

In the Glen

is published for Glen Helen Association members and other friends of the Glen Helen Ecology Institute.

Contributors

Editor: Nick Boutis; Contributors: Michael Blackwell, Nathan Fox, Rebecca Jaramillo, Tenth grade teachers and students at Yellow Springs High School, Benjamin Virnston; Design: Bob Bingenheimer

Glen Helen Nature Preserve

Trails are open daily, sunrise to sunset. All wildlife, vegetation, and natural features are protected. For general information: 937-769-1902

Glen Helen Ecology Institute Administrative Offices

Located in the Vernet Ecological Center 405 Corry Street, Yellow Springs, OH 45387 Mon-Fri, 9:30-4:30; 937-769-1902 For facility rentals: 937-769-1902 x103

Trailside Museum

505 Corry Street, Yellow Springs

Outdoor Education Center

Residential environmental education center for school groups and summer Ecocamps. 1075 State Route 343, Yellow Springs 937-767-7648

Raptor Center

Raptor education and rehabilitation center Visitors are welcome to visit the center and see the resident birds. Spring hours: 9am-6pm. 1075 State Route 343, Yellow Springs 937-767-7648

Glen Helen Nature Shop

405 Corry Street, Yellow Springs Mon-Fri, 9:30-4:30; Sat-Sun 10-4. 937-769-1902 x108

Antioch College Mission

The mission of Antioch College is to provide a rigorous liberal arts education on the belief that scholarship and life experience are strengthened when linked, that diversity in all its manifestations is a fundamental component of excellence in education, and that authentic social and community engagement is vital for those who strive to win victories for humanity.

Ecology Institute Mission

We steward and strengthen Glen Helen for present and future generations, safeguard the ecological, historical, and geological resources within its bounds, and utilize the preserve to provide life-shaping environmental learning to our students and visitors.

Glen Helen Association Board of Trustees

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Cover Photo: Bob Bingenheimer

From the Director

Dry feet and spry knees, brought to you by Glen Helen.

It was close to ten years ago that Jerry Papania, a local engineer and Glen Helen volunteer, came to me with a modest suggestion: The bridges below the Yellow Springs Creek Dam were nearly impossible to cross for many Glen visitors, and after a heavy rain they were impassable for anyone. Jerry wondered if we might want to simply replace the bridges with a walkway on top of the dam. After all, this



was how people crossed the creek when the dam was first built in the 1800s.



The original stone dam, circa 1910.

We let that idea percolate for a while, and, in 2013, asked the Ohio Department of Natural Resources for assistance to make it a reality. Our proposal didn't get funding, so we tried again in 2014. Then, while our revised proposal was pending, we were hit with the most significant flooding in decades. The Yellow Springs Creek churned against its banks, eroding the slope right up to the base of the trail. Our old bridges

were picked up by the floodwaters and floated downstream. Now, not only did we desperately need to create an alternate safe way to cross the creek, the task was made more daunting. Instead of a little 15–20–foot–wide span, we'd need a bridge that stretched 40 feet over the now–widened creek.

Fortunately this time, the Department of Natural Resources came through for us, as did the Yellow Springs Community Foundation and the Glen Helen Association. We called the project the Castle Rock Trail restora-

tion, in reference to the dolomite tower that the trail passes on its way down the slope.

In the end, Jerry's modest proposal turned out to be one of the most significant trail construction projects that we've undertaken. We needed to consult with multiple state and federal agencies to ensure that we were appropriately safeguarding historic and environmentally significant resources. That took nearly two years. We also



Construction started with the installation of supports.

needed to design and build a structure that would stand the test of time, daily use by visitors, and daily abuse by the elements. Jerry worked on that, as did Bill Martt, another local engineer.

The final design was done by Tim McCrate, a structural engineer with AMG Engineering. Tim, incidentally, has extensive experience designing wooden roller coasters. Knowing



Builders carried beams to the site.

this, when I look at the bridge and its outriggers supporting the handrails, I sometimes imagine that it's a new (and very flat) coaster.

A team from Outdoor Enterprise won the contract. They started construction in November, finishing the structure within about a month, thanks in part to cooperative late fall weather. The 40-foot span over the Yellow Springs Creek required four huge laminated beams, each weighing nearly 1000 pounds. These were carried, rolled, slid, and lofted into position, with a technique that would have made Archimedes proud.

Part of what we hoped to accomplish with this project was to increase the visitability of the Glen. We knew that, for visitors with limited mobility, it had been nearly impossible to get down to the Yellow Springs Creek valley. The Castle Rock Trail is now the easiest way for visitors to walk to the Yellow Springs Grotto or Pompey's Pillar. Rather than the challenge of climbing up or down the Inman Steps, visitors will be able to follow the gentle grade of the trail, past the switchback at Castle Rock, with just a couple steps to navigate. We're grateful to everyone who helped make the project a reality, and appreciative of everyone for their patience as we worked to see the project through.

Perhaps the most impressive surprise for those of us who work in the Glen is the way the bridge changes your vista of the Yellow Springs Creek Valley. Stand-

ing on the structure, you look down at the floodplain around you. With this in mind, we added the bridge to the slate of hikes for our annual birdwatching marathon on May 6th. Participants will station themselves on the structure, and watch and listen for migratory birds. Perhaps I'll see you there?



Newly completed, December 2016.

Nick Boutis (nboutis@glenhelen.org)

Til Boulie

Top 10 Ways to Help the Glen! (How Many Have You Done Today?)

- **1. Adopt a bird.** For just \$100 a year, you can help us feed and care for the hawks, falcons, owls, and vultures of our Raptor Center.
- **2. Consider a planned gift to Glen Helen.** No single act can do more to help us sustain our efforts.
- **3. Come to Ecocamp.** A week in Glen Helen helps shape the lives of the kids who experience it.
- **4. Join the Glen Helen Association.** Support from members allows us to maintain the preserve and all of our programs.
- **5. Rent the Glen.** Think of the Glen for your next party, meeting, or memorial. The Vernet Ecological Center, the Outdoor Education Center, or Birch Manor might be the spot you're looking for.
- **6. Visit the Nature Shop.** Marvel at the displays of books, toys, cards, and clothing. Proceeds go directly to the Glen.
- **7. Volunteer.** Whatever your interests, there is a volunteer project perfectly suited for you.
- **8. Explore** some of our 20 miles of trails and track your sightings on www.inaturalist.org, to document the biodiversity of the preserve.
- **9. Specify Glen Helen Association** through the Dorothy Lane Market Good Neighbor Program and the Kroger Rewards Program.
- **10. Fulfill Our Wishes.** We maintain a wish list for new and gently used items. Visit glenhelen. org for the current list of needed items.



in the Living Laboratory



Above and left: Yellow Springs High School students conduct scientific observations in Glen Helen during fall 2016. len Helen has long been envisioned as a "living laboratory."
Faculty and students from Antioch College, Wright State University, the University of Dayton, and other colleges and universities regularly use the Glen for both their periodic and ongoing research projects. This past fall, we participated in a new type of collaboration: Tenth grade students from Yellow Springs High School conducted an interdisciplinary project on environmental quality, using Glen Helen to provide the integrating context for their studies.

Labeled "Project-Based Learning," the effort brought together students and their teachers from such disparate subjects as algebra, chemistry, English, French, geometry, and U.S. history. Working with their teachers, we developed a plan to have students analyze a half-dozen locations in Glen Helen where storm drains from the Village of Yellow Springs empty into Glen Helen. We wanted to know what they would find by researching these

locations; we also wondered how their process of discovery would influence their motivations and behavior.

Kevin Lydy, the student's history teacher (and also a member of the Glen Helen Association board) noted that "our greatest hope in this project was that students would become encouraged to be stewards of their green spaces and appreciate all that nature has to offer us."

"...our greatest hope in this project was that students would become encouraged to be stewards of their green spaces..."

To see through the project students needed to design experiments, conduct research, search for examples of the Fibonacci sequence, and practice cartography. They collected soil and water samples to be tested in their Chem-



One group examined runoff near the Riding Centre.

istry lab. They kept journals and took photos. They engaged in scientific and creative writing in both English and French. In addition to these standards-based skills, students needed to put into use real world skills, including collaborating, revising, problem solving, and public speaking.

Once their research was complete, they presented their findings at an evening program in the high school. To set the mood, they gave their gym a makeover to look and feel like a forest at dusk. They bathed the room in blue and green light, broadcast sounds of running water and birds, and distributed freshly cut honeysuckle branches around in the shadows.

Listening to the students describe their research, seeing how much work they had done, and appreciating the connections that they had drawn across subject areas, I was duly impressed. As a result of their efforts, they also produced a book: The Glen Project: Protecting our Green Spaces. Their approach and findings are excerpted here.

Nick Boutis and Kevin Lydy

The Glen Project: Protecting Our Green Spaces

Excerpts from 10th Grade Student Research

Students compared current to past conditions using archived photos

They wrote poetry, also translating their verses into French:

Above my head the sun shines through the leaves and is caught by the small spiderweb The rainbow stripes dance along the line to the sound of the breeze People shouting reminds me of the ever constant desire to destroy, and my heart goes out to the spider

They wrote a Scientific American-style article on their research and findings

- Effie Palassis

"...About 30 paces north and only a few steps off the trail (from the main entrance) is a Victory Brewing Company bottle cap sitting in a dry streambed. Underneath the bottle cap are rocks and dry colored leaves that have fallen from the trees. Invasive species like winter creeper and honeysuckle climb up the eroded walls of the streambed like insects. Walking up the streambed, toward the street, is a drainage pipe where water collects after every rainfall. Trash covers the floor of the Glen, enough for visitors to find trash every five steps in some areas."

TRANSFORMATION OF THE SPRI





ne picture on the left shows the Yellow Spring as it was in 1800's, when the Neff Hotel was the right is a picture of the Yellow Spring in 2016. The Yellow Spring has changed in many the glens life. Around 1860 The Spring was but a small stream flowing from a small group the glens life. Around 1860 The Spring was but a small stream flowing through it. And ground. Today The Spring is much larger with a lot more water flowing through it. An end Carmelo Ricciardi, was responsible for the reconstruction and alteration of the spring Carmelo Ricciardi, was responsible for the reconstruction and alteration of the spring

HEALTH INDEX

Factors affecting the Glen's health



The Deadly Watershe Runoff in the Glen Helen

Between Hyde road and the Yellow Springs Riding Centre lies a small wooded at stream. The water flows lazily from a drain pipe and curves gently into the disappear. disapp dirt in

water.

bicycl

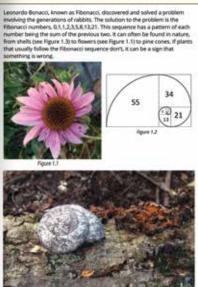
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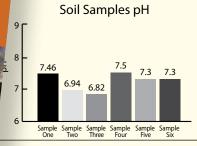




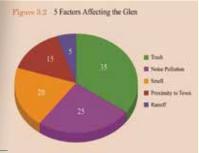
They searched for examples of Fibonacci's sequence in



They gathered and analyzed environmental



They developed an environmental health index for the area they were surveying



Essential Nutrients: Outdoor Learning at Glen Helen

At the apex of the gable over a store on Main Street in Yellow Springs is a vivid, mysterious, mural that asserts: "Our story begins in the Glen." This is a subtle indicator of the depth of the peoples' alert affection, commitment, and even reverence, for this sylvan vale of forest and falling water nestled into the central Ohio plains.

just came to town this past autumn as Director and steward of the Glen Helen Outdoor Education Center. And when I wear my Glen Helen sweatshirt anywhere between Columbus and Cincinnati, without fail, people stop me and tell me how they are connected to this land and how much they love the Glen. There's something special here, and because you're reading this, you probably know that.

Now I want to contrast that way of knowing with another. But first, some scene–setting science:

In a famous set of experiments, cognitive neuropsychologists Huber and Wiesel raised groups of kittens in two different visual environments; one room whose walls were painted only with vertical stripes, and another group in a room with only horizontal stripes. This could be understood as a manipulation of their "information diet." After several weeks the kittens were placed in normal environments. The result was striking. Kittens raised without horizontal stripes in

the visual field of their developmental environment, could not perceive horizontal edges in the real world. They could coil around chair legs with ease, but wouldn't hop up on the seat for a nap. (And how tragic is that?) Conversely, the kittens unexposed to vertical lines would clunk into chair legs, but readily found the seats.

This is an example of "environmental surgery." Deficits in the information diet hinder our normal development. A poor visual information diet for the eye causes the networks responsible for vision in the brain to fail to fully unfurl. And the finding holds across all the various senses: Perception is soft-wired, not hard. It is a function of developmentally tuned exposure, experience and learning. What can be perceived and known arises as result of the quality of an organism's "information diet."

So, a leading question is: what environmental exposures do our children grow up with? What is the quality of their information diet? Is it whole food or junk food? And what are the implications of that for their (inextricably interwoven) own well-being and the well-being of the planet? Consider: the daily screen time average for U.S. teenagers is pushing ten hours.

For many of the kids that come to Glen Helen, nature doesn't really exist. Or it exists as scenery leveraged by marketers in vivid commercials or as an adversary in dramatic TV shows and movies. Or exists as an irritant



Outdoor School students showing their penchant for improvisation, with Naturalist Meigan Day.



when it's cold or wet or hot. Or as a vector for intense phobic fear: spiders, lightning, dark, bugs, snakes.

So you can see the challenge our naturalist educators have in front of them when 100 fifth graders step off the bus from Springfield or Dayton on Tuesday morning for four days of residential environmental learning! There are tears and fears as kids tumble off the busses and get their first of many measures of what Richard Louv calls "Vitamin N": Nature Connection. These doses of Vitamin N. are delivered via science-based. nature-connective holistic learning that incorporates academic and critical thinking skills. But, essentially, they are mediated with mentorship, art, play, music, care, responsibility, awareness, compassion, patience, and indeed, with great love, by our naturalists. The time in the Glen begins to literally heal these nutritional deficits of Vitamin N.

A small thing... but a big small

thing, perhaps. Week after week, in our Friday afternoon review of the week with schoolteachers, I have the honor of hearing them say things like (names changed):

"I never knew Amelia could be such a leader."

"David struggles to keep up and pay attention in school, but he seems to be the brightest kid in the bunch this week."

"A lot of my kids never get to actually be kids in their day to day life, because they are helping run the house and caring for their siblings – or their parents. At the Glen I see them come alive again... that spark comes back."

"Some of my hardest kids will come back and visit me years after they have left my class, and maybe they're in a gang or other kinds of trouble...and they want to talk about the time they visited Glen Helen."

"I never thought my kids would warm up to nature, but now they are

Outdoor School Naturalist Elaina Vimmerstedt in a reflective moment with her trail group.

talking about wanting to be a naturalist on your staff."

"You know six months from now, when we are reviewing for our Ohio Learning Standards test, they are going to recall their experience in the Glen and remember those facts from that context"

I could go on at length, but for now it's enough to express my unbounded gratitude to be able to do this work with all the amazing people at Glen Helen and Antioch College, whose patient, enduring commitments and wisdom, past, present and future, have saved and nourished this gem of a place, which in turn nourishes us so well. Because our story really does begin in the Glen.

Michael J. Blackwell (mblackwell@qlenhelen.org)

Tracking a Year



Above: A great-horned owl fledgling was returned to his nest in Xenia, Ohio.

Right: Rebecca released a first year peregrine falcon into quality habitat in Dayton, Ohio.

nce we finish a year at the Raptor Center, we must begin the task of calculating all the activities of the past twelve months for the U.S. .Fish and Wildlife Service and Ohio Division of Wildlife. These agencies issue the permits that allow the Raptor Center to operate. Tallying the number and disposition of rehabilitation patients may at times seem depressing, but every bird that enters the clinic is

given individualized care, carefully taking into consideration the bird's likely outcome, stress levels, and pain scale. Any responsible wildlife rehabilitator must understand that euthanasia – allowing a bird's life to end in a warm and comfortable environment – is often the most humane outcome for a suffering patient. Additionally, we celebrate each successful release, acknowledging that every patient adds to the experience and knowledge needed to best attend to the next bird to come through the door.

We admitted eleven species of raptors, 161 birds in total. Of these, we were able to release 66 of them, a release rate of 40 percent.

In addition to our rehabilitation work, the Raptor Center continued the important task of educating the public about the role raptors play in a healthy ecosystem. The 30 birds who call the Raptor Center their permanent home

at the Raptor Center



The Year in Numbers

	Received	Released	Pending	Euthanized	Died	DOA
Bald Eagle	2				1	1
Red-tailed Hawk	52	20	2	18	12	
Cooper's Hawk	29	10		8	11	
Red-shouldered Hawk	10	3		4	3	
American Kestrel	5	2			3	
Peregrine Falcon	4	3			1	
Turkey Vulture	3		1	1	1	
Great Horned Owl	28	11		9	7	1
Eastern Screech-owl	23	15	2	1	5	
Barred Owl	4	1			3	
Broad-winged Hawk	1	1				
Total	161	66	5	41	47	2

are invaluable in this task. The personal connection people make when looking at an owl four feet away can translate to a lifetime of intentional decisions regarding environmental responsibility. Not only did an estimated 15,000 people tour the Raptor Center over 2016, we also completed 356 programs for approximately 8,000 participants.

Rebecca Jaramillo (rjaramillo@ glenhelen.org)

Working with Vultures: A Naturalist's Perspective



ave you ever heard that vultures regurgitate the contents of their stomachs to deter predators and decrease takeoff weight? Well, they do. The first time I entered the vulture enclosure at the Glen Helen Raptor Center, our black vulture, Woof, (Coragyps atratus), demonstrated this delightful behavior. It was one of the worst things I've ever smelled.

Fortunately, having been exposed to this foulest of odors right away, the many unpleasant smells to follow didn't faze me.

And while we're on the topic of disgusting vulture behaviors, did you know they defecate on their own legs to decrease their body temperature in a process known as urohidrosis? Pretty cool, but I think I'll stick to sweating-being a mammal has its perks, eh? Oh, and lest we forget, they eat rotting meat. If you recall the delightful children's song "Great Green Gobs of Greasy, Grimy Gopher Guts," you'll have an idea of what it's like to work with vultures.

That all said, I love working with Woof and our two turkey vultures (CatharBenjamin Vimston (above) is a current Glen Helen naturalist intern. He has been caring for the educational vultures at the Raptor Center since August 2016, and teaches about the birds during his weekly lessons with visiting schoolchildren.

tes aura), Tag and Warren. Early in our training, each naturalist was asked which birds they would prefer to care for at the Raptor Center. When I opened the Glenvelope containing my assignment, I was ecstatic to find that I had gotten my first choice. In the subsequent five months of feeding, watering, and

cleaning after them, I've developed an immense respect (and nose-blindness!) for vultures. Try to imagine a world without them: we'd be up to our noses in carrion! Every time I walk in the enclosure and see Woof doing his flappy dance and making his eponymous "woof!" call (signaling he's about to pick on poor Warren), I am filled with joy and appreciation for my job.

– Benjamin Virnston

Reflections on Trail

Soon the crunching footsteps of our afternoon hike start to squish as we turn from the gravel road into the thick mire of a nearby meadow. Everyone in our gang adores the mud, scooping bits from the ground and rubbing them furiously through tiny fingers as if to summon magic from a lamp. It's a small bunch this week, only eight kids marching ahead. Lucky I know the best place for a group like this one, so we tramp across the sticky meadow down to where the deep muck rests on the bank of the pond.

For those students brave enough (and prepared with appropriate boots), I propose a challenge: retrieve a cattail from the reeds surrounding the shallow pond and the group will receive a surprise. Their faces beam and one student waves an eager hand. I nod gently and she sets out slowly into the quiet marsh. Like a heron prowling for a fish, she eyes the nearest cattail, creeping gingerly and snapping it from the dry reed. She rushes back, eyes glowing, and offers it to me.

I wink and grab a pinch of the cattail fuzz, watching the seeds tumble from the brown stub and catch on the air—the surprise. Their arms rush in to pluck at the tuft, and the tiny seeds dance in the wind as we chase after them. They float past the pond, wave high into the trees and stretch beyond, out into the sky. All their faces turn up, grinning at the fading snowy swirl.

The naturalist, it seems to me, doesn't claim to know anything, but instead works every day to see each puddle, tree and swirling cattail seed for the first time. Smiling back at this memory, I hope that like these seeds, the experiences of this place are carried with these kids into the world.

- Nathan Fox



Nathan is a naturalist intern at the Outdoor Education Center for the 2016-17 school year. He graduated college last year with a bachelor's in biology and philosophy, and enjoys connecting young minds to the natural world.

From the Archives



Trailside Museum was designed and built with significant participation from Antioch Students over the course of 1952-53. In this 65-year-old photo, visitors swarm the building shortly after its completion.

Note the huge tree in front of the museum, on the left side. Not a trace of it remains. On the other hand, the space between the museum and the vantage point of the photographer is now fully forested.

Announcements

Ecocamp Registration Now Available



Give your child a truly one-ofa-kind summer camp experience where they have the time of their lives, while learning about the natural world.

Investigation and exploration is the focus as campers hike the trails of Glen Helen and discover the wildness and joy of nature. A variety of camps are offered for five to fifteen year olds by our qualified Naturalist staff. Ecocamp covers a wide variety of topics and offers a diversity of experiences, including day and overnight camps.

To learn more, or to register your child, visit glenhelen.org.

Seeking Great Images for Our 2018 Wall Calendar!



The diversity of habitats and wildlife in Glen Helen provides outstanding photo opportunities for photographers at all levels of experience. We invite both first time visitors and long time friends to send us photographs taken in the Glen for a chance to be featured in our wall calendar. We hope for images that convey the different moods and seasons of Glen Helen – anything that captures what is special about Glen Helen.

Deadline for submission is July 31st, 2017. Submission forms are available at glenhelen.org. Proceeds from the calendar sales support the Glen.

Adopt a Raptor

When you "adopt" one of our resident hawks, owls, eagles, falcons, or vultures, you help provide the specialized care needed for our resident and rehabilitating birds of prey. Your support will help ensure the raptor center is able to



continue its mission of education and rehabilitation into the future. Give a unique gift to someone special, or pledge your support for our avian friends. Adopt a raptor today!

To learn more, visit glenhelen.org/adopt-a-raptor.

Join Our Family of Volunteers

We depend on volunteers to carry out the programs, events, and initiatives that help preserve Glen Helen. From fundraisers, to mailings, to trail maintenance, volunteers at the Glen not only participate in our important efforts, they have fun while they do it! Whether you are a short-term volunteer with a service requirement, or seek a longer-term position, we may have an opportunity for you.

To learn more, and to join our family of volunteers, contact asimonson@glenhelen.org.

Go Green with Glen Helen

We want to stay in touch with you. We also want to save trees, and save costs that can support our mission. Will you help us decrease our paper usage? By opting in for digital mail, you'll receive an average of four email messages monthly, including *In the Glen* magazine, our quarterly calendars, and current news, events, and invitations.

To receive these mailings in a digital format, simply send an email to tclevenger@glenhelen.org. Put "Go Green" in the subject field, and put your name in the message body.

Order a Glen Helen License Plate Today!



The Glen Helen license plate is a way to show the world that you love the Glen. Plus, as a bonus, you get to drive with

a beautiful Charley Harper sapsucker affixed to your bumper. Any Ohio car owner can acquire the tag, either from your local Bureau of Motor Vehicles office, or by visiting oplates.com. No need to wait until your regular renewal date on your birthday – you can order your plates at any time. For each driver who purchases these specialty plates, Glen Helen receives \$15.

Support the Glen When You Shop at amazon.com

Participating is very simple. All you have to do is go to "smile.amazon. com," any time you'd like to make an Amazon.com purchase. When you are

prompted to select your charity, select "Glen Helen Association." Everything else about your Amazon shopping experience stays



the same – the shopping cart, wish lists, shipping options and prices. You shop. Amazon donates 0.5% of your purchase to the Glen.

Check Out Our Wish List

We are regularly in need of new or gently used items for educational programs and staff houses. We currently need:

- Clothes for cold kids, including: winter gloves, hats
- Eco-friendly cleaning supplies, Vacuum Cleaner, Shop Vac, Swiffer dusters, rubber gloves
- First aid supplies, vet wrap, nonlatex gloves
- Garden supplies, including rakes, leather work gloves
- Gift cards: including Petsmart, Lowes cards
- Household supplies, new/lightly used pillowcases, sheets, paper towels, new/lightly used curtains
- Kitchen supplies, 5-gallon food grade buckets, food grade plastic tubs, water bottles
- Project supplies, new/lightly used costumes (child & adult sizes), a squirrel pelt
- School supplies, any and all!

Please contact tclevenger@glenhelen.org before donating, to discuss your item(s) and arrange a time for pick up or drop off.







RETURN SERVICE REQUESTED

Nonprofit Organization

US Postage

PAID

Xenia, OH

Permit #260

405 Corry Street Yellow Springs, Ohio 45387-1895 Phone 937.769.1902 Fax 937.769.1910 www.glenhelen.org

