Finding My First and Last Job

While I was on my summer break during June of 1965, after just finishing my freshman year at Ohio State University, I was walking around downtown Toledo, knocking on doors looking for a summer job. I stopped at Haggerty’s bowling alley located at the corner of Jackson and 12th to have lunch. When I came out of the bowling alley, I looked across the street and saw a sign on a building that said, “Toledo Testing Laboratory.” I had never heard of them and didn’t know what they did, but thought I’d knock on their door and see if they needed help for the summer. As I walked up to the front door, I noticed a well-groomed courtyard with a pond full of fish. The yard was surrounded on three sides by shrubbery and trees. A picnic table sat in the middle on which several people were eating lunch.

As I walked up the front steps and entered the building, I realized that the front of the building housed a rather large group of secretaries who were busy typing reports. I asked to speak with the owner, Mr. Nardiello. I was escorted into his office by his wife, known to all as Miss Chambers, the office manager. Once Mr. Nardiello found out that I was an engineering student, he immediately offered me a job working on the grading table in the concrete lab. I started the next day at a rate $0.95/hour.

Toledo Testing had such a backlog of soil and aggregate samples to be tested that they were stacked up to the ceiling. I performed gradings, soundness, and abrasion tests day after day until all samples were tested. Thus began my career at TTL. Instead of going back to OSU, I enrolled at the University of Toledo to finish my engineering degree. In 1969 I was drafted and became an Officer in the Army Corps of Engineers. After four years of active duty, I returned to TTL to pick up where I left off.

I have been involved with hundreds, if not thousands, of construction projects that have relied on our foundation designs and quality control services to assure that projects were constructed in accordance with appropriate codes and specifications. I now take pride in identifying the many buildings, roads, sewers, waterlines, etc. that TTL has worked on over the past 56 years. Hopefully, you feel the same pride in providing our clients with the engineering and environmental services we perform for them.

Thanks for all you do for TTL and our communities!

Tom Uhler, P.E. CEO/Principal
Business News

I-475 / Dorr Street Interchange Project Completed

Over 100 people celebrated the opening of the new interchange at I-475 and Dorr St. in Toledo at a ribbon-cutting on August 2. The project also included the widening of a two-mile stretch of I-475 and added multiple roundabouts on Dorr St. These long-awaited road improvements will provide improved east/west access to Toledo and Springfield Township for economic development and relieve traffic congestion. Participating in the celebration on behalf of TTL were Tom Uhler and Tim Pedro, celebrating the many TTL team members who played an important role in its construction: Bernadette Caris, Brad Johnson, Dave Smith, Jacob Musselman, John Rust, Kerry Conrad, Nate Haase, Pierce Bell, Radi Sadeh, Rich LaCourse, Sabrina Lewis, Tim Noyes, and Will Frazier. Nice going, team!
Business Development

At our September 15th quarterly meeting I mentioned a few strategic objectives going forward with our business development efforts. As you read this article the one main take away is that each our associates and our families can be a **key to our success**. You probably have heard me talk about how each of us live in various communities that have construction, brownfield or renovation projects being planned. These projects could include new schools, private developments, new apartments, industrial, distribution centers, roads and sewers and many other facilities. When you see or hear about these projects, please send me an email (Tpedro@ttlassoc.com). Every project being planned in your community could use TTL’s environmental, geotechnical or construction materials testing services.

With a new pathway heading into our fiscal year 2022 and planning for the next 3 years, we will be focusing on the bullet points below. You are welcome and encouraged to participate. As previously mentioned, this is a TEAM effort.

1) Client–focused – Our plan is to improve our business relationship with clients. We are actively reviewing and researching our list of customers to determine how we can better provide sound solutions. There is a direct correlation between clients we have served consistently over the years and the strength of our relationships with them.

2) Holistic Approach – We plan to determine which department personnel or which TTL office staff has a working relationship with selected customers and how can we build a book of business with the same company in another region. For example, client X, which has an office in Michigan, has consistently been at the top of our list, and they also have an office in Ohio. How can we best leverage the Michigan relationship to increase sales with that same Ohio client?

3) Strategic Teaming – This concept includes building client teams with associates to work across departments to determine the most efficient method of delivering our services. Also, we will want to continue building relationships with external partners.

4) Listen to our Clients/Markets – It is always best to talk directly with our clients. Pick up the phone or when possible, meet with our customers. We are in an ever-changing business environment and we need to know what the market conditions are as best we can. During the pandemic, we have seen a significant increase in the need for regional warehousing and other operations. Also, there is increase in demand for industry to move to the central USA from the East and West coast. In addition, American companies are already planning to relocate back to our country from overseas. Look for a major uptick in public roads, water & sewer, airports and related infrastructure projects.

5) New Clients/Service Lines – We also are evaluating which new clients we need to add to our list of satisfied customers. Also, we are meeting and discussing what new expanded business lines we should be offering to our clients.

6) Team Effort – As I mentioned earlier, as a team we can and will be successful. All associates are capable of helping us grow our business. Relationships with both fellow associates and our clients are the key to our growth.

In closing, I thank you for what you are currently doing to make TTL a successful company. And as it has been said many times, “Now let’s go out and build upon yesterday’s success.” Please feel free to contact me with your comments and suggestions.

Tim G. Pedro, Vice President of Business Development
Enviromental Services

The Environmental Division has had a busy summer. Our team continues to grow with three new associates: Jessica Steele, Nathaniel Ohlrich, and Laura Megill! With the addition of Laura, we now have a Las Vegas, NV presence... in case you are feeling lucky!

There is finally movement on the Bui/Fostoria Abandoned Gas Station project. The Remedial Action Plan (RAP) was submitted to the Bureau of Underground Storage Tank Regulations (BUSTR) in November 2018. Due to the presence of the contamination within the fractured limestone bedrock, we recommended the injection of BOS 200®, a Trap & Treat® technology, which incorporates the trapping of contaminants via carbon adsorption and then the subsequent treatment via biological degradation. BUSTR correspondence, dated March 5, 2019, requested additional information associated with the RAP, including the completion of one monitoring well on the adjoining residential property. Once access by the property owner to the south was achieved, the requested work was completed with the installation of well MW-25 in January 2021. All soil and groundwater levels were below BUSTR Tier 1 Action Levels. BUSTR tentatively approved the RAP on July 27, 2021 with the request to publish the public notice of the planned site activities. Assuming BUSTR approval after the end of the public notice period, the RAP will be able to be implemented. A grant application for remediation funds from the Abandoned Gas Station Fund will be prepared and submitted to obtain the funding to implement the RAP. Thanks to Susan Yarger and Mike Koss for continuing to shepherd this project along.

Harry Singh is leading a year-long Industrial Hygiene project at the Danville Veterans’ Medical Center in Danville, Illinois. TTL will be conducting fit testing of site personnel at the VAMC twice a month for the next 10 months.

As our current Naval Facilities Environmental Multiple Award Contract (NAVFAC EMAC) comes to a close, TTL was awarded one final project to conduct Annual Bilge Water Tank Cleaning at Norfolk Navy Shipyard in Virginia. Tony Finch will be leading the charge on this project, which is currently in the planning document preparation stage. We should be in the field before Spring.

This last quarter we were awarded two NEPA Veterans’ Administration projects: the Ohio Western Reserve National Cemetery Expansion (Seville, Ohio) and Camp Nelson National Cemetery Expansion (Nicholasville, Kentucky). Our NEPA team, Rob Clark, Carrie Hess, Paul Jackson, Laura Megill, and Paul Hotz, is joining forces with the Geotechnical and Drilling departments to wow the VA with our expertise and teamwork.

Our Phase I Environmental Site Assessment (ESA) and Property Condition Assessment (PCA) work, managed by Susan, Aaron Hess, and Gary Pack, continues to be steady, allowing us to get Jessica and Nate trained quickly. Our proposal efforts have been high this quarter, laying the groundwork for a strong FY22.

Veronica Winkeljohn, Vice President of Environmental Services
Geotechnical and Drilling Services

The geotechnical and drilling groups finished the 3rd quarter ahead of their financial performance objectives (FPO) in both sales and gross profit. Entering the 4th quarter, the trend should continue through the end of the year. The backlog of work remains strong for these groups working for many of our repeat clients in the transportation, retail, federal, state and local government markets.

Currently we are providing services in support of the engineering firms that are performing planning and design services for both the City of Toledo and the Toledo Metroparks for the Toledo Glass City Riverwalk project. The project is part of a master plan to create a thriving Toledo riverfront; as seen across the country, cities with downtown riverfront development are the ones that seem to be successful. The project is planned to be the cornerstone for future riverfront development, as well as a vibrant connector between recently-constructed Toledo investments such as Hensville and the Promedica Downtown headquarters, both of which TTL was a part of. The Riverwalk project will help Toledo accomplish the vision of a completely accessible riverfront on both sides of the river with open space and a network of paths and parks that can be a destination for the community and visitors.

It is always exciting to be involved with such projects that will be a betterment to our communities and from which we all benefit. It will be interesting to watch this project develop from planning through construction.

As always, I would also like to thank all of TTL’s associates for their efforts and dedication to serving our clients and helping us accomplish our Mission of providing quality, responsive, cost-effective consulting services and solutions.

Curt Roupe
Vice President of Ohio Testing Services/Principal

Toledo CMT Services

The Toledo CMT Department has been firing on all cylinders since we hit summer, and work shows no signs of slowing down as we head into fall. We are currently working on 100+ construction projects running concurrently. Our larger projects include Shelby Schools, Toledo Seagate Convention Center, Stellantis-Mopar Plant, with CSX North Baltimore (UPS) finally wrapping up. TTL was also awarded the Peloton Output Manufacturing Facility project (below), located in Luckey, Ohio. This will be Peloton’s first manufacturing facility to be located here in the United States. The new facility will sit on over 200 acres and have more than 1.2 million square feet of manufacturing, office, and amenities space, making it one of the largest connected fitness manufacturing plants in the world. We have predominately been maintaining two full time engineering technicians, including engineering technician, Eric Smigielski, who has been overseeing all on-site activities. We look to continue to keep a good working relationship with our client and developer CBRE and we look forward to continuing to provide our quality services for years to come on this site. Thank you again to our entire staff of technicians and managers for continuing to work hard, with many hours being worked by all!

Johh Rust III
Manager, Ohio Materials Testing and
TTL Gives Back

A group of Toledo area businesses showed community leadership and dedication when they donated their time, equipment and talented teams to the recently-completed Overland Solar Initiative. TTL joined JDRM Engineering, Gem Energy, The Mannik & Smith Group, First Solar, and Yaskawa Solectria Solar to build the three megawatt solar array at the former Jeep factory site. The project was commissioned and is owned by the Toledo Community Foundation (TCF). Cash funding was through charitable donations and grants. Dana, which has a manufacturing plant on the site, has agreed to purchase the electricity from TCF at a cost of approximately $320,000 annually. In turn, TCF has earmarked these funds for workforce development, educational programs and blight reduction in surrounding neighborhoods, which were profoundly affected when Jeep left the site in 2006. Given the expected 25-year lifespan of the panels, this means a potential infusion of $8,000,000 for the surrounding neighborhoods. Way to go, Toledo!

Ohio Transportation Engineering Conference (OTEC) Presentation

Geotechnical Instrumentation for the 1-75 Realignment Project in Toledo

Over the past few decades, Geotechnical Instrumentation have been gaining more widespread acceptance in monitoring construction and confirming that projects meet design expectations. This presentation will discuss TTL’s recent experience with installation and monitoring of geotechnical instrumentation for the I-75 realignment project in Toledo, Oh. The geotechnical instrumentation task for the project consisted of installing 33 vibrating wires piezometers, 75 vented settlement cells and 13 slope inclinometers, including roughly 1,900 feet of soils drilling and 3.5 miles of communication wires. This project is considered a very large scale instrumentation project and could possibly be the largest instrumentation application on roadway projects in the state of Ohio. This presentation will focus on site-specific challenges, the installation and monitoring process, construction observations, and lessons learned. We will discuss how these equipment works and provide some feedback regarding the planning aspect during both, the pre-construction and post-construction phases of the project. We will also demonstrate some of the deliverables that were provided.

The realignment of route I-75 through Toledo, OH, required large MSE walls build over compressible soils. This presentation focuses on the installation and monitoring of geotechnical instrumentation for the assessment of the ground improvement methods used for the project and their benefits during construction.
Ohio U.S. EPA Grants – Brownfield Grant Guide

The EPA guidelines are for fiscal year 2022 are now available for your review. TTL’s brownfield team of professionals are prepared to assist your community with applying for these grants. Our associates have over 50 combined years of experience managing EPA brownfield grants. You can also check out the office of Brownfield and Revitalization webpage. We participated in the October 13th and 14th webinars which discussed FY 2022 guidelines. On October 13th the session taught us about Community -Assessment Grant funding, Site -specific Assessment Grant funding, Cleanup Grant funding and the Revolving Loan Fund Grant funding program. On Thursday, October 14 there was a webinar presented to discuss the FY 2022 guidelines for Community -wide Assessments Grants for States and Tribes. The submission deadline to apply is December 1, 2021. For additional information. Please contact Veronica Winkeljohn at 248-212-7770 or email Vwinkeljon@ttlassoc.com or Timothy Pedro at 419-704-5469 or email Tpedro@ttlassoc.com. We look forward to working with you to obtain grant money for your community. Thanks

State of Ohio Abandoned Gas Station Cleanup Grant Program

“At any former gas station, the site usually is hard to convert to a new use because you need to remove abandoned storage tanks that are in the ground under the station. Due primarily to the cost of the “clean-up” or removal of the tanks most gas stations sit empty and become eye sores in their respective communities. With TTL’s assistance we discovered that we did have a site that would qualify for this program. If a grant could be secured we could clean up a vacant site located in a prominent location in Downtown Sylvania. Once any possible contamination was removed from the site and the building was demolished we would have a marketable location.” - Bill Sanford, Director of Economic Development, City of Sylvania.

Funding is available to assess and clean up abandoned gasoline and service stations throughout the state of Ohio. The Abandoned Gas Station Cleanup Grant program provides funding to assess and clean up BUSTR Class C release sites (sites with releases from orphan underground storage tanks). Local government entities who own the eligible property or who have an agreement with the landowner may apply. The applicant and property owner cannot have contributed to the release of petroleum or other hazardous substance on the site. Assessment activities including the installation of monitoring wells, advancement of soil borings, collection of soil and groundwater samples, laboratory analysis, report preparation and remedial action plan preparation are eligible up to $100,000. Cleanup activities are eligible for up $500,000. If there are buildings on site that require demolition, the costs for abatement of asbestos, lead or other contamination, demolition, and site clearance are also eligible expenses.

Frequently Asked Questions

1. I own a former gas station that has contamination in addition to that from the BUSTR tank(s). Is it still an eligible site?
   Yes, assessment and cleanup costs for hazardous substances on BUSTR Class C sites are eligible under this program.

2. My property may be eligible for this program but a petroleum release has never been documented. What can I do?
   We recommend contacting BUSTR staff at (614) 752.8200 or TTL Associates at (419) 214. 5050 prior to beginning any assessment activities if a release has been documented on the site. Because of BUSTR’s statutory requirements for determining a responsible party, it is possible that a property owner who did not own or operate the tanks may be deemed responsible for the cleanup, especially if the tanks were in use during or after 1984.
3. Are county land banks eligible to participate?
   Yes, beginning September 8, 2016, county land banks are one of the political subdivisions eligible for funding through the program.

4. Are there any match requirements or limits on use of funding?
   No match is required, although private match will increase an application's score. DSA will not reimburse for professional fees, other than those incurred for environmental professional services. Environmental professional fees are capped at 15% for cleanup grants. Please see the application for further details.

TTL can assist with site identification, assess whether the site will qualify under the current guidelines, and partner with local governments, land banks, and developers to determine the best path forward for the community. We can help with abandoned gasoline stations in your area and start the discussion to rehabilitation and redevelopment. Let’s pool our resources and take you down the road of redevelopment. The abandoned gas station sites are there—we just need to find them.

For more information contact:
   Susan Yarger at syarger@ttlassoc.com  
   (419) 214-5060
   Timothy Pedro at tpedro@ttlassoc.com  
   (419) 214-5050

**TTL University**

TTL University is our online library of training videos that you can access anytime, anywhere. Here are just a few of our 47 training videos available to you:* 

* Agile Introduction and Login
* Ajera – Collections PM Dashboard
* Ajera – Fundamentals-Timesheets
* Back Safety and Lifting Techniques
* Concrete Testing-ASTM C1064-Concrete Temperature Test
* Creating Army Corps gINT files and boring logs
* Introduction to Google Earth
* Medicare Overview

*All associates are registered for TTL University. If you don’t have your user name or password, contact HR.
Company Services

**TTL Services**

- Environmental Engineering
- Geotechnical Engineering
- Construction, Inspections, and Engineering Services
- Drilling Services

**Environmental Services:**
Veronica Winkeljohn - vwinkeljohn@ttlassoc.com
Susan Yarger – syarger@ttlassoc.com


**Geotechnical Engineering:**
Curtis E. Roupe, P.E. – croupe@ttlassoc.com
Chris Iott – ciott@ttlassoc.com

TTL geotechnical professionals provide field testing and drilling services, including comprehensive soil laboratory testing, and geotechnical design and construction recommendations for structures, pavements, embankments and containment facilities.

**Construction, Inspection, and Engineering Services:**
Toledo: John Rust - jrust@ttlassoc.com
Plymouth: Jeff Elliott, P.E. – jelliott@ttlassoc.com

Structural integrity is only as dependable as the materials used in the construction process. TTL performs construction quality control testing of soils, concrete, asphalt, masonry, and steel. Our Engineering Technicians are certified by the National Institute for Certification in Engineering Technologies (NICET), American Concrete Institute (ACI) and Michigan Concrete Association (MCA).

**Drilling Services:**
Rick Mielcarek – rmielcarek@ttlassoc.com
Curtis E. Roupe, P.E. – croupe@ttlassoc.com

Offering a full range of drilling services for a variety of geotechnical and environmental projects, TTL has the solution for your drilling requirements. TTL’s drilling fleet consists of two truck-mounted rigs (CME 75 models), two rubber-tired ATV rigs (CME 45 and CME 550 with angle-drilling capabilities), and two Geoprobe’s (5410 and 7822DT models). We are capable of providing rotary coring and auger drilling which are performed by experienced crews.

**Federal Information:**
Veronica Winkeljohn, P.E. – vwinkeljohn@ttlassoc.com
Timothy G. Pedro – tpedro@ttlassoc.com

TTL provides the full range of environmental, remediation, industrial hygiene, geotechnical engineering, materials testing and drilling services to our Federal clients, including the VA, USACE, NGB, Army, NAVFAC, NASA, FAA, DOE, and GSA across the country and beyond. With TTL’s existing GSA Federal Supply Schedule, and IDIQs with NAVFAC, GSA National Capital Region, USACE Detroit/Chicago, USACE Omaha, and USACE Louisville Districts, we are primed and ready to support our Federal clients.

**General Information:** Timothy G. Pedro – tpedro@ttlassoc.com

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**Locations**

**Toledo, OH, Corporate Office**
419-324-2222

**Akron, OH**
216-800-5086

**Plymouth, MI**
734-455-8600

**Washington, D.C. Metropolitan**
202-631-0704

**Cleveland, OH**
216-357-2335

**Denver, CO**
419-214-5036

**Las Vegas, NV**
702-620-4973

[www.ttlassoc.com](http://www.ttlassoc.com)
### Happy Anniversary!

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<tr>
<th>Name</th>
<th>Month/Day</th>
<th>Years of Service</th>
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<tr>
<td><strong>November</strong></td>
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<td>Tim Noyes</td>
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<td>Tony Finch</td>
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<td>Kevin Coney</td>
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<td>Megan Smith</td>
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<td><strong>December</strong></td>
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<td>Tony Brister</td>
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<td>Gordon Melbourne</td>
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<td>Becky Arndt</td>
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<td>Frank Kinor</td>
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<td><strong>January</strong></td>
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John Koch, Sr. Project Manager from GRS Global wrote to Gary Pack that he and Anna Andreyev (with help from Aaron Hess and Tony Finch) should be made the “go to” for his territory for Environmental Site Assessments. **Kudos, Gary, Anna, Aaron and Tony!**

TTL has a contract to provide a Phase II Environmental Site Assessment and Geotechnical Services at an abandoned retail site for a proposed new AutoZone store in Vermilion, Ohio. With the help of Rick Mielcarek to expedite drilling services, Mike Koss recently met very challenging deadlines in the Phase II ESA portion of the project. **Fran Blanchard, Director of Real Estate at Triple C Development,** recognized Mike and TTL when he emailed the following to Chris Iott: “I will tell you that it has been a pleasure working with Michael!!! You guys are top notch, my friend!!” **Kudos, Mike**

**Kudos**

**Joey Glunt** was certified as a **Level 1 Concrete Field Technician** through the Michigan Concrete Association. **Kudos, Joey!**

**Chris Lewis** was certified as a **Level I Concrete Field Testing Technician** by the American Concrete Institute. **Kudos, Chris!**

**Megan Smith** was promoted to Geologist II. **Kudos, Megan!**

**Gary Pack** was promoted to the level of Scientist/Engineer 3! **Kudos, Gary!**

**Will Frazier, Rick Grant and Pierce Bell** were promoted to Field Technician V. **Kudos, Will, Rick and Pierce!**

**Luke Holmes** was promoted to Geotechnical Professional II. **Kudos, Luke!**

**Brad Johnson and Mike Hoyt** were promoted to Field Technician VI. **Kudos, Brad and Mike!**
New Associates
Welcome to the Team!

Spencer Weaver
Field Technician
Toledo

Brandon Hillebrand
Field Technician
Toledo

Chris Lewis
Field Technician
Toledo

Lauren Megill
Natural Resources
Specialist/Project Manager

THROW kudos LIKE CONFETTI

Thanks to Tom Russell for working nights and weekends to meet the deadline!

Good job, Dale, shaking rocks! :)

Nice job training, Laurie! Lots of cool info!

Thanks, Imad, for all of the Open Roads training!

Krista, you're amazing. Keep smiling.

Aaron is kicking butt managing resources.

Thanks, Chris Trumbull, for working extra hours cleaning up the green space and building!

Thanks Tim, for the shuttle service!

Thanks, Robbie, for the wonderful lunch last week at the training session. Beautifully presented too!

Thanks to both of you (Kerry and Donna), and Chris and Luke too, for getting all those hydrometer samples done! Curt

Thanks, Tony Brister, Jason Price, and Imad El Hajjar, for overcoming last minute changes, rough waters, even finding bones and completing the Buffalo North Breakwater project! Curt

Walk past Laurie's office for a brighter day

Thanks, Tim, for finding the correct composition books for your second favorite set of twins! Veronica

Thank you, Drillers, for being awesome. Double the notion - thank you! Thank you!

Thanks, Denise, for the cookies!

Thank you, Susan, for always taking care of enviro vehicles!
My Passion

Shared By: Sophia Ruse

I was 13 years old when I had the opportunity to attend my very first mission trip. It was something I was scared to do because I had never done anything like it before. Little did I know that when I was 13, I would discover that I love going on mission trips and have a passion for serving others and building community. Since then, I have gone to Youngstown, Ohio, Archbold, Ohio, West Plains, Missouri, Chicago, Illinois, Charleston, West Virginia, and Louisville, Kentucky. In 2020, my Church group was unable to have a mission trip. I was distraught, it is something that I look forward to every year, and it wasn’t happening. Fast forward to 2021, unsure if we would be able to have a mission trip, we finally decided that the 2021 mission trip was happening. This year’s mission trip was in Louisville, Kentucky, July 25-31. We packed up and loaded in our 13-passenger van and went to serve. Every day we served at Vacation Bible School (VBS) for the church we were staying at. Each day we were helping an adult leader with their VBS station. I was in the Craft and Play station. This station was where the pre-schoolers would come in a make a craft for the day. We would then eat lunch and head to the Agape Retreat center. The Agape retreat center was a place for groups to come and have a place for their retreat. They had many things that needed to be done, but they were so busy with groups coming back-to-back they did not have time. Our group came in and pulled carpet, cleared walking paths from debris, power washed and painted their outdoor furniture and outdoor theatre benches and stage. We did so much work for others, and it made me realize why I love mission trips so much. We finally had a community that we had been missing for two years.

Take Me to the River

Tom Russell took a Sandpiper boat ride during his vacation recently and came upon this site. Begun in February 2021, the Glass City River Wall covers 28 silos that comprise 170-thousand square feet of space. The image shows native sunflowers (shown), as well as Native American portraits to honor the region’s first farmers. It can be seen from I-75 and it’s estimated that it will get about 30-million views a year.

Family News

Congratualtions to Bernadette and Mark Caris on the birth of their daughter, Winnie Mae Caris. Born on August 7th, 2021, she weighed 7 lbs, 10 oz. and was 22 inches long.
Eating for Health

What stands out to you when you think about a balanced meal?

Eating a diet with proper portions of carbohydrates, protein and healthy fats can help you maintain a healthy weight and meet your nutritional needs. Did you know that all vegetables and fruits are the most nourishing carbohydrates? Portion control doesn’t have to be hard, even if you don’t have scales or measuring cups — all you really need are your hands! In fact, they’re even better than other tools, because your hands are the perfect size for you. They make it easy to find the ideal portion size for your body.

To help you take baby steps toward balancing your meals, follow these recommendations:

**Vegetables and fruits:** the size of your two hands cupped together. The more vegetables the better, so feel free to go bigger!

**Protein:** the size of your open palm.

**Healthy fats:** one to two thumbs’ worth.

---

**Vegetables and fruits**
- Spinach
- Kale
- Sweet potatoes
- Broccoli
- Peppers
- Carrots
- Cauliflower
- Zucchini
- Apples
- Blueberries
- Raspberries

**Protein**
- Chicken
- Pork
- Fish
- Eggs
- Whole fat dairy

**Healthy fats**
- Avocados
- Olives
- Olive oil
- Coconut
- Coconut canned milk
- Coconut oil
- Nuts and seeds

---

**IGNITING ACTION**

What opportunity are you seeing to better portion your meals?

What are you noticing about how you feel after eating a properly portioned meal compared to how much you ate before?

What are you committed to in regards to portioning your meals moving forward?