

Marietta native headed to Antarctica to study life under the ice

SAN FRANCISCO — On Oct. 14, NatureBridge environmental science educator Amy Osborne will arrive at McMurdo Station, a U.S. research station on the southern tip of Ross Island in Antarctica, to begin her PolarTREC field research experience with Dr. Amy Moran and her team of field research scientists from the University of Hawaii.

Selected from a pool of nearly 200 applicants, Amy was chosen as one of just 12 PolarTREC educators to participate in STEM at the Poles: Research Experiences for Formal and Informal Educators in the Polar Regions this year.

As a member of Dr. Moran's team, Amy will study the impact changes in ocean temperature may be having on embryos and larvae of marine animals, such as sea spiders and sea slugs, found in the icy waters of Antarctica.

Prior to her departure, Amy shared her upcoming expedition with third graders at Harmar Ele-

mentary School in Marietta, as well as students in California, Colorado, and Arizona.

Upon Amy's return, she'll share scientific data, methodologies and technology with NatureBridge staff and students, by creating lessons that educators can use in the field. In December, she will also share her experience with the Marietta Natural History Society in her hometown of Marietta, Ohio. Since 2007, PolarTREC has provided more than 170 educators this unique opportunity to work with scientists in the polar regions. Learn more and subscribe to Amy's online journals at: polartrec.com/expeditions/thermal-sensitivity-of-embryos-and-larvae-of-antarctic-marine-ectotherms.

Amy holds a B.A. degree in Political Science and Government and an M.A. degree in English Language and Literature from Washington College and an

M.A.T degree in Elementary Education from Johns Hopkins University. Amy also completed Wyoming's Teton Science Schools' Graduate Program in Place-Based Field Science Education. Hailing from Marietta, Amy currently resides in Sausalito, Calif.

Funded by the National Science Foundation and managed by the Arctic Research Consortium, PolarTREC (Teachers and Researchers Exploring and Collaborating) is a professional development program that connects educators to scientists and research communities in polar regions in an effort to develop Next Generation Science Standards (NGSS) resources.

With the goal of disseminating current scientific research beyond the scientific community, educators become an integral part of the polar science teams. Each year, approximately six PolarTREC projects take place in the Arctic



NatureBridge environmental science educator Amy Osborne

and six in the Antarctic. through journals, presentations to the public, scientific conferences and educator workshops.

O'NEILL SCHEDULE

O'Neill Center (located at 333 Fourth St., Marietta) schedule for the week of Oct. 14-21.

Monday, Oct. 14
9 a.m. - Manicures & Pedicures

10 a.m. - Chair Volleyball

11 a.m. - Blood Pressure by Stonerise at Home

11:30 a.m. - Fun & Fit

5 p.m. - Commodity Box Recipes

6 p.m. - Ballroom Dancing

Tuesday, Oct. 15

9:30 a.m. - Line Dance

10 a.m. - Bible Study

10 a.m. - Book Club Sharing

12:30 p.m. - Bridge

3 p.m. - Gentle Yoga

5:45 p.m. - Zumba

6 p.m. - Stampin' Up

7 p.m. - Square Dance

Wednesday, Oct. 16

9 a.m. - Quilt Group

10 a.m. - Chair Volleyball

11:30 a.m. - Fun & Fit

1 p.m. - Pound

1 p.m. - Euchre

Thursday, Oct. 17

8:30 a.m. - Blood Pressures by Housecalls

9:45 a.m. - Bingo

12:30 p.m. - Hand & Foot

1 p.m. - Knitting Group

3 p.m. - Gentle Yoga

5:45 p.m. - Zumba

6:30 p.m. - Line Dance

Friday, Oct. 18

9:30 a.m. - Massage Appointment

10 a.m. - Chair Volleyball

11:30 a.m. - Fun & Fit

1 p.m. - Friday Afternoon at the Movies

1 p.m. - Tap N Burn

Monday, Oct. 21

10 a.m. - Chair Volleyball

11 a.m. - Blood Pressures by Buckeye Hospice & Palliative Care

11:30 a.m. - Fun & Fit

1 p.m. - Lantern Craft

5 p.m. - Evening Bingo

6 p.m. - Ballroom Dancing

• Medicare Open Enrollment is the one time a year that Medicare recipients can change their current Medicare Part D or Medicare Advantage plans. The open enrollment is from Oct. 15 through Dec. 7. Everyone is encouraged to review their current plans to determine if it will be the best plan for them in 2020. It is important to review these plans as insurance companies can increase monthly premiums, increase or add deductibles, increase copays or no longer cover some of your existing medications. We have trained staff that can assist you in making informed decisions or changes in your coverage. For assistance call our Social Services Department and request an appointment. Appointments are made on a first come first serve basis. Ask for Robin Collins or Ann Kline at 740-373-3914.

• Are you not sure what meal to make out of your commodity box? Tired of the same recipes each month? Well look no further! Join our commodity box cooking class. Greta Lynch from the OSU

Extension office will make a healthy meal with the items in the box. This class will be held Oct. 22 at 5 p.m. You will get to sample a meal during the class. Other recipes can be printed out to make different meals. Please call the O'Neill Center to show interest.

• Katie Fleming, RN from the Ohio University Heritage College of Osteopathic Medicine, will be here to offer a free health clinic Oct. 22 from 9 a.m. to noon. They will offer blood cholesterol, blood glucose and blood pressure, all at once, and it takes approximately 5-7 minutes per person. Everyone will receive a copy of their results and any education needed from the results. Fasting before the test will get the best results, but is not required. The cholesterol testing is a complete testing with results of HDL, LDL, and triglycerides. Please call the O'Neill Center to show interest.

• Hearing aid cleaning and hearing testing beginning at noon. Have your hearing needs met each month. Bringing us this free service monthly is the Ohio Valley Hearing Professionals. Cleanings are the first Thursday and the hearing test is the first Tuesday. Call for an appointment time offered between noon and 2 p.m.

• Personal Manicures & Pedicures by Heather: Held on the second Monday of each month, beginning at 9 a.m. through 4 p.m. Heather McCauley comes to us with 30 years of experience with nail care. Manicure and pedicure appointments will each last 30 minutes, you may schedule one or both - all done in the privacy of our health screening room. Cost is \$18 for a manicure and \$30 for a pedicure. Gel polish is available for an additional \$10. Call to schedule an appointment time. Appointment times begin at 9 a.m. Call 740-373-3914 to register for any of the classes listed above

• Massage appointments: First, second, and third Friday each month. Call for appointment times and reservations.

• Line Dance with Donnie: Day classes on Tuesdays, 9:30 a.m., \$5.

• Lunch Bunch meets at area restaurants at 11:30 a.m. It's important to call the O'Neill Center so we can give the restaurant an advanced count.

• Evening line dance on Thursdays, 6:30 p.m. for beginners, 7:40 p.m. for advanced, \$5.

• Fun & Fit exercise class: Geared to seniors 50+, a fun fitness class using bands, weights and low impact aerobics set to lively music. \$12 per month, classes Mondays, Wednesdays and Fridays, 11:30 a.m. to noon. Taught by Candi Cislser, personal trainer.

• Zumba classes: Tuesdays and Thursday, 5:45 to

6:45 p.m. \$25 for six classes. Becky Lightfritz, ZIN-certified Zumba instructor. Open to the public, all ages.

• Ten Touchstones of Grief and Mourning for All Losses, 1 p.m., Wednesdays - Grief support groups sponsored by Marietta Hospice, led by BRV Coordinator Kent Lowther.

• Ballroom Dancing, 6-7 p.m., every Monday: John Polasko has volunteered to lead this new dance class featuring all your favorite ballroom dance styles. Begin with the basic waltz and cha-cha steps and go from there.

Trips

• Mountaineer Casino, Resort & Racetrack, Oct. 14-15 - \$100 per person double occupancy, \$120 single, \$20 free play, \$20 food voucher.

• Meadows Casino & Racetrack, Nov. 18, \$40 - Includes \$25 free play on slot machines.

• Christmas in Lancaster, PA, Dec. 4-6 - \$525 per person double occupancy, Sight & Sound Theater's "Miracle of Christmas," Amish dinner, American Theater's "Joy to the World" and Hershey's Chocolate World.

• Longaberger Dresden, Dec. 10 - \$38. Trip includes transportation to Dresden, OH and bus prizes. You will have the afternoon to shop and for end-of-season sales in Dresden. Lunch on your own at the Warehouse.

• Dec. 19 - \$94. A Christmas Story tour performance with Point of Grace musical trio, Aaron Shust and Mallory Hope. Amish family-style dinner will be served before the 7 p.m. concert. You'll have some time to shop at the gift shop and bakery before the concert.

Trips in 2020

• Wheeling Island Casino, Jan. 22, 2020, \$40 - Includes free-slot play. Stop for early lunch on your own at Mehlman's Cafeteria.

• Hollywood Casino, Columbus, Feb. 25 - \$40.

• Meadows Casino & Racetrack, March 24, 2020, \$40 - Free play and horse racing at 1 p.m.

• "Queen Esther" at Sight & Sound Theater and Harvey Davidson Factory tour, March 18-19, 2020, \$359 - An Amish dinner is included along with the Sight & Sound's newest production, "Queen Esther," hotel stay and hot breakfast, and a tour of the Harley Davidson Factory in York, PA.

• Canal Boat, Newcomerstown, OH, May 6, 2020, \$68 - Enjoy the peaceful canal boat ride of Roscoe Village before heading into Newcomerstown for the afternoon and evening. This tour includes entrance into two museums: Temperature Tavern Museum and The Old Main Street Museum. A chicken dinner will be served on Main Street, along with the entertainment of Main Street shop owners.



Fort Frye Homecoming King and Queen: King: Isiah Jones, Queen: Maddie Webb

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