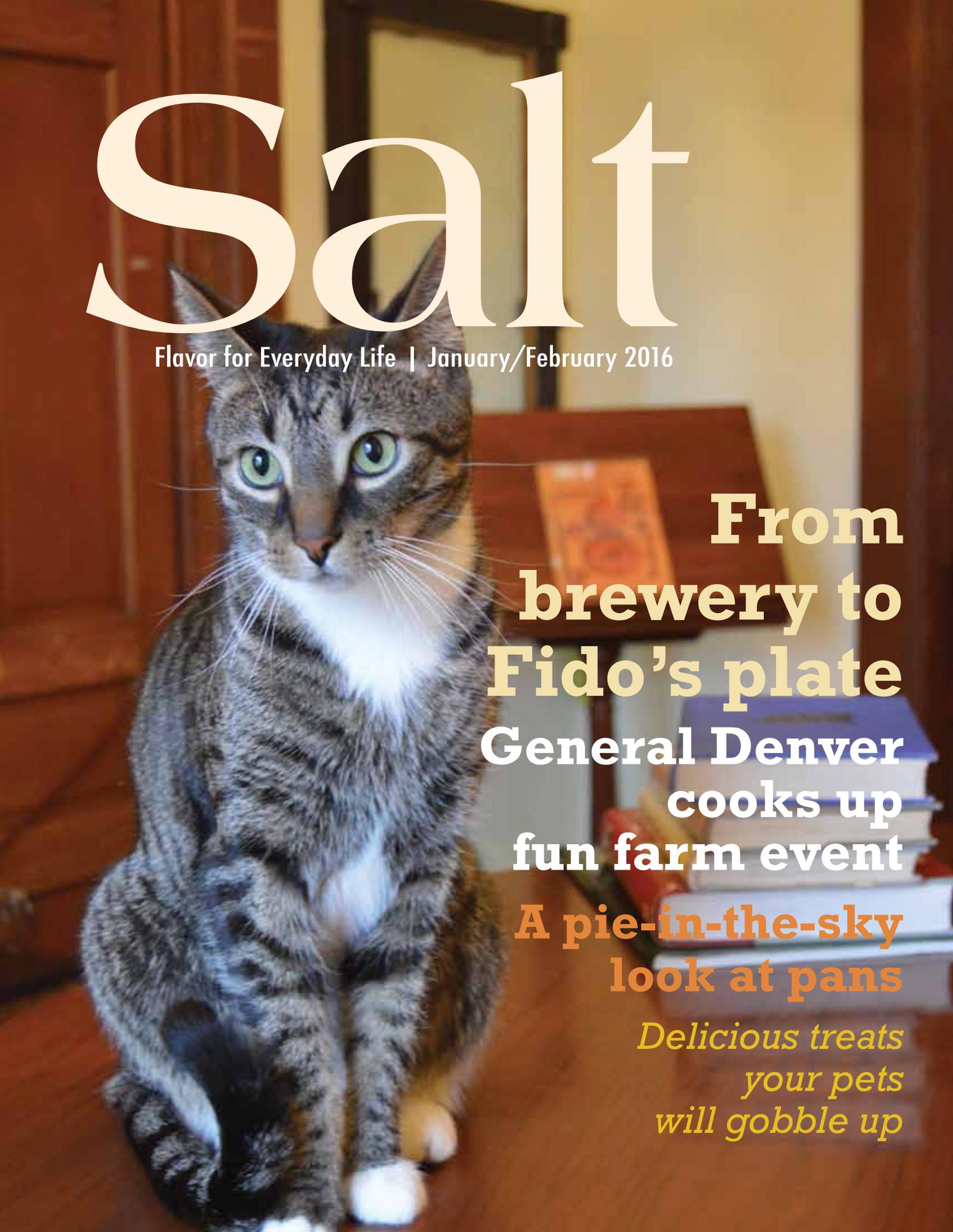


Salt

A tabby cat with green eyes and a white chest patch is sitting on a wooden surface, looking directly at the camera. The background is a warm, indoor setting with wooden paneling and a stack of books.

Flavor for Everyday Life | January/February 2016

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Salt

Flavor for Everyday Life

www.thesaltmagazine.com

January/February 2016

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Hide and Shake

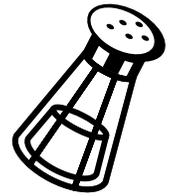
Find the shaker in this issue and be entered to win a \$10 grocery card.

Visit our website, thesaltmagazine.com, and click on the Shaker Contest link at the top to be entered. All entries must be received by Feb. 3, 2016. Only electronic entries will be accepted.

In the November/December issue, the shaker was hidden in the top photo on page 46.

Congratulations to our most recent winner, Holly Yeazel of New Vienna.

You could be our next winner!



Salt Shakers

Just this past Thanksgiving, my mother-in-law passed these down to my daughter.

These originally belonged to my husband's great-grandmother. She apparently had a huge salt and pepper shaker collection. My mother-in-law shared how she loved to look at her collection as a little girl and loved these "outhouses" in particular. She added that she had to use the outhouse at her grandma's to use the restroom.

Pamela Bauer
 Clinton County Health Commissioner

In each issue of Salt, we try to feature photos of creative salt and pepper shakers from our readers' collections. Please submit photos and descriptions to editor@thesaltmagazine.com by Feb. 3, 2016 for consideration for printing in a future issue.

On the Cover

Scherzo the cat hangs out on top of a piano at For A Song & A Story in Wilmington. This photo was taken by Lora Abernathy.



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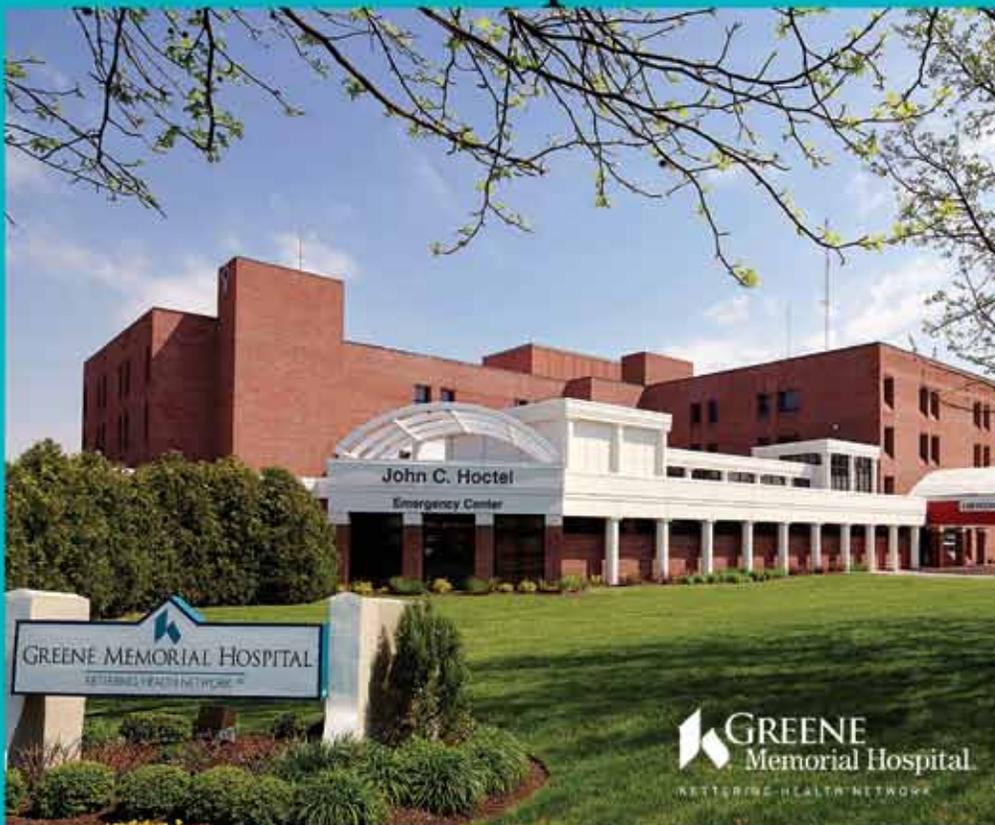
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40827896

Salt

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Front Porch

Profile

Front Porch Profile offers a personal glimpse into the lives of notable people in our communities

By Lora Abernathy



Lori Kersey Williams

Parks and Recreation Director, City of Wilmington

What movie deserves a sequel?

I have to admit, I am not much of a movie watcher. Let me tell you which book should have a sequel: "Reading the Forested Landscape: A Natural History of New England." A Great Lakes version would be amazing, and I would give it as a gift to many friends and relatives.

What makes you pound your fist on the table?

Vandalism and litter left at parks.

Which are worse: spiders or snakes?

Snakes, although both have such important roles in their ecosystems. I know less about (snakes), and we fear what we don't know. Harriet Hadley Clark showed me the beauty of spiders at a No Child Left Indoors program several years ago and that has always stayed with me.

What piece of advice would you give to your younger self?

Don't wait for "some day" or the perfect moment. Cram as much fun, travel and adventure in as you can when you are young. Physical limitations can and will catch up with you - don't squander good health. Be true to who you are and allow others that same right.

What is your ringtone?

Had to look that one up. It is called "Descent." Mmmm, must have been a default when my OS was upgraded by my son. It used to be "Cricket," which I loved, but doesn't appear to be a current option.

What do you love most about your community?

The small-town feel, lack of traffic and open space, but proximity to plenty of amenities, and the willingness of folks to help whenever they are needed to improve our community, especially park volunteers.

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My one word



Around the end of the year, I begin contemplating a new word for the next year. It's been my practice now for the last seven or eight years. I was inspired by the idea when I heard someone sharing about their "word" on the radio. I decided to check out the referenced website and have been doing it ever since.

This process has replaced the traditional list of New Year's resolutions that tend to be broken by February and forgotten till the following January. This has been such a successful experiment for me.

Here's how it works, from the website, myoneword.org:

Step 1: Determine the kind of person you want to become

The first step is to simply take some time and decide what kind of person you want to be at the end of this year. This goes beyond simply being healthier and wealthier, but it must drive deep into your soul. What about the condition of your heart? What about the person that God Himself has created you to be?

Step 2: Identify the characteristics of that person

Get a picture of that person and then simply identify their major characteristics. Is that person gentle? Is that person generous? What are the qualities of the person you want to become?

Step 3: Pick a word

Once you have a list of the characteristics, simply pick a word. There might be 15 things that you want to change, but you must resist the temptation to promise you will do them all. Instead, simply commit to ONE WORD.

This will provide you with a lens to see the changes you need to make, as well as a way to determine whether or not change is actually happening.

Understand that this process is hard, but staying focused on your word will help you to struggle in the right direction so that you can actually see God working in your life.

The changes have been significant over the years I have done this. I can look back and see that I am not the person I was when I started. The study of the word, exploring examples, facing the challenges that come and tempt me to give up on staying the course are all part of the journey.

And the challenges do come! You have probably heard it said not to pray for patience because patience is produced by going through trials.

I think every time a person begins to choose a better life, challenge can be expected.

I chose the word "gentle" a few years ago (much to my husband's delight), and my desire to become a more gentle person was challenged almost daily. Change didn't happen until I quit giving in, determined to change, prayed for change, studied and "ate" the word, till it became part of who I am.

So, this year, I am choosing the word "joy." I am a pretty joyful person usually, but I want to know a deeper sense of joy in my life. I don't want the circumstances around me to dictate my joy or lack thereof. I am not talking about being happy ... happy depends on circumstance or what others do to you. I want that calm assurance and settled-down peace even when all hell is breaking loose around me.

It's even better to do this exercise with a friend. I have shared the experience with some of my close friends, and we meet and discuss our journey with our one word. We encourage and pray each other through to the end of the year.

I would love to hear from you if you choose your word for 2016. Let's make changes together.

In the meantime, here's another word I don't want you to forget ... please pass the "Salt!"

A handwritten signature in black ink, appearing to read "Pamela Stricker".

Pamela Stricker
Publisher, Salt

pstricker@civitasmedia.com

In terms of Great Dane-ness

I looked across the park and noticed an older couple walking a giant dog. I gasped in awe at its size, its beauty — and its good behavior. It was a Great Dane. I wanted one.

Enter Bela. Our bright-eyed, happy Great Dane has been with us nearly 12 years. Not too bad for a dog whose kind only live six to nine years.

But if the Great Dane breed hadn't been right for us, we would have picked a different dog.

That was not the case.

Known as the "gentle giants" of the dog world, Danes are great around kids, intelligent, friendly, and require less grooming and exercise than other breeds.

Perfect.

"Friendly" might have been an understatement. Our beautiful girl loves people and has never met a stranger. Any time she hears the word "wow" from people while their car window is down and we're out walking, she assumes they're talking about her. She's not wrong. The ears go back as she hopes they slow down, stop and come pet her.

The "less exercise" requirement for the Dane could easily be changed to "a quick walk up and down the driveway." I knew she wouldn't be wired like a border collie, but these dogs are serious couch potatoes. Bela loves going for walks, but can't wait to come back in and curl up between the pillows on our bed or the arms of a chair that's really too small for her.

She's always been easy to train and eager to learn. She's not a complainer, either. In almost 12 years, I've only heard her yelp twice. She's been a very healthy dog, and has never been on medication except for the occasional infection. She's wildly content to lay on the couch, look out the window, and wait for her next ear rub.

Arthritis is taking a toll on her bones faster than we wish. Medicine seems to help, but we know "the day" will come soon.

"When Danes go, they go fast," another Dane parent recently told us. "When she's ready to go, we can come to the house," the vet told me in December during her annual visit. Their words now echo too frequently in my head.

Bela's still got pep in what's left of her step, though, and meets us with cheer and exuberance at the door most days when we come home. If she's not at the door, she's in her chair, ears back, ready to be greeted and adored from the comfort of her throne.

My life has been richer since we brought her home. Other than my husband, that sweet, beautiful dog is my favorite human.



Bela and I pose for a picture after she graduated from puppy school July 2, 2004. She was 4 months old.



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LORA ABERNATHY

Lora is the editor of Salt magazine. Originally from West Virginia and a proud Marshall University alumna, she lives in Hillsboro, Ohio, with her husband, Gary, is mom to a Great Dane and yellow Lab, and trains and competes in triathlons. Reach her at labernathy@civitasmedia.com or on Twitter @AbernathyLora.

Reader Recipes

PORK TENDERLOIN

Attached is one of my favorite recipes. I just came across this recently on social media. I've now made it a few times and it's absolutely delicious, tender and flavorful. You won't be disappointed.

— **Maria Waymire of Yellow Springs**

Ingredients:

3 pounds pork tenderloin cut into 4 pieces total
1 pound bacon
3/4 cup soy sauce
1 tablespoon onions, minced
1/2 teaspoon garlic salt
1 tablespoon wine vinegar or white vinegar
1/4 teaspoon salt
1 dash pepper
3/4 cup brown sugar

Directions:

Wrap tenderloin in bacon. Place in 8.5-by-11 pan. Poke holes in meat. Combine rest of ingredients, stir and pour over meat. Refrigerate uncovered for 3-4 hours or overnight (I've done overnight). Bake at 300 F for 2-3 hours (it took me 2 hours in a convection oven). Place foil over the top after 1 1/2 hours of baking, cut meat into small pieces and allow meat to soak up the juices.

SOUTHWEST CHICKEN PIE

I bought a can of southwest corn by mistake and created this recipe to use it. It has become a favorite.

— **Teresa Benlehr of Wilmington**

Ingredients:

2 9-inch pie crusts, unbaked
2 cups chicken, cooked and shredded
1 package mild taco seasoning
1 15.25-ounce can southwest corn, drained
1 10.75-ounce can condensed cheese soup
1/2 cup mild salsa
3 green onions, chopped
3/4 cup shredded mild cheddar cheese

Directions:

Preheat oven to 350 F. Place one crust into 9-inch pie pan and set aside. Place the cooked chicken into a large skillet, add the taco seasoning, and prepare according to package directions. Set aside. In a large bowl, mix together all the other ingredients. Fold in the chicken mixture and put into the prepared crust, top with the remaining crust, fold the edges under and cut slits in top to vent. Brush top with a bit of melted butter and bake for 1 hour and 10 minutes. Let stand 30 minutes before serving.

Readers Write

I really do enjoy your magazine and look forward to reading it cover to cover. ... Keep up the great work.

Candy Blackburn
London

Knowing there was going to be a long wait in the doctor's office ... I took Salt magazine with me and read the entire issue cover to cover and still had time left over.

As a lover of horses, I particularly enjoyed the (September/October) issue of Salt.

Thank you for a good read, and helping me pass the time waiting at the doctor's office.

Leslie Bates
Xenia

Thanks for a good shake of Salt.

Marian Ring
Erlanger, Ky.

Salt Scoop

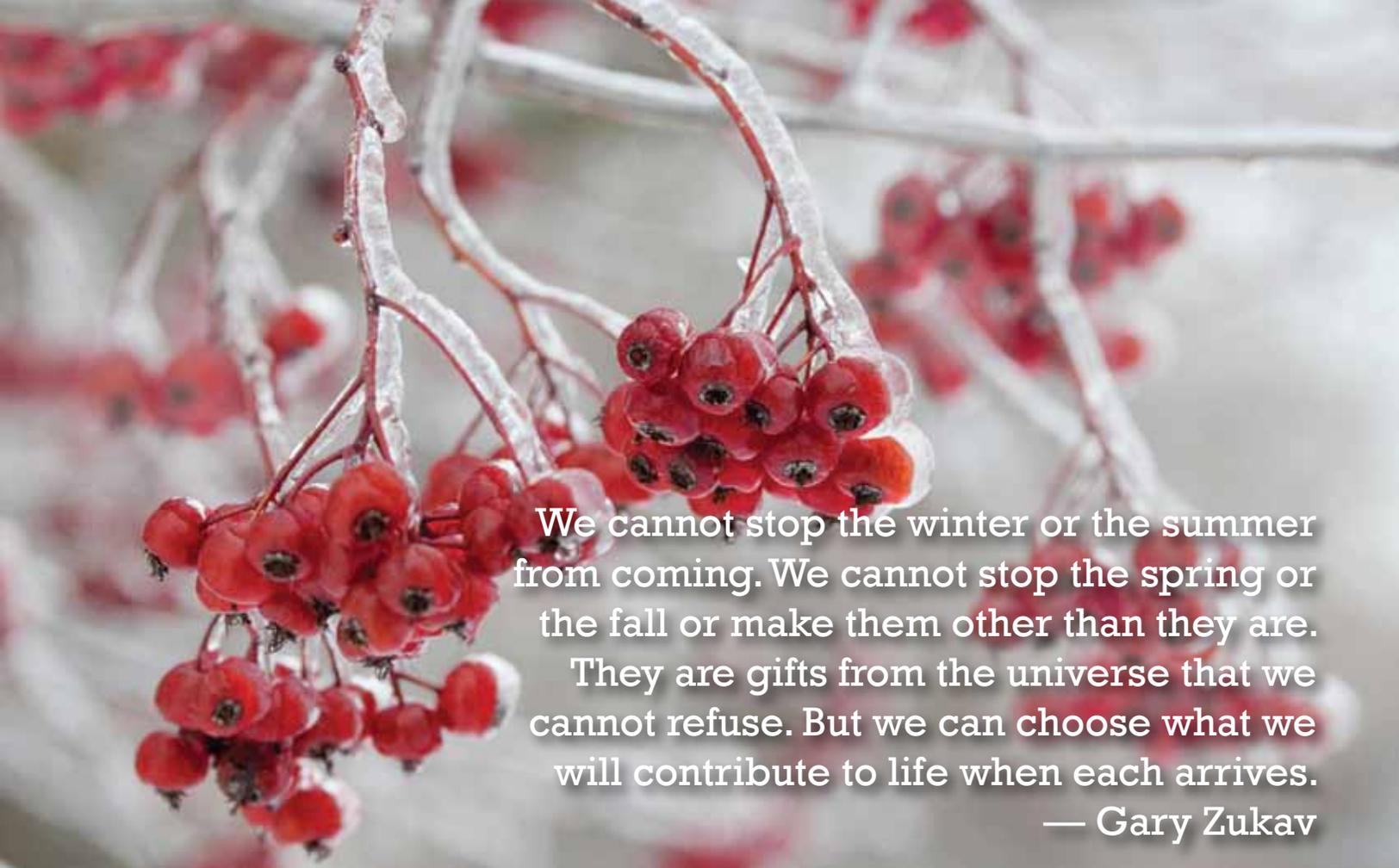
Send us your favorite recipe. We may feature it in the next issue.



Visit our website, thesaltmagazine.com, and click on the Recipe Submission link at the top to be entered. Include a photo of your dish, as well. All entries must be received by Feb. 3, 2016.

Every submitted recipe will be entered in a drawing for a \$25 grocery card.

Congratulations to Maria Waymire of Yellow Springs who won for her pork tenderloin recipe submitted for this edition of Salt.



We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives.

— Gary Zukav

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Paw it forward

By Beverly Drapalik

What can be better than young people, dogs, meaningful work and paying it forward?

For Brewhaus Dog Bones, paying it forward becomes "paw it forward."

Not long ago, Lisa Graham visited San Diego and learned that dog bones, pizza dough, pretzels and bread could be made using whole-spent grains from the beer brewing process.

About a year ago, she started Brewhaus Dog Bones in New Richmond, a company which helps young adults with disabilities develop vocational skills and have fun, meaningful project-based learning opportunities.

Graham's career as a clinical social worker at Cincinnati Children's Hospital Medical Center, Shriners Burns Hospital, Christ and Mercy Anderson Hospitals naturally caused her to think about people. Especially on her mind was her daughter, Natalie, who has a genetic abnormality.

The perfect storm of Graham's thoughts became Brewhaus.

Brewhaus Dog Bones are small-batch, hand-crafted, oven-baked treats made from whole grains sourced from local breweries.

The treats contain only four ingredients: donated brewery barley malt grains, natural peanut butter, brown rice flour and farm-fresh eggs. Grains and eggs are locally sourced.

Graham's neighbor, Margie, 80, raises the chickens that lay the eggs. When Margie's hens don't lay enough eggs, Brewhaus buys eggs from an epilepsy organization.

The business model includes breweries, schools and vendors, all of which are increasing in number weekly.

The most important people in the business are the workers — the students who work almost daily to make the treats and stock the stores.

Young adults with disabilities usually stay enrolled in high school until age 22, and the bakery provides a real-world business experience and meaningful work.



Graham said, "My goal really was to create a social enterprise program ... for project-based learning, as part of a comprehensive approach to help prepare these young adults for the transition to adult services and community-supported employment."

At Sycamore High School, Esther Adams, the intervention specialist, talks endlessly about her days with the students. They even partner with the Teaching Profession Academy at Sycamore.

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“Students become part of something bigger than themselves, working in a real business. They take ownership and produce a good product.”

— *Esther Adams*

Adams said, “Students become part of something bigger than themselves, working in a real business. They take ownership and produce a good product.”

She said she sees students blossom on a daily basis, because they have taken on specific roles in the kitchen.

Students must clock in, learn their assignment for the day, assess what ingredients are needed in the kitchen and, in general, engage in all of the employment skills they will need in future jobs.

Some students will double or triple a recipe for a large order using math skills; some will use fine motor skills and strategically place stickers on bags. Student managers and “quality control” make sure that each bag weighs between 6 and 6.5 ounces.

Not only do students make the dog bones, but they are involved in invoices, loading, delivery and sales. They are not stuck in the kitchen. They get to see their product to completion, and the interaction with vendors and breweries is a priceless life skill.

At Oak Hills High School, Deb-

bie Stallo, the intervention specialist, has witnessed some very enthusiastic students. One young man stays busy and wants to do every task until he sees that a package is complete. One young woman is known for making the “neatest” dog bones.

Lisa Martin has charge of the transitional students at New Richmond.

“Students work during the school year,” Martin said. “When orders are needed during the summer, some of the students, as well as students needing service hours, help complete the treats and make deliveries.”

New Richmond has the only classroom with a commercial kitchen, and the administration is working on a room that will become devoted to office tasks such as invoicing.

Graham said she is grateful for the support.

The valuable educational component of this company is that each school can tailor the level of involvement to a student population. As long as students reach their potential for community employment

and discover their own strengths, they are able to move out of public school and to navigate his world.

The valuable business component is that the company is a nonprofit organization. All of the proceeds return to the company because there is no cost for each school, each brewery and each student.

In fact, except for supplies, ingredients and Web fees, the company has no costs.

According to Graham, breweries have been extremely supportive, asking how they can contribute to the education of the students and the success of the company. Schools have also been extremely supportive as Brewhaus fills educational programming and teachers design lesson plans.

An important new endeavor is a partnership with Clovernook Center For The Blind and Visually Impaired. Brewhaus and the center will provide paid employment for participants, a beginning to another business model using brewery grains.

Graham’s passion has become a meaningful reality for students all over the Cincinnati area. Her goal is to eventually have a freestanding “Brewhaus Bakery” — integrated within a brewery — and a “Brewhaus Brewbus,” a food truck for dogs, that supports paid employment for very special adults.

And, needless to say, special dogs in this region will enjoy treats as Brewhaus Dog Bones continues to paw it forward.



Below, from left, Hannah, Esther Adams, Sycamore transitions coordinator and teacher, and Natalia pose for a photo during a recent community event. Above, Jessica, left, measures ingredients and spent brewery grains, with the help of Bobbie Perry, an instructional assistant.



At New Richmond Schools, Natalie Graham, Lisa Graham’s daughter, shared the kitchen process. Students:

- Mix the four ingredients in a large bowl.
- Place the dough into molds.
- Bake the treats at 300 F for 1 hour.
- Turn the oven to 200 F for 30 minutes.
- Cool the treats for about 30 minutes.
- Count and weigh treats.
- Work on several steps in the packaging process.

Brewhaus Dog Bones

Address: 1254 Fagins Run Road, New Richmond, OH 45157

Phone: 513-520-0310

Email: lisa@brewhausdogbones.com

Website: brewhausdogbones.com

Photos courtesy of Brewhaus Dog Bones

Terms of the leash

Hillsboro doctor offers advice on dog care

By Carmen Newman

Dr. Robert Sharp has been a veterinarian for 36 years.

He graduated from The Ohio State University in 1979, and bought his current practice in Hillsboro in 1980.

Both of his children work with him. His daughter, Amy, has a degree in journalism and he calls her the "heart of the office."

His son and fellow veterinarian, Dr. Reid Sharp, has practiced alongside him for the last three-and-a-half years.

He graciously took time from his day to talk to us about the proper care of puppies and dogs and the selfless love they give to us.

Salt Magazine: If people's pets could talk to them, what do you think they would tell their owners?

Robert Sharp: That's an interesting question. I believe all dogs would like to say the following:

1) "Hey, how about spending more time with me?" Any animal, without question, would want more time with their owners.

2) "Do not treat me like a possession. Treat me like a member of the family."

I have seen people get a dog, chain him up outside the house, and treat the poor creature like a bumper they threw out behind the garage. When you have a living being, you

have to treat him like a living being.

As tough as the reality can be, when pets get sick or injured, the owners are put in a position where they may or may not be able to care for them. I can envision most animals would be appreciative, if the owners have committed to keeping them, that the owner is also prepared to provide for them properly.

3) The pet would say, "OK, I live with you now and you have a responsibility to take care of me and not overlook things like my vaccinations and annual exams. Keep current on other considerations that keep me healthy. If I do get sick, take care of me."

SM: What are the most common illnesses you see in dogs?

RS: Diarrhea and vomiting, not necessarily parvo, but more from dietary indiscretions.

People feed table foods to them. Dogs can eat a lot of stuff, but human food is not always agreeable. I also see a lot of coughs in dogs.

SM: What symptoms or signs when presented by our pets indicate that it is time to take them to the vet?

RS: A condition that is getting worse, definitely. Lameness, cough, vomiting, diarrhea, lethargy, and all other obvious signs that something is wrong.

An interesting fact all should know is animals do not have symptoms. Animals only have signs.

A symptom is a verbally expressed opinion of your condition. For example, if you say, "I feel sick at my stomach," that

is a symptom, but vomiting is a sign. A dog never says, "My foot hurts." A dog limps and that is a sign.

Animals never lie and there are no hypochondriacs in veterinary medicine. No animal limps for the sake of sympathy.

SM: What is one of the most common questions you are asked?

RS: Behavior questions are common. Clients will ask about house training their young dogs. I also often am asked about what is the best breed of dog for the kids or my family. The best match isn't always based on which breed but rather which personality.

People will pick a dog by the way it looks instead of by the way the pup acts. They may pick the rambunctious puppy they think the kids will love playing with, only to find out as the pup grows, he becomes too much for the kids to handle. Then another might pick the calmest pup in the litter and wonder later why that dog will not hunt. As a result, they can end up with a beautiful dog that is a poor personality match for them. They are left to sort out what is the next step.

SM: What pets do you own?

RS: Of course, there is Debbie, the one-eyed office cat, our 3-year-old Scottie named Stella, and a 13-year-old standard poodle named Clipper, who has been to numerous places with me such as libraries during book signings, nursing homes and schools.

Clipper is a canine who did not win his home by his looks. When he first came in here, Clipper was covered in maggots and sores. We had to clip every hair from his body.

Clipper weighed a little over 40 pounds. He was 2 years old and should have weighed 80 pounds.

Clipper was emaciated beyond belief and his skeleton showed through his skin. Clipper was such a kind, calm dog, I knew that no matter what he looked like on the outside, he was a great dog underneath.

His first two weeks of care, he could not even stand up, but after five months of often uncomfortable treatments, he began to grow new skin where there had been sores and his hair began to come back in. All the time, Clipper had remained true to his gentle demeanor, and when it came time to find him a new home, of course, Clipper already had one with me.

SM: Is there anything you would like to add?

RS: Clipper is getting on in years. I will soon be coming to the fork in the road I often talk to others about when it comes to their pets.

I don't even like to think about "it" and neither does anyone else. The tough decision and the point at which each person can no longer watch their four-footed friend go downhill is different. The only advice I ever gave people is that I think the whole family should be in agreement that time has come before the final decision is made.

When the time is at hand, I do what I must. Often, I have known these dogs for 15 years or more. This makes the act personal to me. I have delivered quite a few of these dogs, some even by c-section. I see that heart-breaking decision as the last gift we can give our pets, a gift given from selfless love.

Salt Contributors

BEVERLY DRAPALIK

Beverly lives in Wilmington with her husband, Jeff. They also live with a dog, a cat, a parrot, chickens and bees.



VALERIE LK MARTIN

Valerie has a varied background in fundraising, public relations, teaching and freelance writing. She also holds a masters of divinity and is an ordained chaplain. She has stepped foot in 27 countries, jumped out of an airplane, twice been electrocuted by lightning, and once slept in a train car with 12 strangers. She lives in Oregonia, with her husband, Tom, Sadie the Lab and kitties, BeBe and Lincoln.



CARMEN NEWMAN

Carmen resides in Berrysville, just outside of Hillsboro, with her husband, Rodney, and various critters including Huck the miniature horse. She enjoys writing and life on the farm.



SCOTT HALASZ

Scott is a graduate of THE Ohio State University and has focused on Greene County news and sports for more than a decade. When he's not plugging away on a keyboard, he's spending time with his family, and quietly praying that the Cubs win a World Series before a new team that doesn't even exist yet does.



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Out & About

Compiled by Lora Abernathy

ADAMS COUNTY

March 5

The Adams County Amish Bird Symposium. Call 937-544-5639 or visit adamscountytravel.org.

March 14

The Adams County Historical Society meeting, Heritage Center. Call 937-587-3358.

March 19-20

Sponsored by Friends of Serpent Mound, Serpent Mound Spring Seed and Water Peace Summit, Soaring Eagle Retreat, 375 Horner Chapel, Peebles, near the Serpent Mound. John Burke's book "Seed of Knowledge, Stone of Plenty" believes that many ancient sites were built during times of famine. According to his research, when seeds are placed at certain spots at these sites, they grow faster and are significantly healthier. Serpent Mound was one site that he found a significant increase to seeds that he tested. Visit serpentmound.org.

BROWN COUNTY

Feb. 12

Ohio Therapeutic Horsemanship's Blue Jean Ball, 7 p.m. to midnight, Sardinia Life Squad building, 159 Winchester St., Sardinia. There will be live entertainment, food, drinks, a silent auction and gun raffle. Visit cherryridgefarms.org.

Feb. 14

Heather Pierson performs in the Ohio Brown County Inn's House Concert Series, St. Martin. Call 513-377-1805 or visit ohio-browncountyinn.com.

CLINTON COUNTY

Feb. 13

The Fortunate Sons tribute band, 7:30 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Call 937-382-3643 or visit themurphytheatre.org.

March 18-19

Southern Ohio Indoor Music Festival, Roberts Centre, 123 Gano Road, Wilmington. Call 937-372-5804 or visit somaticfest.com.

March 19

The Drowsy Lads, 7:30 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Call 937-382-3643 or visit themurphytheatre.org.

GREENE COUNTY

Feb. 6

Explore the Glen's history, 2-3 p.m., Glen



Heather Pierson will perform at the Ohio Brown County Inn Feb. 14.

Helen Ecology Institute, Yellow Springs. Visit glenhelen.org.

Feb. 20

Plastic Pollutants, 2-3 p.m., Glen Helen Ecology Institute, Yellow Springs. Learn what plastic is, where it comes from, and where it can end up. Visit glenhelen.org.

Feb. 27

Migrations, 2-3 p.m., Glen Helen Ecology Institute, Yellow Springs. Participants explore the Glen for signs of migration as they discover why organisms migrate. Visit glenhelen.org.

Feb. 27

Xenia Area Chamber of Commerce 67th Annual Awards Dinner, 5-10 p.m., Greene County Fairgrounds Assembly Hall, 120 Fairground Road. Visit xacc.com.

HIGHLAND COUNTY

Feb. 7

Greenfield Historical Society's second of three Sunday Dinners, 11:30 a.m. to 1:30 p.m., Grain and Hay Building at the corner of Jefferson Street and McArthur Way, Greenfield, \$10.

March 19

Cabin Fever Arts Festival, 10 a.m. to 5 p.m., Southern State Community College,

Patriot Center, 200 Hobart Drive, Hillsboro.

MADISON COUNTY

Feb. 13

Pancake and Sausage Breakfast, 7-11 a.m., Madison County Senior Citizens Center, 280 W. High St., London. All proceeds will be shared by the Madison County Senior Citizens Center and the Friends of Madison County Parks and Trails.

March 23

Full Moon Ride, 7:30-10:30 p.m., Prairie Grass Trailhead, Madison County Senior Center, 280 West High St., London. Take a 20-mile round trip to South Charleston at 7:30 p.m. or a 10-mile round trip to Neil Road (Florence Switch) at 7:45 p.m. Helmets, lights and light-colored clothing recommended. Registration not required.

WARREN COUNTY

Feb. 13

Sweetheart's Hike, 1 p.m., Caesar Creek State Park Nature Center, 4006 Pioneer Village Road, Waynesville. Grab your sweetheart and join the naturalists for a guided hike through a winter wonderland. Call 513-897-2437.

Feb. 27

Winter Hike, 10 a.m. to noon, Caesar Creek State Park Nature Center, 4006 Pioneer Village Road, Waynesville. Meet at the Wellman Meadows Trailhead parking lot for a self-guided hike to Horseshoe Falls and the 103' swinging bridge. Then hike over to the Nature Center to warm up with a nice soup lunch before going on to Crawdad Falls. Call 513-897-2437.

March 4-6

Lebanon Quilt and Fabric Arts Show and Sale, 10 a.m. to 5 p.m. Friday and Saturday, 11 a.m. to 4 p.m. Sunday, Warren County Fairgrounds, 665 N. Broadway, Lebanon. Call 740-965-3047.

March 5

Girls' Night Out, 4-9 p.m., shops of downtown Lebanon, Broadway, Mulberry and Main streets, Lebanon. There will be store specials, giveaways, refreshments and more. Call 513-228-2322.



Mountain Faith is set to perform at the Southern Ohio Indoor Music Festival March 19.

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Salt readers share their favorite pet stories

Aspen

When a tumor in Aspen's leg was diagnosed as osteosarcoma, I made the difficult decision to have her leg amputated. At first, my dog seemed reborn. She bounded from step to step, pain free at last, and ready for adventure — until she stopped eating.

After a few days of her food left untouched, the whole family grew concerned. I tried her favorite treats, canned food, and even her favorite green beans. Aspen turned her face away. The veterinarian confirmed there was nothing physically wrong with her and wondered if the stress of the surgery may be to blame.

The next day, my daughter, then 10 months old, crawled over to Aspen lying listlessly next to her food bowl. She patted Aspen on the head and babbled unintelligibly to her. She pulled her blonde ear and laid down next to her. I left to get my camera to snap a picture of the two of them. It was a somber moment, wondering if it might be the last photograph of my two girls cuddled up together.

When I returned, an entirely new scene had unfolded. My daughter was holding a piece of dog food out for Aspen. Aspen reached forward and took it very gingerly in her teeth, extra careful not to bite my daughter's tiny fingers. And she ate it.

There was a light shining in Aspen's eyes and terrific giggles erupting from my daughter. Piece by piece she fed to Aspen, and Aspen ate every last one.

— **Carrie Kempisty**
of **Beavercreek**

Sammi

My baby, Sammi, is an 11-year-old Pekingese who is the biggest diva that you will

ever meet with paws.

Every day with her is my most heart-felt and sweetest moment with her. She brings so much love and joy to my life every day.

It's so funny watching her boss her big brothers around, and when I say "big" I mean a Great Dane, Great Pyrenees and two Saint Bernard/pit bull mixes. She's always letting them know who's boss.

It's funny that she knows her days of the week. She knows what

days I go to work, and Fridays, when I come home from work, she's waiting and literally screaming at the door letting me know she knows it's Friday and she gets to go out to eat with Mommy and Daddy.

When I tell her it's "Diva Day" (grooming day), she literally screams with excitement because she loves being pampered at the groomers.

This little girl is not like any other. She is one of a kind. I don't think of her as my pet. She is more like my daughter with paws.

— **Mandy Unger of Seaman**

Henry

We rescued Henry from a friend whose vet office said he was sick and needed to be put down. We took him to Seven Hills in Goshen, and he is healthy as can be. He is 4 months old and 25 pounds of joy.

— **Kathy Davis**
of **Blanchester**

Brutis

Hi. My name is Brutis Baxter Morris. One day, I visited my future mommy and daddy and I fell in love with them.

I had no idea that they felt the same way, but all I know is it sure was fun at their house. So, a couple days after staying with them, my mommy now talked my previous mommy into letting me stay with her.

I was so happy, but sad also to know that I wouldn't be staying with my human brother and sister again, but guess what? I still see them all the time. So, I'm one truly blessed dog. I love my families and they love me.

— **Elisha Morris of Hillsboro, on behalf of Brutis**

Steeliblu

As an Air Force captain, I served as a standby rescue helicopter pilot at Little Rock AFB, Ark., and spent much of my free time fishing in nearby Lake Conway.

One day, my wife, Jill, insisted we have a "fishing date," but only if she could take along our 6-month-old German Shepard, Steeliblu. On the selected day, the weather turned cold and blustery with the temperature in the low 40s.

Still, she insisted we go fishing.

We got on the lake without trouble, but with the high wind, I found myself forever untangling lines, recovering my errant casts into stumps, scolding the whining dog, and letting my disposition sour.

Suddenly, the fishing score was 1-0 as Jill smugly boated a nice

2 1/2-pound large-mouth bass. Worse, as I was slowly motor-ing into a small pool of the lake,

Steeliblu rocked the boat and fell over-board.

As I hauled the shivering dog aboard, my dear wife compassionately suggested we return home. Of course, I refused, for I needed to catch at least one bass to even the score.

I soon boated a 2-pounder and immediately felt better. The artificial bait I was using had three sets of treble hooks. The front and middle sets were deeply embedded in the fish's mouth and, as I reached for my pliers, our curious German Shepard nosed the bait and got the third set of hooks impaled in her nostril.

I now had a 2-pound fish on one end and a 70-pound dog on the other.

I grabbed her muzzle with my free hand and ordered her

to stay. I carefully removed the hooks from the fish but, to my dismay, could not do so from the dog.

My helpful wife asked, "What are you going to do now?" (none of that "we" stuff for her). I replied that,

while one of us held the dog, we would return to the dock where there was better light, push the hook through, cut the barb off, and remove the hook by reversing its entry.

Now, without choice because of the darkness, I cut the lure from the embedded hook and, surprisingly, the hook fell free.

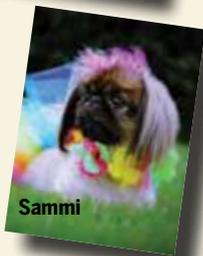
By fortunate circumstance, we were allowed to fish a bit longer. Ten minutes later, Jill landed a 6 1/2-pound bass. It was the largest caught off the Air Force's dock that year and won her a new fishing rod and reel.

Regretfully, I didn't get squat for largest dog.

— **J.M. Strayer of Xenia**



Aspen



Sammi



Brutis



Steeliblu



Henry

“I now had a 2-pound fish on one end and a 70-pound dog on the other.”

— *J.M. Strayer*

Rosebud

Every Wednesday is a special day for students at Holmes Elementary in Wilmington.

Rosebud wears her green pet therapy vest and her toenails are painted for the visit each week.

Rosebud is a 4-year-old therapy basset hound who travels with me, her pet partner, and provides a unique therapy service. Rosebud lends her long brown ears to children in need at the school. The certified pet partner team and the school's guidance counselor work together to coordinate schedules that allow a selected eight students to spend individual time with Rosebud.

Rosebud's children all have special life issues. The issues range from severe anxiety, anger and frustration, and a lack of empathy. Rosebud offers that animal/human bond that is non-judgmental and allows the children to share and open up about issues that are weighing heavily on them. They trust Rosebud in their relationship and can identify their feelings. The children share while walking Rosebud up and down the hall. During a recent walk, one child asked, “When are her legs going to grow?”

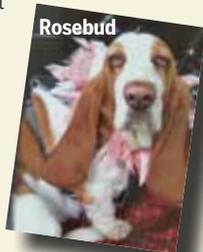
Rosebud helps brighten everyone's day at school, but is attuned to the certain students who need her special attention. She has a tall job for a short dog.

One of the best stated examples from her kids is, “Don't you know? With Rosebud you don't need to use words. She just knows how you feel.” One student identified Rosebud as “her hero.”

It's a proud, heart-felt moment when the kids make a connection with her and my Rosebud's therapy magic

works. Feel her basset love! Rosebud has her own Facebook page promoting pet therapy and what she does at school.

— *Susan Ertel of Wilmington*



Archie

Born 14 years ago, he was the middle of three pups. We named him Archie, brought him home, and made him a part of our family.

As a bichon frise, Archie had his own distinct personality. He could smile on demand and loved to greet everyone who came to our house, never barking or growling, not even at strangers. He loved

to play — jumping, running through the house “terrorizing” us until exhaustion set in. We always said he was “buzzed.”

Archie loved to sneak up on us. Stealthily placing one paw in front of the other, he would creep up until he was close, jump at you and run. Archie would get so excited at the mention of the word “walk,” that we would have to spell it just to keep him contained until we were ready.

We found early on that he had a love for chewing gum. A virtual Houdini, he was able to unzip bookbags and purses, and nose into coat pockets until he found his prize. Only the wrappers would be left behind as evidence.

Bananas were a favorite and you were expected to share — a small bite for you, and a large bite for him. And he wasn't particular about who he shared with. We don't think he realized he was a dog.

We could write a book about all the joy we've shared with this special little guy. Sadly, Archie left us suddenly on Nov. 19, 2015, taking our hearts with him. We believe it's true that, while dogs are not your whole

life, they sure make your life whole.

— *Dennis, Angie & Mallory Stanton of Wilmington*

Timothy

Christmas can be a dangerous time for cats. There's the tasty-looking tinsel, the poisonous poinsettias, and the Christmas trees that are so tempting to climb.

This year, though, our cat, Timothy, decided to ring in the festivities a little early by loosing one of his nine lives falling down the chimney.

Luckily, it wasn't lit. Our house was built in the 1800s, and has been renovated several times, which means that the attic is built over the oldest chimney in the house, leaving the flue open but unexposed to the outdoors.

At some point late in the November night when not a creature was stirring except for the cat, Timothy climbed into the cramped attic to explore, and then fell down the chimney. Nobody could find him.

He was probably knocked out by the fall, because after tearing the house apart, calling frantically, and scattering treats everywhere, we found nothing.

Finally, I heard a faint squeaking sound. It was the cat. The sound was almost impossible to pinpoint, but then I shined a flashlight up the chimney, and caught the barest glimpse of dusty whiskers. He was, I realized, stuck in the fireplace.

Getting him out of the sturdy brick chimney required two hammers and a crowbar, but we finally chiseled loose a brick

and Timothy squirmed out, cold and hungry but alive. He doesn't seem to be traumatized at all. The human members of the family dreaded the Christmas decorating season.

— *Elizabeth House of Hillsboro*

Beau

This is Beau, our rescue dog, literally. Four years ago, Beau was dropped off on a country road. We found him all alone and very skinny. Beau needed a good home, and we needed a dog. Our family dog of 13 years had recently passed.

Beau has turned out to be the best dog we

could ask for. As you can see, he never ceases to amaze us. We just happened to get this picture of him walking on our deck rail.

I recently read the saying, “Who rescued Who?” referring to rescue pets. This holds true in our case. Beau has showed us so much affection and love, and we give him all the love and attention he deserves.

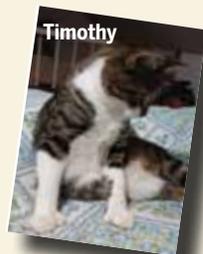
To this day, Beau will not get into a car. I'm sure this is due to being traumatized. Other than that, he has adjusted very well and fits in perfectly with our family.

— *Teri Stern of Wilmington*

Chloe

If our dog, Chloe, could talk, she would have quite a story to tell.

She started her life near Cincinnati where she was one of six pups. Space was limited, so the puppies were tied to a tree. The neighbor children made



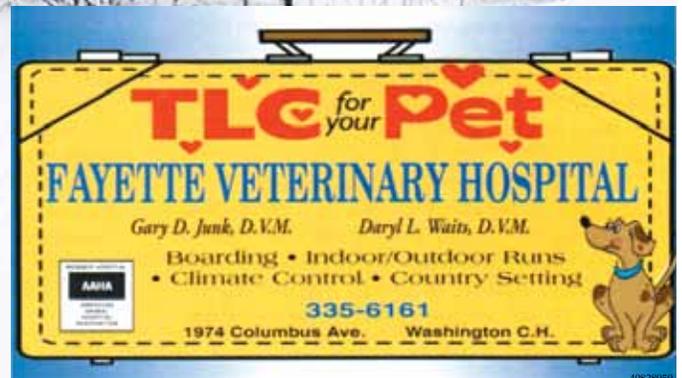
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life a nightmare when they threw rocks and put firecrackers in her collar and set them off.

A passerby saw these dogs daily, and stopped to see if she could take one home. Chloe's new home was an apartment and she was alone most days. As puppies are prone to do, she started chewing and, soon, the leather couch was history.

So, Chloe was sent to the country, to a house near ours. They did not care for her, rarely keeping her indoors and seldom feeding her. She was on her own and, most days, accompanied the other dog to our house. One day, the other dog died.

Chloe was alone. She was mourning the loss of her companion and so were we. We tried very hard not to like Chloe because we were not "dog people," but we did care about her, and so, we are family No. 4 for Chloe.

She is no longer a vagabond and is loved by all who meet her. Our friends say we have rescued her. We just think Chloe had a plan: She wanted us to be her owners all along, so she could hear "goodie girl" from people who love her.

— **Jill Girard**
of **Blanchester**

Shadow

My cat, Shadow, loves watching the bubbles rise in the dish water. When you turn your back, she will turn the water back on herself so she can watch the bubbles rise again.

— **Patty Hopkins**
of **West Union**

Porsche and Mercedes

For as long as I can remember, I wanted a Great Dane. I believe this passion came from



Porsche & Mercedes

my mother who also wanted to own a Dane, but never had the privilege.

Eight years ago, I was gifted with one of these wonderful companions. Porsche is a blue female and weighs about 120 pounds. She has brought us great joy, some frustration and a little grief.

When Porsche was 2, in my great wisdom, I decided she was depressed. She needed a friend. Of course, this friend had to be another Great Dane. After months of searching, we found Mercedes, a 13-week-old blue merle. Together, they have become "the girls."

We got Mercedes during a very cold and snowy January. Housebreaking was a real treat. She would give me "the look." I'd race for the closet and throw

on my hat, coat, boots and gloves. I'd scoop Mercedes up and out the door we'd go. She sat in the snow, ears flopping in the wind, and look up at me with eyes that said, "I don't have to go anymore, Mom."

The girls both love a good stick of butter. Working together, they surf the top of the counter and, once found, the special treat has no chance to reach its intended purpose. They do argue, at times, over who is going to get to sit

where, but they usually end up sharing the couch.

Of course, there are many other tales to tell, both naughty and nice, but Porsche and Mercedes "had us at hello." Porsche is now 8, an old dog in the Dane

world, and Mercedes has been diagnosed with wobbler syndrome. We don't know how much longer they will be a part of our lives, but they will always be a part of our hearts.

— **Carol Haines**
of **Martinsville**

Bosley

My best friend was a dog named Bosley.

We rescued Bosley as a 9-month-old. In return, Bosley was willing to love the whole family equally. It was hard to be cross with him when he got in the trash, ate a shoe, or knocked everything off a counter, because he was so obviously sorry when he got caught.

One of the best parts of any day was coming home to Bosley. He was always at the door wagging his tail and sniffing around for clues to where I had been without him. He never seemed to mind that I had been gone, or hadn't taken him.

One of the worst parts of any day was taking a sick Bos to the vet. I quickly understood that Bos mostly liked to go to the vet on Sundays, or evenings, or holidays.

Most of his exercise time was when we went to a nearby field and he could run off-leash. While we were not always close to each other in the field, this was our time to enjoy. Sometimes, he would be content just to walk beside me.

Bosley died at the age of 13. I knew he was not in pain anymore, so I was glad for that. We have rescued other dogs since

then and love them. In fact, we now have four dogs.

I know I will always have a dog in my life, but Bosley was a very special friend to me.

— **Cindy Seaton**
of **Greenfield**

Mister Squeakers

My earliest memory of Mister Squeakers was when he barely had his eyes open.

He was still living on the farm, and he and his littermates crawled out from behind a bale of straw. I remember those big eyes of his looking up at me.

After his mother died, we moved the litter down to our house. At first, they lived in our garage. Every time we'd bring them into the house, everyone would climb up on the step and walk into the kitchen — but not Mister Squeakers. He'd look up with those big eyes, make

his little squeaky meow, and wait for one of us to pick him up.

He received special attention as a kitten as he dealt with bouts of cystitis. I remember him traveling from bed to bed at night, from my parents'

to mine and back to theirs.

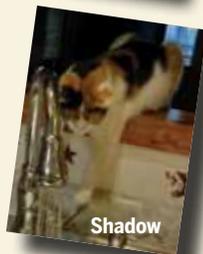
Due to cystitis problems, he has some bad memories from the vet's office. Even though the original vet has retired, he still remembers the office. While he is a very gentle cat, he has acted up on occasions while visiting there. It wasn't long ago that he backed up into the corner on his hind legs and flashed his front claws at his current vet. The scene was priceless.

He's 11 years old now and has helped raise countless kittens. I never knew a tom cat could act as both a mother and father to little ones. I'm proud to consider Mister Squeakers my best furry friend.

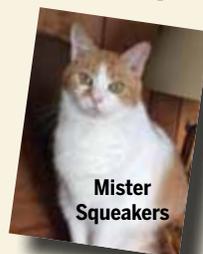
— **Terry Fender**
of **Lynchburg**



Chloe



Shadow



Mister Squeakers

Tony

Our last of six Boston terriers in the past 65 years passed away this June 2015. He taught us to never give up, use what you have left, and had tons of courage and love.

According to descriptions of the breed, Boston terriers are boisterous and intelligent, have a sunny disposition, and are happy to be your friend. Our family would agree and kept renaming the dogs Tony after the first one, even a female Toni. They were great lap dogs, affectionate and devoted.

This last Tony was really special as he spent half of his 13 years disabled. He received a spinal injury jumping up high in the air to catch a frisbee. The wind was blowing it into a fence, so Tony twisted his body trying to avoid hitting the fence. Disaster. He loved jumping up high and catching frisbees. Never again.

This dog wasn't going to give up. He would pull himself around with his strong front legs and chest and shoulder muscles. He wanted to move and get around so we purchased a "wheely" for him. It was custom-made. He loved to roll again.

When frisbees were tossed up, he'd go so fast after them sometimes the wheely cart would turn over, but it didn't discourage him to get going again. He also enjoyed pushing a basketball with his nose all over our large back yard.

Tony was encouraged to walk and exercise the back half of his body and legs to strengthen them out of the wheely cart, so he had doggie physical therapy. All his effort and work paid off enough so he could stand and move his weaker stiff legs for three to four steps after six

months. Seeing him struggle was said, but he looked happy.

Tony required lots of special car, but his love for us made it worthwhile.

— **Shirley Tarbill
of New Holland**

Scherzo

On Oct. 29, 2012, I found my way to a porch of a Victorian house on Locust Street in Wilmington. Little did I know this would be the first day of my working career.

Because it was snowing and cold, I set up a caterwaul which consisted of loud meowing until a kind instructor heard me. I have been at For A Song & A Story ever since.

The old Victorian is actually a book and music store. They had been thinking of possibly hiring a "store cat." Because I was just a kitten, I needed a trip to the veterinarian's office where

later my tail measured 14 inches.

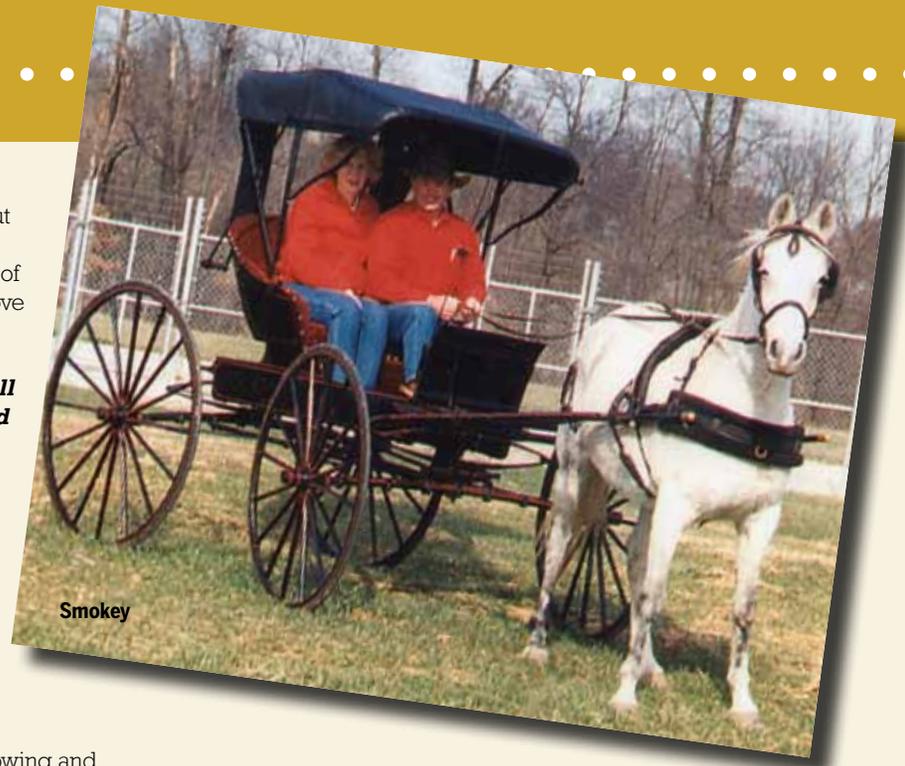
I was named Scherzo, pronounced "Scairts-o," a musical term meaning light and playful. Since then, I have been "employed" at For A Song & A Story.

My duties include greeting students, parents and customers, "policing" my toy mice, running up and down the hall, and napping inside the display cases.

I do have days off.

I go home each night with my parents in a special chariot that loads from the top. I do not like being loaded in the front of the device. When I am home, I continue to carry out my duties, at least until I go to bed. I stand guard 24/7 at home or at work.

Wherever I am, I continue to keep vigilant and provide



Smokey

my people with entertainment. Hopefully, other cats can be inspired by my success story.

— **Paul and Cindy Shivers
of Wilmington,
on behalf of Scherzo**

Smokey

She came into this world on a chilly evening in May. We didn't have a barn yet, and each evening for the previous two weeks, we had walked her mother to a neighbor's barn and warm box stall about a half mile away.

But on this May evening, we wouldn't make it to the barn. Our beautiful little Arabian filly made her debut in our front pasture. We named her Smokey.

We touched her within two minutes of her birth and she was forever imprinted on our hearts. She grew, but was very delicate and fine-boned, so we waited until she was 5 years old to start to ride her. A couple of years later, we bought a set of driving harnesses and soon after acquired an antique doctor's buggy. She was a wonderful trail horse, but she really shined when hitched to the buggy.

After many requests to do special events, we took a big step and bought a beautiful, four-passenger undercut carriage and did our first wedding. This wedding opened the door for many more weddings, proms, parades and birthday

parties.

Her first parade had her placed between a fire truck and an ambulance with balloons tied to it. She handled it like an old pro. Smokey loved people and always behaved like a lady.

As the years progressed, we cut back on the number of events we did. When she was 24, we did our last parade. She became agitated and impatient and didn't enjoy herself, so we retired her.

When she was 26, we left for a short camping trip to the Kentucky Horse Park. Our young neighbors were taking care of the horses. On Sunday morning, we received a tearful call from them saying when they had gone to our house to feed, they found Smokey dead in the runway to the barn. We immediately came home. Our girl was gone, but appeared to have died instantly, as the ground around her wasn't disturbed.

We buried her in the front pasture, not far from where she was born. We saved some of her mane and tail, and have a lovely horse-hair pottery vase on our fireplace mantel with a swatch of her hair.

Sleep well, Smokey, and know that you were loved.

— **Lynn Neal of Hillsboro**



Tony



Scherzo

The truth is...

I like my dog better than you



Reciprocate your best friend's love with homemade treats

By Andrea Chaffin

I never wanted a dog.

They stink. They drool. They jump. They bark.

I grew up with cats, which require little care. Basically, as long as their bowls are full and their litter boxes are scooped, they don't need anything.

But dogs? They're big and need to be taken outside. Surely, they couldn't love me like my cat could. I had no interest in such a beast.

Until I met *my* dog. She changed me.

Now, I'm the quintessential dog lady. When meeting people, I tend to greet their dogs first. Dog people know other dog people. It's easy for us to spot each other because everyone else in the room is giving us the stink eye while we're cooing and kissing our fur babies.

People tend to say I spoil Harley, my 7-year-old pit bull mix.

I won't lie — she always gets the last few bites of whatever I'm eating, thanking me with a few warm licks. I rub her belly and scratch under her ears in response. And, of course, I tell her I love her. A lot.

She has her own camping chair. My car, couch and wardrobe are

constantly covered in a blanket of her white, wiry hair. I recall once when then-Wilmington Mayor Randy Riley picked out a few short strands of Harley's fur out of my black blazer during a meeting.

"I just take a little bit of Harley wherever I go," I explained at the time.

Others have refused to ride in my car or sit on my couch, knowing they risk a dog-hair covered behind. My answer to those problems is a collection of lint rollers: two in the house, one in the car and one at the office.

"Have you considered keeping her off the furniture?" some have gingerly asked.

No. How are we supposed to cuddle? And go on adventures together? And be best friends. Simply, it's not an option.

That got me to thinking: Is there any person I prefer over my dog? I think not because dogs are better than people.

Here are 10 reasons why:

1. They're mobile vacuums. Lose half the cheese dip off your tortilla chip? No problem. Fido will have that cleaned up in a jiffy.

HOMEMADE PEANUT BUTTER DOG TREATS

The easiest homemade dog treats ever. Simply mix, roll and cut. Easy peasy, and so much healthier than store-bought. Use a bone-shaped cookie cutter. Pumpkin, a great source of fiber, keeps dogs "regular" and peanut butter just tastes darn good.

Ingredients:

2/3 cup pumpkin puree
1/4 cup peanut butter
2 large eggs
3 cups flour

Directions:

Preheat oven to 350 F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.

In the bowl of an electric mixer fitted with the paddle attachment, beat pumpkin puree, peanut butter and eggs on medium-high until well combined, about 1-2 minutes. Gradually add 2 1/2 cups flour at low speed, beating just until incorporated. Add an additional 1/4 cup flour at a time, just until the dough is no longer sticky.

Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough to 1/4-inch thickness. Using cookie cutters, cut out desired shapes and place onto the prepared baking sheet.

Place into oven and bake until the edges are golden brown, about 20-25 minutes, depending on the size and thickness of the treats.

Let cool completely.

HOMEMADE BEEF AND OAT DOG TREATS

Although these savory cookies smell a little odd to a human nose, dogs will gobble them up. Oats are another great source of fiber for dogs. You're guaranteed to have these ingredients sitting in the pantry.

Ingredients:

2 1/2 cups rolled oats
1/2 teaspoon salt
1 egg
1/2 cup unsalted, low-fat beef broth or chicken broth

Directions:

Preheat oven to 325 F. Add oats, salt, beef broth and egg to a large mixing bowl. Combine well.

Pour onto wax or parchment paper and knead dough for about 3 minutes. Let stand for about 3 minutes to begin to become firmer. Between two sheets of parchment paper, press to 1/2-inch thickness.

Cut with cutter and place onto a parchment paper-lined baking sheet.

Bake for 20 minutes.

Remove from oven and allow to cool completely.

Store in an airtight container for use or store in a zip-top bag in the freezer for later thawing and use.

ANDREA CHAFFIN

Andrea is the food editor of Salt magazine and the editor of The Madison Press. She can be reached at 740-852-1616, ext. 1619 or via Twitter @AndeeWrites.



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Needles in the hay

Vet uses acupuncture on animals

By Valerie LK Martin

When we humans are in pain, it is not difficult to know it. We complain, moan, groan and bellyache.

When animals are in pain or hurt, it can sometimes be hard to tell. They might go quiet and distant. They might suddenly kick or snap at you. Usually, these are good signs that something is wrong.

What is even more difficult is to know when they are improving. One diagnostic tool that

also treats is acupuncture.

Most people are familiar with the 5,000-year-old technique for humans. What is less familiar is that its use on animals dates back 3,000 years.

Dr. Marvin Cain brought it to the United States in the early 1970s, according to acuhealthllc.com, a website for an acupuncture facility run by Cain's daughter, Brett Cain, R.N., M.Ac., M.Q.P. in Florence, Ky.

Marvin Cain was encouraged by a friend to explore acupuncture, unknown in North America at that time, the website stated. With a healthy skepticism, he attended a seminar being given by a visiting Chinese doctor with the aim of discrediting it. But he could not.

Marvin Cain traveled to China and studied human acupuncture, brought it back to

Janetta Lewis, right, has Dr. Brett Ellis examine her horse, Bailey, who had been stall-bound for several weeks. Acupuncture, accompanied by a cold laser treatment, have proven the most effective treatment for Bailey.



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the U.S., pioneered veterinary acupuncture, and co-founded the International Veterinary Acupuncture Society, according to the website.

In 1974-75, the first acupuncture course was held in Cincinnati. Today, IVAS has more than 1,800 veterinarian practitioners, according to its website.

One such practitioner is Brett Ellis, D.M.V., of Veterinary Associates in Xenia, who is certified by the IVAS. He mostly performs the service on horses, but has used it on dogs, cats and other pets.

"The chi is the flow of energy. Acupuncture restarts the flow of chi that has been blocked," he said, explaining the purpose of the practice from an Eastern philosophy perspective.

He said blood creates chi, and a healthy individual has a free-flowing chi, which moves along meridians or channels. In essence, chi is an energy conduit. When it is blocked, pain or injury is present. The use of acupuncture needles at specific points on the body unblocks

the chi.

From a Western perspective, the practice uses the peripheral nervous system to stimulate the central nervous, endocrine and immune systems. In other words, affecting the acupuncture points, the brain tells the body to release the right chemicals for healing and pain relief.

With either explanation, the benefits can be immediately noticeable. Ellis was treating a horse named Bailey at the Riding Center in Yellow Springs for a suspension medial sprain recently. A ligament in Bailey's back right leg at the lower joint had been injured and was swollen, keeping him stall-bound for weeks.

Ellis examined Bailey by checking the acupuncture points, often called pressure points, that can trigger a reaction when touched. When he touched Bailey's neck with a massage tool — some are called guasha — the horse reacted with displeasure. Right after the needles are inserted at the opening and closing merid-

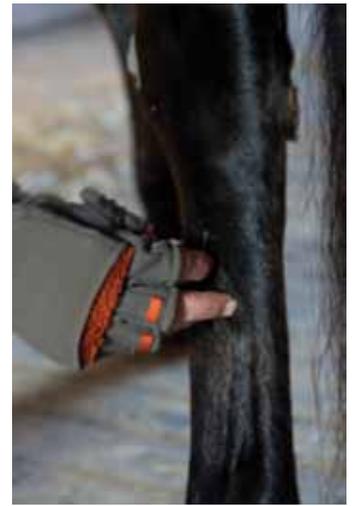
ian channel for this area, Bailey ignored the same touch and kept eating his hay.

Bailey's owner, Janetta Lewis, and Ellis have tried several treatments, and acupuncture, accompanied by a cold laser treatment (which treats swelling, reduces spasms and increases functionality), have proven the most effective.

Reactions of the animal in initial examination can speak for the creature, because they cannot tell us where it hurts most.

Dr. Jon Ellis, Brett Ellis' father, was a pioneer in the United States for the use of acupuncture on animals. He was one of the first to learn from Marvin Cain in 1980. The senior Ellis treats racetrack horses with B12 injections at the acupuncture sites for more immediate results, as are often required at tracks.

The number of treatments depends upon each patient and each injury or discomfort. Brett Ellis works closely with owners to determine the frequency and duration. From the reaction



Photos by Valerie LK Martin
Dr. Brett Ellis uses acupuncture to treat Bailey.

of Bailey, the plan for him was working.

The one piece of advice Brett Ellis has is to stand close to the horse when inserting the needles.

He said, "The closer you stand to the horse, the less the kick hurts."

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DOG, continued from page 23

2. They don't get mad when you put your cold feet on them in bed. They're great heaters and fantastic cuddlers.

3. They're always happy to see you, no matter if it's been three days, three hours or three minutes.

4. They eat the spiders. Thanks, I didn't want to get near that thing!

5. They don't expect you to be primped for the day. I've never been judged by my dog for wearing elastic pants two sizes too big, a T-shirt, dirty hair and last night's makeup.

6. They're loyal and protective. Once your dog has committed to you, a bond is made forever.

7. They don't scroll through Facebook while you're talking to them.

8. They'll do you a favor and make that gross cookie from Aunt Beverly disappear. We all know you couldn't choke it down. Gotta love that trick.

9. They're not greedy or materialistic. The only thing my dog



wants is me!

10. They always cheer you up when you're in a bad mood and help you through tough times.

What better way to reciprocate love to your best companion than by fixing some homemade dog treats? They are cheaper and easier to make than you might think. Using a few simple, healthy ingredients, these homemade dog treats will become your pet's favorite.



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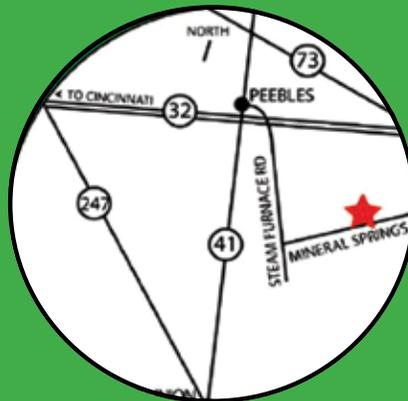
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Hunters 'can' do it

Division of Wildlife workshop teaches participants alternative to freezing meat

By Lora Abernathy

Jody Hauk doesn't want to lose another freezer full of deer meat. Susan Saddler wants her family to eat healthier.

That's where the Ohio Division of Wildlife comes in.

The Ohio Department of Natural Resource's Division of Wildlife District 5 hosted a venison canning workshop Nov. 24 in Waynesville, and eight participants walked away learning an alternate method to freezing their meats.

The workshop was led by the division's Chris Mangen, an outdoor skills specialist, and

Justin Walters, a fish biologist who cans several types of meat at home with his wife.

"My goal in my job and personally," Mangen said at the beginning of the class, "is to get other people addicted to the outdoors."

Mangen said canning has several benefits, but his two favorite reasons to can are that a freezer isn't needed, and "you can walk in your house, grab a jar and it's ready to rock."

The deer used in the Tuesday night workshop was harvested Monday. It had already been quartered, and participants were taught how to cut it into cubes and put it into the cans.

Walters then provided step-by-step instructions on how to can the venison, while the six men and two women in attendance continued sampling venison soup, venison sliders, goose dip and fish dip made by Kip Brown, a fish biologist with the wildlife division.

Saddler, whose entire family hunts, said she enjoyed the workshop held at the Spring Valley Shooting Range. The Beaver Creek resident said she's been wanting to process her own meat for a while, and thought canning would also be a great family activity.

Hauk, of West Carrollton, said the workshop was very informative.

"I thought it was fantastic," he said. "It's one thing to read about it in a book. It's another to have someone with experience show you in person."

10 TIPS TO SUCCESSFULLY CAN VENISON

Start clean. Mangen said keeping hair, leaves and other contaminants off the deer is essential. "Hair equals gaminess. Leaves equal gaminess,"

DIVISION OF WILDLIFE DISTRICT 5 COUNTIES:

Adams	Hamilton
Auglaize	Highland
Brown	Mercer
Butler	Miami
Clark	Montgomery
Clermont	Preble
Clinton	Shelby
Darke	Warren
Greene	

he said. A big mistake people make is spraying off those contaminants with a hose because they are then spread to the rest of the deer. Cut that part off first, he said, and then spray.

Tag it. Mangen said any time a deer is harvested, hunters are required to tag it and have the confirmation number with the meat, whether it's raw, frozen or in a jar.

Don't skimp. Quality canning jars are a must, otherwise, it's possible they could explode in the canner.

Widen your search. Look for cans with wide mouths. That will make it easy to get your hands in the jar and stuff in the meat.

Tight is key. The jars should be packed tightly, to get out all of the air pockets.

Clean it up. Try and keep as much grease off the top because it will prevent the jar from sealing. Wipe with a damp cloth.

Into the canner. Put the cans evenly in the bottom of the boiling-water canner so nothing gets unbalanced. Pour in the water. Walters said he puts the water three quarters of the way up the cans.

Feelin' hot, hot, hot — but not too hot. Mangen said it's important to get the temperature up to 240 degrees, because venison is a low-acidity food. At that temperature, the botulism and other bad enzymes are destroyed and it kills the toxins botulism creates. When first turning on the heat, start it out



Jody Hauk, of West Carrollton, cuts meat during the venison canning workshop held in November in Waynesville.

slowly, otherwise the canner will shut down as a safety measure. Walters said turning the heat on too fast could also crack the glass. Going slowly also equalizes the contents so there are no cold spots.

Pounds and pressure.

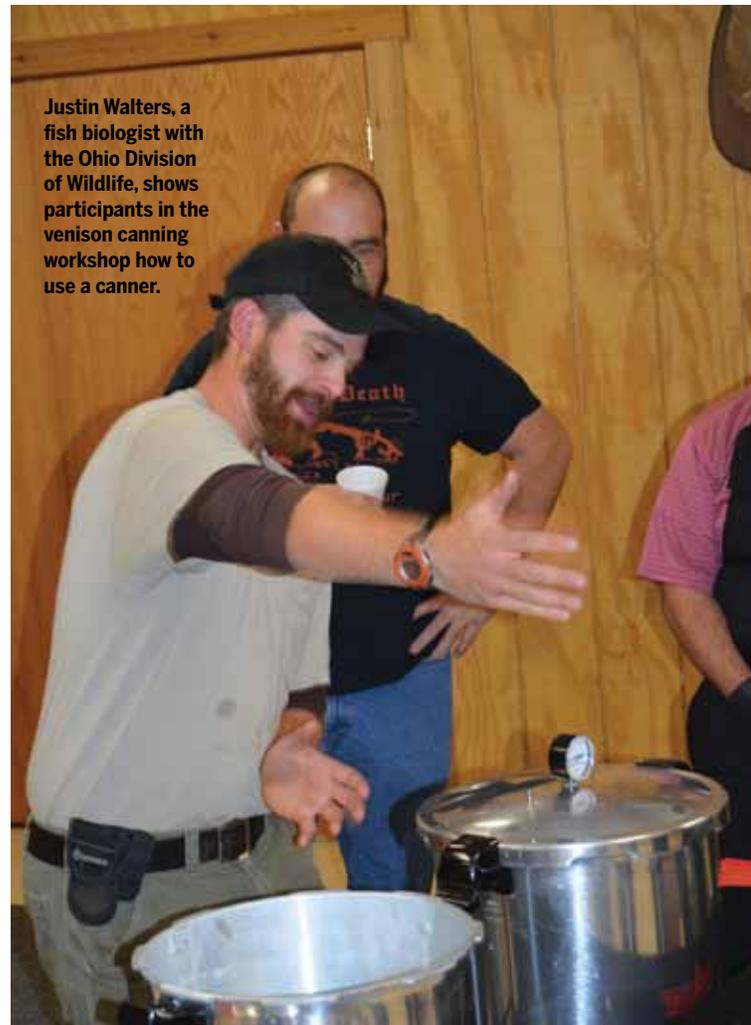
Supply at least 10-15 pounds of pressure for 90 minutes for quarts, 70 minutes for pints, Walters said.

Don't freak out. After letting the cans set overnight, Walters said there will be a film on the outside of the cans. Part calcium — if you have hard water — part meat and part juice, he said this is normal. Clean the outside of the jar. You may need to wash it twice. If you don't wash it, the meat "will be fine inside, but it won't be appetizing if you go down in your cellar in a couple months, because you'll have mold on the outside of the jar," he said.

Take a ring off it. Take the rings off the cans. They can rust and it makes them harder to remove as time goes by, Walters said.



Photos by Lora Abernathy
Susan Saddler enjoys a laugh at the venison canning workshop in November, which was sponsored by the Ohio Division of Wildlife.



Justin Walters, a fish biologist with the Ohio Division of Wildlife, shows participants in the venison canning workshop how to use a canner.

Venison Recipes

Participants at the venison canning workshop sampled these dishes, courtesy of the Ohio Department of Natural Resources, Division of Wildlife.

VENISON SLIDERS

Quick and easy mini sandwiches. We used slider buns, but for a quick and affordable option, cut hot dog buns in half, creating two mini buns perfect for sliders. They can be served with a side of cole slaw or southern style, with the slaw on the sandwich.

Ingredients:

4 cups cooked meat (we used the pressure-canned venison)
 1 bottle BBQ sauce

Directions:

Combine meat and sauce in a slow cooker or pan. Heat and pull the meat apart. It is ready to eat once it reaches your desired

temperature.

GOOSE QUESO DIP

A variety of meats can be used or it can also be made meat-free. Serve with tortilla or pita chips.

Ingredients:

One box of Velveeta cheese
 One can salsa
 1 1/2 cups of cooked meat (we used smoked pressure-canned goose)

Directions:

Combine all ingredients in slow cooker. Stir occasionally to combine and serve once hot.

VENISON VEGETABLE SOUP

A hearty soup that can be prepared with your canned meat and vegetables. Easily made with store-bought ingredients, as well.

Ingredients:

One quart canned meat, undrained
 2 14.5-ounce cans green beans
 2 14.5-ounce cans tomatoes, undrained
 1 14.5-ounce can corn, drained
 1 14.5-ounce can potatoes, drained
 Salt and pepper to taste
 1 medium onion
 Garlic to taste

Directions:

Combine and heat over stove or in a slow cooker. If using uncooked meat, brown it first with the onion and garlic, then add to vegetables.

Soup is ready to eat once it reaches your desired temperature.

SMOKED FISH DIP

This dip can be made with any deboned fish. Serve with crackers, lemon or lime

wedges, and capers.

Ingredients:

2 cups flaked smoked fish dip (we used pressure-canned Saugeye)
 2 tablespoons fat-free mayonnaise
 4 tablespoons fat-free sour cream
 1 pinch Old Bay Seasoning
 4 drops hot pepper sauce, or to taste
 3 drops Worcestershire sauce, or to taste
 3 drops of liquid smoke flavoring, or to taste (optional, but we used it because we didn't smoke the fish first)
 Cracked black pepper to taste

Directions:

Combine all ingredients, hand-mix to blend ingredients to desired consistency. Ready to eat in 15 minutes.
 (Recipe from All Recipes.)

The most important thing. "This," Walters said to the group, pointing to the lid, "needs to be down. If this jar is not down, it's no good." The lid could fail to seal during the cooling process or it could happen after several months. If it happens the next day, he said you can eat it immediately and/or refrigerate it for a week. "If you go down to your cellar six months later and, for some reason, one stands up — it can happen — just throw it away. ... Even if it looks fine, don't eat it," he said.

Bonus tip. The skills learned can also be used when canning domestically raised meat, fish or fowl, according to Kathy Garza-Behr, the division's wildlife communications specialist, who was also in attendance at the workshop.



From left, Jeff Shaw and his brother, Scott Shaw, both from Butler County, and Susan Saddler, of Beavercreek, get advice on how to cut the venison from Chris Mangen, an outdoor skills specialist with the Ohio Division of Wildlife.

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A pie-in-the-sky look at pans

Photos by
Todd Kessinger

By Carmen Newman

When Kathy Levo was still a sprig of a kid, she was given a stool and a small blue Pyrex pie pan.

Yet, too small to reach the counters in her mother's kitchen, she utilized the stool to reach the height she needed to follow her mother around the counters and learn the magic of baking great pies.

When her mother would make pies, Levo would use her Pyrex pan and make her own. A life-long affection of pies and pie pans took wings from the time spent with her mother.

Levo moved to Hillsboro, from South Bedford, Pa., and became Highland County's extension agent in December 1970. Shortly thereafter, she married John Levo, a banker in Hillsboro. She later became a teacher in the Hillsboro City School District. They are both now retired.

Not long after the Levos met, they found a pie pan in an antique shop that had the name of the city of Boston imprinted on one side and a map of the United States on the other. Kathy Levo decided she wanted that pan for the patriotic feel it possessed. It was her first piece in her collection outside of the pan she used as a child.

The Boston pan is her favorite to this day. She and John Levo have been enjoying their mutual interest collecting pie pans and the stories that go with them ever since.



The Levos have an extensive collection of approximately 150 to 200 pans from all over the United States. Most are imprinted with the name of the bakery, hotel, boat or other business from which they came.

Their collection is displayed on open shelves, a vintage Blue Bird pie rack, various cubbies around the house, and many hang with the help of Velcro strips from the walls.

According to Kathy Levo, the names were stamped into the metal and, like soda pop and milk bottles of old, were subject to a deposit that was returned when the pan was returned. The pan then was traced via the imprint and sent back to the company from which the pan came. After a proper cleaning, the pan began a new journey filled with yet another tasty treat.

As the years pass, antique pie pans are getting harder to find. When they do show up in shops, auctions and places such as ebay, prices can run from a few dollars to well into the hundreds or more.

One plate the Levos would like to have, but have not found, is a Frisbies Pie pan.

Frisbies was a company founded by William Russell Frisbie in Bridgeport, Conn., in 1871. School children playing near the company would nab some of the company's pans and toss them around yelling "Frisbie" as a warning to others that a pie pan was flying through the air. College students picked up on the fun, and the game of Frisbee became popular worldwide.



Kathy Levo's tips for the perfect pie crust

- Use ice water and chilled, butter-flavored Crisco in the flour with a bit of salt.
- Don't over-work the crust dough, and roll it out on wax paper.
- If making one of her favorites, a mixed berry pie, cook the berries down before putting them in the pie to bake.

KATHY LEVO'S RECIPES

PUMPKIN PIE

Ingredients:

Pastry for 1-crust pie
2 large eggs
1/2 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1 16-ounce can pumpkin — not pumpkin pie mix
1 12-ounce can evaporated milk
Whipped topping

Directions:

Heat oven to 425 F.
Make crust for unbaked 1-crust pie. Place in pie pan. Trim to 1 inch from edge. Roll and flute.

To prevent pie crust from becoming soggy, partially bake pastry before filling.

Carefully line pastry with double thickness of aluminum foil, gently pressing foil to the bottom and sides of the pastry. Let foil extend over the edge to prevent excessive browning.

Bake 10 minutes; carefully remove foil and bake 2-4 minutes longer or until pastry just begins to brown and has become set. If crust bubbles, gently push crust down with the back of a spoon. Remove from oven to cooling rack. Prepare filling.

Beat eggs slightly in medium bowl with a wire whisk. Beat in remaining ingredients except whipped topping.

Cover edge of pie crust with a 2- to 3-inch strip of aluminum foil to prevent excessive browning.

Partially pull out oven rack and place pie plate on the hot oven rack. Pour filling into pie crust.

Obviously, carefully push the rack back in the oven and bake 18 minutes.

Reduce oven temperature to 350 F. Bake about 45 minutes longer or until knife inserted in the center comes out clean.

Cool on wire rack for 2 hours.

After cooling, the pie can remain at room temperature up to an additional 4 hours, then should be covered and refrigerated.

Serve with sweetened whipped cream or a commercial whipped topping.

(Recipe from Betty Crocker.)

BLUEBERRY PIE

Ingredients:

Pastry for 2-crust pie
3/4 cup sugar
1/2 cup flour
1/2 teaspoon ground cinnamon, if desired
6 cups fresh blueberries, or drained canned or thawed and drained*
1 tablespoon lemon juice
1 tablespoon butter or stick margarine, if desired

Directions:

Make pastry according to recipe. Roll out bottom crust and place in pie pan.

Preheat oven to 425 F.

Mix sugar, flour and cinnamon in a large bowl. Stir in blueberries.

Turn into pastry-lined pie plate.

Sprinkle any remaining sugar mixture over blueberries.

Sprinkle with lemon juice.

Cut butter into small pieces; sprinkle over blueberries.

Roll out top crust. Wet rim of bottom crust with water and place top crust on blueberries.

Trim to within 1 inch of edge. Fold, seal and flute.

Brush top of pie with milk. Make decorative, functional slits in top crust.

Cover edge of pie crust with 2-3 inches of foil to prevent excessive browning.

Bake 15 minutes at 425 F, 15 minutes at 400 F, and another 15 minutes at 375 F. Remove the foil during the last 15 minutes. Crust should be golden brown with juice bubbling through the slits.

If a fruit pie begins to boil over, place a pizza pan on lower rack to catch the drippings. Place water in the pan to reduce burning and sticking of overflow.

*To make a mixed berry pie, use mixture of blueberries, black raspberries and blackberries. Cook mixture in a saucepan ahead of time so you reduce boil-over in oven, and you can adjust sugar and flour based on taste and berry mix.

(Recipe from Betty Crocker.)

PECAN PIE

Ingredients:

Pastry for 1-crust pie
2/3 cup sugar
1/3 cup butter or stick margarine, melted
1 cup corn syrup
1/2 teaspoon salt
3 large eggs
1 cup pecan halves or broken pecans

Directions:

Heat oven to 375 F.

Make pastry for unbaked 1-crust pie.

Beat sugar, butter, corn syrup, salt and eggs in a medium bowl with a wire whisk until well blended.

Stir in pecans. Pour into pastry-lined pie plate.

Bake 40-50 minutes or until center is set.

Suggestion: For chocolate lovers, stir in 6 ounces semi-sweet chocolate chips (1 cup) with pecans.

(Recipe from Betty Crocker.)

PIE PASTRY

1-Crust Pie (9-inch)

Ingredients:

1 cup all-purpose flour
1/2 teaspoon salt
1/3 cup plus 1 tablespoon shortening
2-3 tablespoons ice-cold water

2-Crust Pie (9-inch)

Ingredients:

2 cups all-purpose flour
1 teaspoon salt
2/3 cup plus 2 tablespoons shortening
4-5 tablespoons ice-cold water

Directions:

Mix flour and salt in medium bowl.

Cut in shortening using a pastry blender or crisscrossing two knives, until particles are the size of small peas.

Sprinkle with ice cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of the bowl (1 to 2 teaspoons more water can be added if necessary).

Gather pastry into a ball. Shape into flattened round on lightly floured surface (can be counter, pastry cloth or waxed

paper). For 2-crust pie, divide pastry in half and shape into 2 rounds. If desired, wrap flattened round of pastry in plastic wrap and refrigerate about 30 minutes to firm up the shortening slightly, which helps make the baked pastry more flaky and lets the water absorb evenly throughout the dough. If refrigerated longer, let pastry soften slightly before rolling.

Roll pastry on lightly floured surface. If using waxed paper, put a top sheet of floured paper on top of dough before rolling. If not, be sure to flour your rolling pin.

Roll pastry into a circle 2 inches larger than upside-down pie plate 9-by-1.25 or 3 inches larger than 10- or 11-inch tart pan.

If not using waxed paper, fold pastry into fourths and place in pie pan; or roll pastry loosely around rolling pin and transfer to pie plate.

If using waxed paper, carefully peel off top layer. Invert pie pan over the dough, making sure you have adequate edges on all sides, and then flip the pie pan, dough and bottom layer of waxed paper. Remove the layer of waxed paper, being careful not to tear pastry.

Ease pastry into position in pie plate, pressing firmly against the bottom and side and being careful not to stretch pastry, which will cause it to shrink when baked.

For 1-crust pie: Trim overhang to 1 inch from rim. Fold and roll pastry under, then flute.

Follow directions from here based on type of pie being made. You will either add filling and bake, prebake 10 minutes, fill and finish baking or prick pie pastry and bake. Then add filling.

A 2-crust pie will require you to roll the second mound of dough same as the first. Do not trim bottom crust ahead of time. Put in filling, then wet the top of the bottom crust around the rim with water. Carefully place top crust over the pie. Trim 1 inch from edge of pan, fold top over lower edge. Seal and flute. Cut slits in top for venting, brush with milk. Bake as directed.

(Recipe from Betty Crocker.)

Silver and gold

By Huck

Mame pulls tight on the hame strap to snug them on the collar I am wearing to keep the tugs from popping them loose.

I look over at my son, Biscuit. He looks handsome sporting the harness matching mine. He and I are going to escort Mame on a ride in her little sleigh today. She smiles at us as she surveys the finished hitch, full of silver dots on our harness and gold jingle bells on our saddle. Mame feels warm inside when things twinkle in her eyes or colors dance in front of her. Her smile makes me feel warm.

The air is crisp. Biscuit and I put our shoulders into the collars and push our weight forward to start the sleigh moving. We hit a brisk trot instantly and the exertion feels good. Even on this bitter, 6-degree morning, with the sun shining and our dense, long, shaggy coats, Biscuit and I will stay toasty warm as we travel fast enough to make a breeze around Mame.

Mame is bundled beyond



comfortable movement and she has toe warmers packed every place she can think of including in her shoes so, for a while, she will stay toasty, too. The reason we are out here? Mame wants to glide through and enjoy the diamond dust.

For those of you who have never seen this, it is comprised of the tiniest ice crystals you can ever imagine. They are so light they seem suspended in the air around you. The sun prances off them and the tiny sparkles from them float about,

giving the impression you are in the center of a snow globe filled with glitter. It is a rare treat and it makes Mame's old heart feel 2 years old.

Pretty things, some big but mostly simple and small, are dear to Mame.

This past fall, Mame put the pack gear on me. She with her cane, Pop with his shovel and I with my saddle bags headed out in our woods to dig up dirt. Mame searched for big rocks loaded with pyrite. Pop dug under the downhill side of them

and filled six 1-gallon baggies with the dirt.

Mame put three bags each into the pockets on either side of my pack saddle and saddle bags. I estimate I toted 40 pounds of dirt up the hills in our woods.

I watched from the pasture for the next several weeks as Mame sat with the water hose and a pan, panning the pyrite flakes and rock out of that dirt. She delighted in every glint of shiny yellow that the pyrite winked at her. She collected it and put it in a jar so she could look at it whenever she wanted to and drink in the prettiness of it.

As the Christmas season has left us, I saw all that sparkled and shined as humans celebrated with lights, tinsel and glitter and I think of Mame. True, I think, all that glitters is not gold. But, to my Mame it is.

EDITOR'S NOTE: Huck can't really write, but his mame, Carmen Newman, pens his thoughts on his behalf.

Winter Wine Weekend guests are treated to a gift basket during their stay at The General Denver Hotel.

Photo courtesy of The General Denver Hotel

A photograph of a bed with a white sheet and a dark green pillow. A gift basket filled with wine and other items sits on the bed. The background is a dark metal headboard.

A weekend made in Wilmington

General Denver teams up with Ohio Farm Bureau for Grow and Know events

By Lora Abernathy

It's a weekend adventure that has The General Denver Hotel's name written all over it.

And the Ohio Farm Bureau's.

Guests tour Clinton County farms, witness cooking demonstrations, and enjoy a stay at the historic hotel — and they're just getting warmed up.

The hotel and restaurant, in partnership with the OFB, hosts three Grow and Know events throughout the year. The events fulfill the OFB's mission to forge "a partnership between farmers and consumers," according to a local OFB leader, and they showcase

Clinton County.

Showing the best that Clinton County has to offer is at the core of what The General Denver has always done, and these unique events are simply an extension of that, according to hotel owner Molly Dullea.

The OFB has been hosting Grow and Know events for seven or eight years, according to Steven Berk, organization director for the Clinton County Farm Bureau. Working with The General Denver to host them in Wilmington was a natural fit.

"The General Denver is a great partner, and they were already using so much stuff that is locally sourced," Berk said.



Photos by Lora Abernathy

Caramelized honey brulee was the finishing touch of the four-course dinner served at the 2015 Lamb Jam.

A great deal of the local food served at the hotel comes from local farmer Jon Branstrator. Guests are usually given a tour of his farm during their stay. Branstrator said he enjoys talking about his farm to a new audience and getting to know the participants.

The feeling's mutual.

"The guests just love talking to him," said Lisa Kiley, the marketing director for the hotel. "He's a wealth of knowledge and he's got a great philosophy on his farm. . . . He's innovative and cares for the product."

"Don't get your ag news by scrolling through your news feed on Facebook," Berk said. "Come out to an event like this."

The three events are a Winter Wine Weekend, held March 18-20, the Lamb Jam, held toward the end of June, and a Haunted Harvest Weekend, held Halloween weekend. The General Denver began hosting these events with the Lamb Jam in 2014. Organizers added the Wine and Harvest weekends in 2015, and will continue all three in 2016.

Kiley said they prefer to keep the events small, with

approximately four to five couples.

During the June 2015 Lamb Jam, several of the farmers joined the eight guests at The General Denver for a cooking demonstration and dinner, followed by live entertainment in the main dining room of the restaurant.

On the menu was a kale and strawberry salad, chile-cumin lamb meatballs with tzatziki sauce, lamb chops with a local rhubarb and radish slaw, and a caramelized honey brulee — all made with local ingredients. Diners also had their choice of three local wines.

"The food was great," Tom Snyder said.

"It was outstanding," his wife, Pam Snyder, corrected.

Celebrating their anniversary and her birthday, the pair came from Chilli-cothe for the Lamb Jam.

Berk said events like Grow and Know give the agriculture community the ability to interact with consumers and tell their story.

"I just had no idea that there were all those produce growers in Clinton County," Pam Snyder said.

"Don't get your ag news by scrolling through your news feed on Facebook. Come out to an event like this."

— Steven Berk, Clinton County Farm Bureau



Chile-cumin lamb meatballs with tzatziki sauce

GENERAL DENVER RECIPES

These main dishes were served during the 2015 Lamb Jam and come from The General Denver Hotel's chef, Jen Purkey.

CHILE-CUMIN LAMB MEATBALLS WITH TZATZIKI SAUCE

Servings: 4

Chile Sauce Ingredients:

3 pasilla chiles, seeds removed, chopped
 1 1/2 teaspoons crushed red pepper flakes
 1 tablespoon cumin seeds
 1/4 cup sherry vinegar or red wine vinegar
 1 tablespoon sweet smoked paprika
 1 garlic clove, chopped
 1/2 cup olive oil
 Kosher salt

Chile Sauce Directions:

Toast chiles, red pepper flakes and cumin seeds in a dry, small skillet over medium heat, tossing occasionally, until fragrant and cumin seeds are golden, about 3 minutes. Let cool. Working in batches, finely grind in spice mill, then transfer to a blender.

Add vinegar, paprika and garlic to blender and blend until smooth. With motor running, gradually stream in oil and blend

until combined. Transfer to a large bowl; season with salt.

Chile sauce can be made 2 days ahead. Cover and chill.

Meatball Ingredients:

1/4 small onion, chopped
 8 garlic cloves, 7 chopped, 1 finely grated
 1 tablespoon fresh parsley, chopped
 1 teaspoon fresh oregano, chopped
 1 teaspoon fresh sage, chopped
 3/4 teaspoon fennel seeds
 3/4 teaspoon ground coriander
 3/4 teaspoon ground cumin
 1 tablespoon kosher salt, plus more
 1 large egg
 1 1/4 pounds ground lamb
 1 tablespoon rice flour or all-purpose flour
 4-5 tablespoons olive oil, divided
 1/2 English hothouse cucumber, thinly sliced
 1/2 teaspoon finely grated lemon zest
 2 tablespoons fresh lemon juice
 1 1/2 tablespoons sherry vinegar or red wine vinegar
 Freshly ground black pepper
 1/2 cup plain sheep's milk or cow's whole-milk yogurt
 1/4 cup chopped fresh mint
 Crushed red pepper flakes (for serving)

Meatball Directions:

Pulse onion, chopped garlic, parsley, oregano, sage, fennel seeds, coriander, cumin and 1 tablespoon of salt in a food processor, scraping down sides as needed, until finely chopped. Add egg, lamb and flour and pulse until evenly combined. Form lamb mixture into 1 1/2-inch balls.

Heat 2 tablespoons of oil in a large skillet, preferably cast iron, over medium-high heat. Working in 2 batches and adding another 1 tablespoon of oil to skillet if needed, cook meatballs, turning occasionally, until browned on all sides and cooked through, 5-8 minutes. Transfer meatballs to paper towels to drain.

Transfer all meatballs to bowl with chile sauce and toss to coat.

Toss cucumber in a medium bowl with lemon zest, lemon juice, vinegar and remaining 2 tablespoons of oil; season with salt and pepper.

Spoon yogurt into bowls. Evenly divide meatballs among bowls; top with dressed cucumber and mint and sprinkle with red pepper flakes.

Meatball mixture can be made 1 day ahead. Cover and chill.

(Adapted recipe from Seamus Mullen, El Colmado, New York City.)

LAMB CHOPS WITH RHUBARB AND RADISH SLAW

Servings: 4

Lamb Chops Ingredients:

1 tablespoon black peppercorns
1 tablespoon white peppercorns
1 tablespoon coriander seeds
1 tablespoon fennel seeds
2 pounds lamb chops, outside fat trimmed to half-inch thick
Kosher salt
4 large rhubarb stalks (about 1 pound), cut into 1-inch pieces
1/2 cup pure maple syrup
1/4 cup balsamic vinegar

Lamb Chops Directions:

Preheat oven to 300 F.

Toast black and white peppercorns, coriander and fennel seeds in a dry, medium skillet over medium heat, shaking pan occasionally, until fragrant and seeds are golden, about 3 minutes. Let cool, then coarsely grind in a spice mill.

Generously season lamb with salt, then rub with spice mixture, pressing to adhere. Place bone-side down on a wire rack set inside a rimmed baking sheet. Roast until chops are browned and very tender and most of the fat has rendered, about 3.5 hours (if chops still look very fatty, roast 30 minutes more, tenting with foil if they look like they are in danger of burning).

While chops are cooking, bring rhubarb,



Lisa Kiley, standing, offers Tom and Pam Snyder wine during the June 2015 Lamb Jam.

maple syrup, vinegar and 1/2 cup water to a boil in a medium saucepan. Reduce heat to medium and simmer until liquid is reduced by half and syrupy, about 20 minutes. Strain through a fine-mesh sieve into a heatproof measuring cup, pressing on solids to extract as much liquid as possible; discard solids.

Remove chops from oven and increase temperature to 450 F. Carefully lift ribs onto a platter and remove rack from baking sheet. Pour off rendered fat and juices from baking sheet; discard. Set chops on baking sheet and cut between bones with a paring knife or kitchen shears to separate. Drizzle some rhubarb glaze over chops, taking care not to dislodge spices.

Return chops to oven and roast, frequently spooning rhubarb glaze over chops, until sticky and glossy, 15-20 minutes.

Salad Ingredients:

1/2 teaspoon finely grated lemon zest
1 1/2 teaspoons fresh lemon juice
3/4 teaspoon honey

3/4 teaspoon Dijon mustard
2 tablespoons olive oil
Kosher salt and freshly ground black pepper
1 bunch radishes, cut into matchsticks
2 large rhubarb stalks (about 8 ounces), cut into matchsticks
1 shallot, very thinly sliced
1 cup mint leaves

Salad Directions:

Whisk lemon zest, lemon juice, honey and mustard in a large bowl to blend. Whisking constantly, gradually add oil and whisk until emulsified. Season with salt and pepper.

Add radishes, rhubarb, shallot and mint to bowl and toss to coat. Taste and season with salt and pepper.

Serve chops drizzled with any remaining rhubarb glaze with radish-rhubarb salad alongside.

Chops can be roasted (but not glazed) 3 days ahead. Let cool; cover and chill.

(Adapted recipe from Seamus Mullen, El Colmado, New York City.)

Getting an old-fashioned education in Xenia

By Scott Halasz

It started as a means to educate neighborhood kids in northern Xenia Township, and nearly 120 years later, the Collins School continues to teach students using traditional methods.

Visitors won't find iPads, dry erase boards or even carpet in this quaint little building, constructed in 1879 as a one-room school house on West Enon Road. Instead, students visiting for a one-day field trip or a multi-day summer camp will learn the way students did in the the 1800s.

They'll eat lunch on stoops and rocks, play old-fashioned games at recess, and sit in a classroom without central air conditioning or heating, according to Xenia resident Janine Montgomery, whose ancestors opened the original building in 1854. The structure erected in 1879 replaced this original one.

Back then, the enrollment consisted mainly of kids from the Collins Neighborhood, which was aptly named as most of the residents were members of the Collins family.

"At that time, behind where the school sits, my ancestors, Samuel and Rebecca McClellan Collins, were bringing up their children and they wanted a school in their neighborhood," Montgomery said.

Samuel and Rebecca Collins sold 1.28 acres of their land — first to Beaver Creek Township, which then became Xenia Township for the purpose of building a school, Montgomery said. Two schools were actually constructed prior to the current building.

Children in grades one through eight attended but, as numbers dwindled in 1944 toward the end of World War II, the building closed.

Frederick August Requarth, who owned a lumber company, purchased the school and home that still sit on the property but, after his death, his widow did not maintain the building.

"It just looked like a jungle covering the school," Montgomery said. Her parents, Virgil and Helen Brantley, purchased the property from the Requarth family and began the restoration process.

"Their first goal was to start with the house and make it more livable for a modern family," Montgomery said.

Montgomery's sister and brother-in-law, Betsy and David Crandall, moved into the

home in the 1980s and still reside there.

Restoration specialist Steve May was charged with restoring the school and, after 18 months, had the school looking like it did centuries ago.

After the Brantleys had visited another one-room school that was being utilized to teach current students about old-fashioned education, they knew exactly what they were going to do with their building.

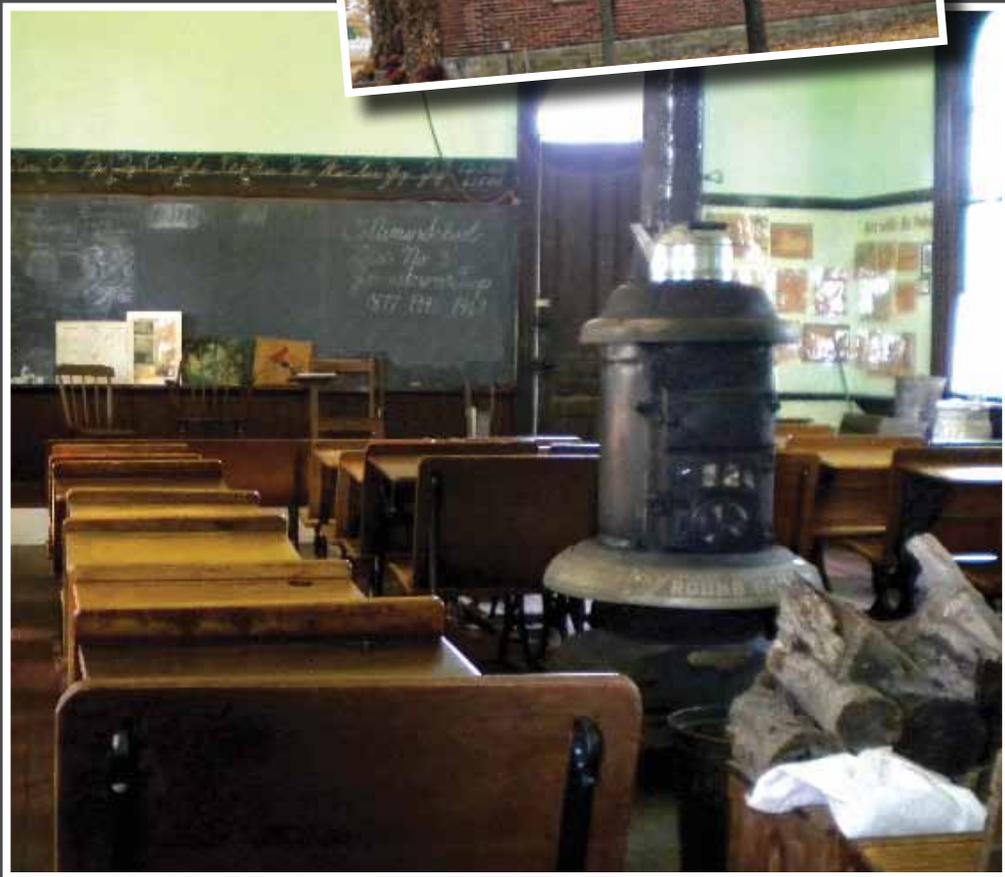
Dedicated in 1986, students from Xenia schools were the first to experience the

new Collins School. Former teachers Naomi Whitaker and Ann Stratton developed the curriculum and guided the students through the process.

Teachers throughout Greene County and surrounding areas soon caught on and began sending students on field trips, as well. Kids are encouraged to dress up in old-fashioned clothes, and even bring food that would have been era-appropriate.

The next summer camp will be held the last week of June 2016.

The Collins School in Xenia Township has been educating kids since the 1800s.



Courtesy photos

The one-room schoolhouse in Greene County holds summer camps and daily classes for kids throughout southwest Ohio.

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And one more thought...

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singing from every river,
shimmering from every sky.”
— *Dejan Stojanovic*

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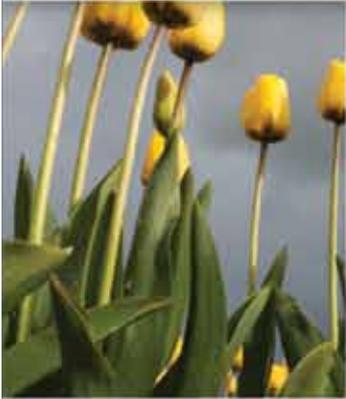
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