museum is looking for seniors who are interested in reading, playing and engaging with groups of 4 and 5 year olds for an intergenerational program. The program takes place at the Wonder Universe Children's Museum located at the New River Valley Mall the 2nd Wednesday of each month, from 9:30-11am. Those who wish to participate are asked to contact the museum by calling 540-200-8231 option "1". Please mention the volunteer Nina Templeton as the liaison for this program.

27
November
Monday, 3:00 PM

Karr Activity Center

Robbie Vance's Afternoon of Music

Robbie Vance is now playing at the Karr Activity Center from 3pm on the 4th Monday of each month. Start your week off on the right note with standards and favorites from Elvis to Sinatra. Sing-a-long or just enjoy the music!

1
December
Friday, 1:00 PM

Tall Oaks Hall

Holiday Birthday Tea

This special holiday event is designed to celebrate the birthdays of the month and celebrate the holidays with hot tea, finger sandwiches, and a slice of cake. All are invited, birthday or not, and guests are welcome at \$10 each (cash or check only made out to Warm Hearth Village). We will serve items in a buffet style with hot water stations to replenish tea pots.

Sign Up: Contact Bix at 540-443-3800. Please no group signups. Limit 35.

Registration Deadline: November 29 by noon. Please notify us if you need to cancel.

A Message from Ali Davitt

Thank you to everyone in the Warm Hearth Community who took the time to attend the Meet & Greet Reception held for me on Tuesday, October 24th. It was such a pleasure getting to know Warm Hearth Village residents, employees and donors and I am grateful for the warm, gracious welcome I have received since beginning my position here.



If you weren't able to attend the reception, please stop by my office in the Village Center and introduce yourself. My door is always open and I would love to meet you!

Ali Davitt
Senior Philanthropy Officer
Warm Hearth Foundation

A Message from Scott Bryant

Hello my name is Scott Bryant and I am the new Marketing & Community Outreach Coordinator for Warm Hearth at Home. Please reach out to me if I can help you or any of your friends or family with home health services. We are here and ready to assist as you navigate changes from illness, injury or chronic health conditions.



Have a wonderful day,
Scott



Healthy Eating During the Holidays



Holidays are a wonderful time to share with friends and family. They are also times that are brought together by food and can be rich in desserts and treats. As a dietitian, I strive to promote balance and moderation in your diet. You don't have to avoid your favorite dessert or feel shame for eating them, especially during this special time of year.

Tips for smart holiday eating:

- Don't neglect your exercise! Try to keep up with (or start!) an exercise routine. Shoot for small increases if you are starting out fresh. This doesn't have to be anything intense. Shoot for 20-30 minutes of movement per day and choose activities you ENJOY doing!
- Give in to the treats. It's OK to let yourself splurge during these times. Try to have small servings of your favorite desserts and listen to your fullness cues. If you are full, save your treat for later or another day. You may try to make a healthier choice somewhere else in the day to ensure your meeting your nutrition needs. Have the treat, enjoy it, and move on. Try not to put too much pressure or emphasis on the dessert or treat – no guilt or shame needed.
- Emphasize fruits & vegetables. Continue to try to utilize those fruits and vegetables for snacks or sides. Try a new holiday side with a vegetable or fruit to add color to your plates.
- Honor your hunger. Often times, we feel bad or rude for turning down a food offering. Practice politely saying “no” and honoring your hunger/fullness cues.
- Eat mindfully, not mindlessly. Try to focus on what and when you are eating. Are you snagging from the candy bowl just because, or do you really want that treat? Using smaller bowls and plates can help to focus on the foods on your plate and help avoid guilt of not making the Clean Plate Award. Savor the appearance, smell, textures of the foods that you are eating.

Useful Phone Numbers

The Village Center

Front Desk/Concierge: 443-3800
 Huckleberry Cafe: 443-3801
 The Village Gourmet Catering: 443-3802
 Fitness Center: 443-3474
 Health Care Information - Linda Kirkner: 443-3415

Life Enrichment

Mardy Baker: 443-3434 (Karr Activity Center)
 Susan Bixler: 443-3800 (Village Center)
 Corynne Emerson: 443-0409 (Showalter Center)
 David Jones: 443-0407 (KHCC)

Carilion Family Medical Clinic (on campus)

540-558-2400
 Hours of Operation:
 Mon-Fri from 8:00 am to 5:00 pm
 (Closed 12:00-1:00 PM for lunch)

Warm Hearth at Home
 Information & Assessments
 443-3428 or www.whvathome.org

Tea Tree Salon: 443-3817
 Fireside Cafe, Showalter Dining: 443-3429
 WHV Main Switchboard: 552-9176
 Housing & Resident Services: 552-2419
 (located in Karr Activity Center)
 * Maintenance
 * Lock-Outs
 * Security / Emergencies
 * Transportation

Information Technology (IT): 443-0408
 Treasure Trove (offsite): 200-7012
 Montgomery County Sheriff's Office

The email format used at Warm Hearth is “first initial and last name @ warmhearth.org”.
 For example, Sara McCarter's email is smccarter@warmhearth.org.



Please recycle old issues of The Log.

LOG Questions: Sara McCarter, smccarter@warmhearth.org