FROM THE DESK OF KING LION RICK

As we come closer to our 76th Annual Show I would like to challenge every Lion to contribute to the success of this year’s show by becoming involved at some level. Your involvement could include any of the following: be in the show, sell or buy an ad, buy a patron ad, sell tickets to the show, usher, volunteer to work concessions, work on the set, attend the show and invite friends, family, co-workers to attend. Your participation is strongly encouraged. Thank you!
**Volunteer at the Lincoln**

Please contact Susan Stuck if you can volunteer at the Lincoln:

**Saturday, February 2nd @ 7:30 p.m.**
The Belairs : Northeast Ohio's Premiere Oldies Band

**Saturday, February 9th @ 7:30 p.m.**
New Wave Nation

**Saturday, February 23rd @ 7:30 p.m.**
The McCartney Project : America’s #1 tribute to Paul McCartney, The Beatles and Wings!

**Thursday, February 28th @ 7:00 p.m.**
Geezers & Guitars

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**Upcoming Lions Club Meetings**

**Tuesday, February 5th @ 6:00 p.m.**
Program: Danielle Grimm – Master Gardeners
Meal: Sausage and peppers, Au gratin potatoes, Succatash, Tossed salad

**Monday, February 11th @ 6:00 p.m.**
Lincoln Theatre Board Meeting

**Tuesday, February 12th @ 6:00 p.m.**
Meal: City chicken, Mashed potatoes, Peas, Cole slaw

**Thursday, February 14th @ 6:00 p.m.**
Lions Club Board of Trustees Meeting

**Tuesday, February 19th @ 6:00 p.m.**
Program: Sharan Paul, Holding Hands Hotline
Meal: Beef tips, Noodles, Mixed veggies, Tossed salad

**Tuesday, February 26th @ 6:00 p.m.**
Meal: Ham steak, Scalloped potatoes, Corn, Gelatin dessert

**Tuesday, March 5th @ 6:00 p.m.**
Meal: Baked chicken, Au gratin potatoes, Green beans, Tossed salad

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**Volunteering Opportunities:**

The Lions Lincoln Theatre is always looking for volunteers to help in the ticket booth, will call, concessions, and ushers. Contact Susan for more information and to learn more about how your skills might help benefit the theatre!

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**Annual Show Practices**

Practices will be held after weekly Lions Club Meeting (approximately 7:00 p.m. and on Sundays at 1:00 p.m.)
DIAGNOSING DIABETES

If you are at risk of having diabetes or are showing symptoms, your doctor may use any of the following tests to diagnose the disease:

**AIC:** Indicates your average blood glucose over the past 2 to 3 months.

**Fasting Plasma Glucose (FPG):** Checks your blood glucose after not eating or drinking for 8 hours.

**Oral Glucose Tolerance Test (OGTT):** Checks blood glucose levels before and two hours after drinking a special sweet liquid.

**Random / Casual Plasma Glucose Test:** Used with demonstrated severe diabetes symptoms.

DIABETES & EYE EXAMS

People with diabetes need to have a full eye exam every year by an *ophthalmologist* or *optometrist*. Be sure to have a *dilated eye exam:* The eye doctor will put drops in your eye to see the retina. This allows the doctor to see the back of your eye and find eye problems early.

Info derived from: The American Diabetes Association’s *The Diabetes Advisor.*

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LION MAUREEN’S BOOK LOOK

If you're like me, you had never heard of Grandma Gatewood. If so, it's time to change that and check out the book, *Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail* by Ben Montgomery.

I promise you'll never look at a pair of Keds the same way again...

This is the true story of Emma Gatewood who, at 67 years old, told her family she was going for a walk and left with a small bag of belongings and about $200 and walked over 800 miles of the Appalachian Trail. Of course, that alone is an incredible story but it doesn't end there. Would you believe she ended up hiking the Trail three times? Throw in 2,000 miles of the Oregon Trail and there's no doubt this is one incredible story.

She is included in an exhibit in the Appalachian Trail Museum and has a portion of a trail in the Hocking Hills State Park named for her.

From rattlesnake rendezvous, to eating porcupine, to encounters with both wonderfully kind and somewhat unsavory characters, she is truly a character worth getting to know!
Let's celebrate with the following Massillon Lions who are celebrating birthdays soon:

February 5: Larry Snyder
February 9: Glenn Dumoulin
February 11: Bryan Jones
February 17: Robert Wagner
CONGRATULATIONS!

Congratulations to our fellow Lions who received chevrons from Lions Clubs International for years of service this month!

15 YEARS!

40 YEARS!

50 YEARS!

10 YEARS!

25 YEARS!
Massillon Lions Club
76th Annual Show
March 8, 9, 10, 15, 16, 17 - 2019

Lions Lincoln Theatre
156 Lincoln Way E - Massillon
7:00 pm Fridays & Saturdays | 2:00 pm Sundays
(Doors Open at 6:00pm)
(Doors Open at 1:00pm)

Welcome to
Kornfield Kounty

Tickets available at:
Bill Lindsey’s Sweeper Mart • Buehlers (Mayflower Location)
Emmett’s Market • Flower’s by Pat
Friends & Family Credit Union (Downtown Location) • Massillon Independent
Massillon Senior Center • Massillon West Stark Chamber of Commerce
Massillon Lions Club Members • At the door subject to availability
Online @ www.lionslincolntheatre.org