



The Village Pump

SPONSORED BY SV ACTS, INC.

SPRING VALLEY TOWNSHIP, OHIO

NOVEMBER 2012

SPRING VALLEY ACTS – Carla Smith

35th Annual Potato Festival – We had a great crowd on Saturday, then a cool Sunday. But everyone had a good festival. I had the privilege to present the Citizen of the Year award to Paul Sackett. He has done so much for this community and for young people. That was just amazing. Then I got to present a special award to Rick and JoEllen Fannin for their service to our community. All of these people are great volunteers with many talents to help the community in which we live.

Upcoming Events:

ACTS 2012 Wrap-up meeting Nov. 13, 7PM at the George Barrett Concrete House



Please join us for the annual

ACTS Appreciation Dinner

Date: Friday, December 7, 2012
Time: 6:00 PM
Place: Ancil's Auction Barn
1975 Roxanna-New Burlington Rd.
RSVP: 862-5250
Bring: A covered dish or dessert to Share.

Also

C h r i s t m a s i n t h e V i l l a g e

Date: Sunday, December 9

Time: 6 PM

Place: Bledsoe Park

ACTS 2013 Kickoff meeting

Date: Tuesday, January 8

Time: 7 PM

Place: George Barrett Concrete House

Hot Topic: 2013 Event Calendar

HALLOWEEN COSTUME WINNERS:

6 years and under:

Cole Roder, Hanna Feerer, Sydney & Christina Burchfield, Bobby Urschel

7-11 years old:

Jacklyn Cooper, Nicholas Staigl, Alex Caserta, Jacob Morris, Mya Lockhart, Laurel Huff

12- 17 years old:

Austin Flaughter, Tessa Williams, Brittney Gilliland, Travis Foster, Ein Gilliland, James McDaniels

18 years and older: Wayne Staigl, Harold Smith, Carla Smith

POTATO FESTIVAL UPDATE:

Thank you all for a great festival!! We had a beautiful day on Saturday, the crowds were good and in my conversations with the vendors, I believe that they all did well. I am certain that the TV coverage that we got from News 45 and Channel 2 leading up to the festival helped a lot. Thanks to several of our community folks for helping with the TV spots. Sunday was not as good as the weather didn't smile on us near as well and the crowds didn't either. We had a slow start and it never really got the big push that we had the day before. We got another TV spot with News 45 on Sunday and they shot some footage that they will be able to use next year.

I am lucky to have a solid team of individual that made my first year as the festival chairman go as smoothly as I could have hoped. Please, if you see any of those folks over the next couple of weeks, PLEASE TELL THEM THANK YOU!!! They work hard to make it run smoothly, and they do it for the community, as there are no paid positions, and there are over 100 volunteers that pull together and make the event one of the best in the area.

We hope that we can bring in additional vendors next year and new activities that will help increase the funds that support ACTS and the projects that they oversee. If you have ideas or comments about the festival, we are always looking for input, feel free to contact me or any of the other committee members, even if it is just to volunteer in one of the many positions that we are always looking to fill.

We look forward to seeing all of you volunteers and ACTS member at the Appreciation Dinner on December 7th, where we will be able to give you an update on how well the festival did overall.

Jon Keck, Festival Chairman

2012 SPRING VALLEY CITIZEN OF THE YEAR

Our Citizen of the Year for the 2012 Potato Festival was **Paul Sackett**. Paul was nominated by a neighbor for his years of dedication to the community. He has worked for over 30 years for Spring Valley Township and has taken excellent care of the cemetery, including preparations for Memorial Day services. Also noted

is his involvement as the charter president of the Spring Valley Lions Club and working in the district Lions organization, as well as initiating the local annual senior turkey dinner. He contributed 30 years as a volunteer fireman, first with Sugarcreek, and mostly for Spring Valley Township, including a time as acting chief. He was a patrolman with the Spring Valley Village Police Department for a time, and he has been a friend to many. He also enjoys riding his Goldwing motorcycle and was lauded for giving Lucile Stroup a wonderful birthday gift of her first motorcycle ride at the age of 99. I enjoyed interviewing Paul and found him to be an expert story-teller!

Paul Sackett was born in 1935 on a farm one mile south of Bellbrook on Waynesville Rd. The farm had been in his family for 125 years and had been a land grant for early settlers to his relatives, having come here from West Virginia. (And, yes, Sackett-Wright Park was named for his dad.) Paul told of a fire at his house in 1947 or '48 and he was brought from school to help on the bucket brigade. They borrowed from Bellbrook an old fire truck pumper to pull water from their cistern. Sugarcreek didn't have a fire department and ended up starting one as a result of that fire. It also sparked his interest in being a part of it. He said, similarly, it was a fire at Meb Smith's (Paul's wife, Melba's father) garage that initiated Spring Valley's fire department. He also talked about, as a boy, going with his dad to the Bellbrook cemetery to help care for the graves of their family members. Paul bought a truck to haul grain when he was a junior in high school and asked to attend school half days. Because of a dispute with the superintendent, he dropped out his senior year so that he could pay for his truck. When he was drafted into the Army in 1959, he was able to get his GED. Paul worked for Everett Hurley at the Sinclair filling station on 42 (recently a towing and now pin-striping business). Melba would bring her car there for service and they were married in 1958 and lived in a house at the top of Main St. (across from Kevin Jordan's). They have been married for 54 years and have one daughter, Mickey, now in Toledo. Paul left for two years active military service and was a cook on a Nike base on Long Island, New York. He still enjoys cooking.

Paul talked about some of their most rewarding experiences with boys they have welcomed into their home, especially exchange students from Finland that came through the Lions Club Exchange program. Local boys also gathered at their home because there was little to do in a small town. They loved having them come and felt like they were all family. One thing some of the boys enjoyed was the penny jar that they kept so they could play poker but the pennies were returned to it at the end of the day. Melba said she should have bought stock in Coca Cola and Mikesell's! When Tim Slouffman left for the service, they took several of the boys out to dinner and the waitress told them to bring their family back but they felt sorry for the one little girl!

Paul got his Goldwing motorcycle in 1984 and he and Melba have enjoyed several trips on it, to Wisconsin, Niagara Falls, the Blueridge Parkway, for a few. He had a motorcycle accident in about 1990 and had a compound fracture. He was thankful for the paramedics and doctor that were able to keep him from losing his leg. Of the motorcycle ride with Mrs. Stroup, he said he didn't know who enjoyed it more... She was embarrassed having to wear long pants for the first time in her life but was exhilarated. She was also thrilled to hear from several of her past students when he wrote about it for Goldwing magazine.

Paul said that Spring Valley is home and that it is a peaceful town. He said it's been a good thing to put down roots and that many young people today are missing that experience. He has enjoyed working and volunteering in the community and has great neighbors that help mow his lawn and check in on them when they've had health problems. It's the kind of place where someone is there to help when anyone is in need. He's enjoyed meeting people when he's working out on the road or at the cemetery and has quite a few stories to tell, but you'll have to ask him sometime! When I asked if he has plans to retire, he says he's not old enough!

ACTS special award for community service

Rick and JoEllen Fannin received a special recognition Saturday at Spring Valley's Potato Festival in addition to Paul Sackett's Citizen of the Year award. Rick and Jo both grew up in Kettering and graduated from Fairmont East High School in 1971, where they were friends. They married in 1977 and lived on Race St in Spring Valley for 27 years. Here they raised their two children, Ben and Lea, and where Lea still lives with her son, Silas. They now live in the house in Kettering where Jo grew up. Rick has made his living singing and playing in bands, first the Dayton Yellow Springs Band, his own Rick Fannin Band, and 28 years as a duo in the Fannigan's Isle, then recently with the Elderly Brothers. He has sung many genres, from Irish and American Folk music to country rock, American songbook pop, and old standards music from the 1920's. He has entertained all over the country and has performed at the Potato Festival for at least 15 years. Jo had gone to Miami University and worked for Greene County Library at Spring Valley for two years before it was changed over to a community library and then continued with it for another six months or so.

She was instrumental in setting up the volunteer system. She finished her Masters of Library Science at Kent State in 1993. When the opportunity arose, she went back to full-time work for the Greene County Libraries, with 6 years at Beavercreek, 9 at Xenia, and 8 at Bellbrook, where she is currently. They have attended Spring Valley United Methodist Church, where Rick has performed special music on occasion and Jo has taught kids Sunday school for a couple of year, organized the church's reading library, and helped with the Chicken Noodle booth at Potato Festival. The Fannins said they thought Spring Valley was a great environment for raising kids and a beautiful area. They miss the small-town atmosphere, where you know your neighbors and the town kids. It has a "history" and character that is missing in the suburbs.

Spring Valley has many people that have lived here and do what they can in daily life to make it a family-friendly community and make the Potato Festival an annual success, but are rarely recognized for their contributions. This award is to say "Thanks".

[Rick Fannin passed away October 30, 2012. We're so sorry to lose him, but so glad to have known him. Our sympathies go out to his family. He will be greatly missed.]

SPRING VALLEY FIRE DEPARTMENT -- Phyllis Kefert

Since the Village Pump was last published the department has seen many changes. Chief Marvin Moeller has been getting acquainted with our members, hiring more paid Part Timers, reviewing policies, and generally getting an overview of the services the department makes to the community. His goal is to provide all of us the services we deserve as citizens and taxpayers. When I asked him what he would like to be included in this article he requested that all of us be reminded that the existing five year one mil fire levy is a RENEWAL and will not increase our taxes. It will generate about \$50,000 per year for fire and ambulance services. The department works hard to control expenses while providing quality service to our community. Please vote YES for the fire levy on November 6.

Speaking of reducing the expense of providing service, did you know that Fire Department Volunteers save tax payers a HUGE amount of money? A study conducted in 2004 by the Public Safety and Environmental Institute showed that it would cost American tax payers \$37.2 billion annually if all Volunteer firefighters were replaced with career staff. This number has increased dramatically in the past few years. Another 2012 report by the National Fire Protection Association estimates that the monetary value of donated time by fire department volunteers is \$129.7 billion.

On behalf of the fire department I am asking you to volunteer. I know it's a big step but maybe I can tell you about our family's experiences as volunteers. I want to describe how much being a volunteer meant to my husband and to me. Ed was on the department for twenty seven years and I retired five years ago after thirty years of service. We'd do it all over again if we weren't so darned old! We all understand that family and job obligations are the primary considerations in everyone's lives, but there are so many blessings which come to you when you volunteer to help your neighbors. Our three children say that some of their favorite memories were made at the fire house. They learned an invaluable lesson that "family" includes our neighbors and I really believe that observing their parents and other members of the fire department contribute to the community was a major influence in their lives. They turned out to be considerate, caring and responsible citizens.

My husband and I have so many memories of our years on the department. Some runs were heart wrenching, others were humorous, and many were inconvenient but we always knew deep on our hearts that as volunteers we doing the right thing. Even now, when we drive through the community we often recall the events which occurred at various places in the community, whether it be a home, highway, business or farm. These memories connect us as human beings. Being personally involved in the community is both a duty and a privilege. It was an experience we will never forget. You too can be part of this special service. It will be one of the most satisfying decisions you can make. Now you can choose to be either a firefighter or an E.M.T. Or you can be both! Please volunteer. Stop by the station at 2547 Rte. 42, talk to a member, call the Station at 862-5011 or me at 862-6001.

One final note: Please remember to replace your smoke alarm batteries this month. Doing so may save your life!

SPRING VALLEY SENIOR CENTER NEWS

1489 Spring Valley-Paintersville Rd., Spring Valley, Ohio 45370

Center Hours: 9am to 4pm Monday, Tuesday, Thursday, & Friday, and 6pm to 9pm Friday

This year has been flying by! Work is progressing on the Masonic Lodge to make it our new center sometime next year. Architect drawings have been done, old flooring and cabinets stripped out, the new furnace installed with air conditioning still to be finished, and now a contract is in place for installing a lift, which will come in Nov 25. It will take people from the main entrance to the opposite side of the “car” either upstairs or down. There are still handicapped restrooms, new windows, flooring, and more to be done over the next few months

There will be some changes with not serving our own meals, beginning in January. All birthday coupons will have to be redeemed by December 28. We will still recognize your special days with our carry-ins and possibly cards... We will get a listing of menus that Meals on Wheels will be bringing in but we will need to know before noon the day before if you are coming for lunch. Those 60+ can sign up for the meal program the first time you come in the new year and it is funded by Area Agency on Aging but they still request a donation so we will not be dealing with sales tax or money, except for crafts and bazaars... We will likely be limited to an average of 30 meals per day. We still can have carry-in dinners and we may have a couple more fund-raiser dinners while we're still in this building, with our stove and permits – maybe a Friday or Saturday night pork chop dinner in the spring would be good... It's possible that we could apply for a temporary permit for an occasional dinner that could be prepared at home or a church to cater in to the new building... We will be losing our kitchen staff of Greg and Megan Zehring. Becky and Creada will still be our membership staff-persons and will be handling the meals program paperwork and phone reservations...

We had a successful Potato Festival in October, bringing in \$1469, with an expense of \$170 for the boothspace. The raffle quilt brought in \$603 of that and was won by Gail Bradley, daughter of member Pat Johnson, and niece of Louise Holton. The following weekend, we held a Chicken Noodle Dinner, which served about 100 people and brought in \$786.85, two-thirds of which goes to the fund for the new building. A huge thank you to all who donated their time to make the items sold, man the booth, and serve the dinner, as well as to all of those who came to buy things and supported our efforts. Then came the Halloween Party, with over 40 attending. Added Touch Cleaning in Spring Valley providing the donuts and Apple Country gave the cider. Ancil Dodge volunteered his time as auctioneer for the baked goods auction, which brought in \$380. Door prizes were donated by Hospitality Homes and Greene Oaks, plus a \$100 member donation. We have a good time getting together but it takes a lot of hands to make it all happen and a lot of community support for all of these activities! I also want to send out a big thank-you to Sharon Neff for all the time she has put in over the last couple of years to put out our newsletter, parties, and tracking the volunteer hours.

Our free computer training through Clark State had seven that attended but we could do it again if there is enough interest. We are taking names. Susan Millward, our benefits consultant from **Greene County Council on Aging** will be here **Nov. 20** and **Dec. 4** to help anyone with the individual decisions about Medicare and medical insurance before the end of open enrollment Dec 7. She generally comes around 11:30 and is available through lunch. Another person that comes in each month is Peggy Smith, who does **chair massages** for \$10 for 10 minutes. It can be therapeutic! She will be here **Nov. 13** and **Dec 4.**, usually from about 10 am to noon.

As an outcome of SeniorPalooza, GCCOA is planning a county-wide **Euchre Tournament** on **Nov. 14** from 1 to 4 pm at the fairgrounds. Sign-up is by Nov 9. That's in addition to our usual Euchre party on the second Friday each month. Our **carry-in dinner** in **November** will be on the **30th** due to Thanksgiving, and December's will be a combination Birthday/Christmas/New Year's Party on **Dec. 28**. The first week of December will be our annual **Holiday Bazaar** –check us out **Dec. 3 - 7!**

What does it mean to be a member of Spring Valley Senior Center? Membership generally means you belong to an exclusive group (age 50+) and you receive some benefits from being part of that group... and it also means you are supporting that group in some way: financially, or with your time and effort... and you should be getting some satisfaction from being part of this group - either mutual support with a group of friends, spending time and doing activities together, or programs that are educational and health-related information, even putting out news supporting your community to the general area, such as our newspaper column and our newsletter. When there is interest, there have been trips or outings to LaComedia, etc - but it takes some initiative to let us know what type of activities we should be sponsoring! We have had the most interest in card-playing and craft and quilting projects. We've tried to add activities, such as line-dancing, Swedish weaving, and occasional programs such as speakers on health topics and Flu shots. Our quilroom has had several classes on different quilt patterns. For these activities, I always say that all seniors are welcome but it is because of our membership program that we can offer some of these activities and events, so membership support is greatly appreciated. It is partly because of the paid memberships that we can get some of our

funding... so please consider joining during our current membership drive. At only \$15 a year, it is not a great amount to pay and hopefully, you get something out of belonging to our “community”! I also appreciate the volunteers and what they do at the center and there is satisfaction in volunteering that helps others.

We have also usually sent out letters to solicit support to keep our center going and for special projects. Many people like to send out their donations at the end of the year so they can get tax credits for contributions. We are a 501(c)3 non-profit organization and all donations are appreciated throughout the year. Our budget has been going up just as many household budgets have been strained due to higher prices. We have cut out the extra rent for a separate room for the office and have cut the staff by eliminating an office person. The Meals program should eliminate the deficit from our kitchen... I don't think the answer is more cuts as much as providing the most we can for seniors with the money we have. We will be needing funds to upgrade the kitchen in the new center for carry-ins and to provide a secure and separate workspace for our crafters and quilters. It might even be nice to have a “lounge” area with comfortable chairs and bookcases in the library area. I'm sure that we will run into quite a few expenses that will not be covered in the initial remodeling. We will have a really nice building compared to what it would have cost to build a brand new one, but we can use your help!! Help us to make Spring Valley Senior Center a centerpiece of the community and a place seniors will want to come to be “family”! Menus and more information is available at the Center or call 862-4475. Visit us online at our website www.springvalleyseniorcenter.com or e-mail us at svcenters@yahoo.com. Janet Miller, Spring Valley Senior Center Director, Telephone # (937) 862-4475

SPRING VALLEY COMMUNITY LIBRARY — Sue Losekamp

**1 E Walnut St. Telephone & Fax# 937- 862-4538
Hours: Mon & Wed 3 – 7, Tues & Thurs 2 – 6, Sat 10 – 2**

We had another good Book Sale during the Potato Festival. Someone tells us every year that this is the best book sale around. Thank you to everyone who donated books or shopped the sale, and especially thanks to the volunteers who worked so hard setting up for the sale and/or selling the books during the Festival: Jan & Tom Johnston, Ella Sommers, Charlene Landis, Darline Wieland, Chris & Bob Herbst, Sue McLaughlin, Teresa Holland, Jim & Ann Barlow, Petey, and Tom Losekamp.

Some of our newest materials include:

New ADULT FICTION:

The Bone Red Patricia Cornwell	The Casual Vacancy J. K. Rowling
Frozen Heat Richard Castle	Gone Randy Wayne White
The Time Keeper Mitch Albom	Judgment Call Cornelia Read
Apple for the Creature Charlaune Harris	Sweet Talk Julie Garwood
Last to Die Tess Gerritsen	Valley of Ashes Cornelia Read

New NON-FICTION:

No Easy Day : autobiography of a Navy SEAL Mark Owen
Eating Your Way Across Ohio : 101 must places to eat Karen A. Patterson
Great Jobs for Everyone 50+ Kerry Hannon **Shocked by the Bible** Joe Kovacs
The Left Stuff: how the left-handed thrived in a right-handed world Melissa Roth

New for YOUNG ADULTS:

Tomorrow When the War Began series John Marsden
The Mark of Athena Rick Riordan **Lincoln's Last Days** Bill O'Reilly
Splendors and Glooms Laura Amy Schlitz **Red Badge of Courage** Stephen Crane

New for CHILDREN:

Room on the Broom Julia Donaldson **Alek: Children of Crow Cove** Bodil Bredsdorff
Water Street Patricia Reilly Giff **The Wanderer** Sharon Creech
Ten Ways to Make My Sister Disappear Norma Fox Mazer

New in LARGE PRINT:

The Fiddler Beverly Lewis **The Fireman's Wife: a memoir** Susan Farren
The Richest Season Maryann McFadden **In the Land of Second Chances** George Shaffner

New DVDs:

The Avengers **Madagascar 3** **Way Cool Creepy Crawlies**

We always welcome requests or suggestions for books you would like to see on our shelves. Please tell us what you like!

**Please Note: Library will be closed Nov. 21-24 for Thanksgiving and Dec. 20 – Jan. 21 for Christmas/Winter break. (This is a budget-cutting measure.)
Come before Christmas to stock up on reading materials to last you through the holidays!**

SPRING VALLEY PARK DISTRICT—Tracey Wright

We have started on the projects at the park. Softball fences are being replaced and the new playground equipment will be installed within a month.

SPRING VALLEY HISTORICAL SOCIETY

Spring Valley Historical Society meets at 7pm at the George Barrett Concrete House on Main St. on the 3rd Thursday of every other month. The next four meetings are Nov.15, 2012, Jan.17, Mar.21, & May 16, 2013. Contact person is Bettylou Sullivan (937) 862-4573. Call and leave message if you need additional information. Our meeting on November 15, 2012 will be planning for different field trips, meetings, quilt square garden, and fund raising events. Earnings from Potato Festival booth and other events go toward restoration of Town Hall in Spring Valley.

2012 Potato Festival was another great success. Thanks to all that helped in so many different areas. Festival is wonderful with all the visitors and SUPER volunteers.

The Historical Society is looking for **photos of war veterans** who have served our country. Send/request info to: jamesbird@earthlink.net or Gary Zehring at gapz@netzero.net

Spring Valley Village and Township by Carl E Smith.

Spring Valley grew and was built we were told around a glacial "drumlin", a bit of detached section or portion of the glacial moraine, sitting out in the valley, apart from the sand and gravel filled surrounding hills of the terminal moraine of the glacier in which the village is located.

The drumlin is curved, or crescent shaped. A large mound, built by the "Mound Builders" we were told, was erected on one end of the drumlin, for a "signal mound" for Fort Ancient, the largest and more extensive fortifications on down the river.

Unfortunately, State Senator I.M. Barrett, who owned the mound and had the house now occupied by Mr. and Mrs. Leo Willenburg, decided it would be practical for him to burn oil in his house, for heat, cooking and light, so he cut down the top a bit, on the mound, installed two metal tanks with low concrete wall around them, - I recall them well. He piped oil down to his house, but it smoked too much or was somehow an unsuccessful experiment, so he abandoned the idea. The tank though stayed there for years; we kids used to play around them. Barrett had a winding terraced roadway made up around the mound, so oil could be hauled up for filling the tanks. I recall seeing the wagon hauling down the old tanks, when the idea was finally dropped. It was sad that the peak of the Spring Valley Mound was so desecrated, though they did make some gesture of dirt replacement and replenishment, at the peak, after the tanks were removed. A few locust trees, planted around the top, soon became a thicket, and later most of the mound property, which the late owners, the Hartsocks and Crites, kept mowed and grazed down by sufficient livestock, grew up rather rank. It should have been made a central village park; we tried to get it across that way, but some prominent residents were against the idea, so it wasn't done, unfortunately.

– continued next Pump.

SPRING VALLEY AREA CHAMBER OF COMMERCE —Judy Madden

The Spring Valley Area Chamber of Commerce quarterly business dinner meeting will be Wednesday November 7th. Dinner at 6:00pm (\$7.50) with program to follow at 6:45pm. Speaker is to be Greene County

Sheriff Gene Fischer. Call Pat Zehring at 862-6621 for more information or to make reservations. May also reach Judy Madden at 937-239-1325.

SPRING VALLEY VILLAGE COUNCIL – Eric Snell

Council meetings are the second and fourth Mondays of each Month at 7:30pm and are open to everyone. Eric Snell, Village of Spring Valley, Mayor, SpringValleyOH@gmail.com 937.604.0357.

SPRING VALLEY LIONS CLUB

Well, another Potato Festival has come and gone in addition to the Old Timers Festival. The club would like to thank everyone who patronized our concession booth at both events. The money raised from these two events will be used to make donations to local charities and organizations and to fund our annual Senior Dinner.

Speaking of the Senior Dinner - this was the 39th dinner with this year's dinner held at Ancil's Place on November 4th. At this year's dinner we served approximately 150 people with additional carryout meals being delivered. If you are a senior over 60 and are currently or have been a resident of the village or township and did not receive an invitation but would like to attend next year, please contact Sandy Smith at 862-5861.

Our next upcoming concession event will be the annual consignment sale at Ancil's Place on November 10th. Hope to see you there.

If you would like to become a member of the club please contact Jimmy Smith at 862-5861 or Dave Jordan at 372-4774.

Lion Dave Jordan

SPRING VALLEY UNITED METHODIST CHURCH

Office phone: 862-7691 Office hours: M – F, 9am-12noon

Pastors: Gary and Sandi Maynard, Home phone: 429-9539

Pastors' e-mail: Sandigary@prodigy.net

Web site: www.springvalleyohio.com/svmethodist.aspx

Church e-mail: SpringValleyUMC@gmail.com

Sunday School: 9:15, Worship: 10:30

Everyone is invited to our annual **Turkey Supper & Bazaar** on Saturday, **November 10th**. Meals served from 4 to 7 pm, at the church. There is no charge for the dinner, but donations are gladly accepted, and proceeds will be used to help those in need.

QUESTIONS? or NEED MORE INFO... contact the church office @ 862-7691

Hope to see you soon! Pastor Sandi

Merri Ellen's Two Scoops soon to be open for breakfast.
17 W. Main St.

The *Village Pump* is available online at www.springvalleyoh.com ,
or if you would like the “Pump” emailed directly to you each month,
just send an email to losekamp@aol.com with “Subscribe Pump” in the subject line.