

# Salt



Flavor for Everyday Life | March/April 2016

Southwest Ohio

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# Salt

Flavor for Everyday Life

www.thesaltmagazine.com

Southwest Ohio  
March/April 2016

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SALT is published six times a year by Civitas Media, LLC and is available through the Wilmington News Journal, The (Hillsboro) Times-Gazette, the (Washington Court House) Record-Herald, the Xenia Daily Gazette, the Fairborn Daily Herald and The (London) Madison Press.

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## Hide and Shake

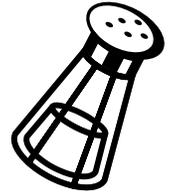
Find the shaker in this issue and be entered to win a \$10 grocery card.

Visit our website, [thesaltmagazine.com](http://thesaltmagazine.com), and click on the Shaker Contest link at the top to be entered. All entries must be received by March 30, 2016. Only online entries will be accepted.

In the January/February issue, the shaker was hidden in the dog collar on page 14.

Congratulations to our most recent winner, Lavonda Newkirk of Greenfield.

You could be our next winner!



## Salt Shakers

This set of salt and pepper shakers comes from Bon Appetit Gourmet Shoppe & Gifts in uptown Hillsboro.

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](mailto:editor@thesaltmagazine.com) by March 30, 2016 for consideration for printing in a future issue.



Photo by Lora Abernathy

## On the Cover

Beech Street Candleworks is located at 111 S. Main St. in Lynchburg.

Photo by Lora Abernathy.



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# Salt

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# Joy Makers, Joy Breakers

In her book, "Choose Joy: Because Happiness Isn't Enough" by Kay Warren, she describes joy like this: "Joy is the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright, and the determined choice to praise God in every situation."

I like that.

I shared in the last edition of Salt that I am in pursuit of a deeper sense of joy in 2016. I want that calm assurance and settled-down peace even when all hell is breaking loose around me.

In my quest, I have identified some specific influencers of joy. I am recognizing things that bring joy and those things that do not. I call them "Joy Makers and Joy Breakers."

## Joy Breakers:

- **Agonizing over the past.** "Yesterday's gone; I let it die. Today is new and so am I." Regrets often come and try to steal away my joy. Thoughts of all the "shoulda, coulda, wouldas."

- **Fretting over the future.** Worry creeps in and gives way to fear. It's so unproductive and yields to discouragement.

- **Feeding the wrong things into my spirit.** It seems to be a constant temptation to overload with information, or spend time around negative, depressed or angry people. There's a time to reach out to others in need, but too much time with the wrong kind of folks can be so draining.

- **Trying to fix others.** I have to remind myself that that is not my job. I have to turn it over and trust.

- **Holding others hostage, making them accountable for my joy.** My friends, my husband, my children are not responsible for my joy. I have to own that.

- **Lack of rest.** The acronym HALT stands for hungry, angry, lonely and tired. The combination can be a "joy breaker." Time to halt, pause and address my own needs.

## Joy Makers:

- **Learning to be content.** Not complacent, but content. That includes accepting the present the way it is, accepting others the way they are, being mindful of changing what I can, and content not to change what I can't.

- **Serving others.** Doing something for someone else is probably one of the most selfish things I can do for myself. It fuels my joy when I can serve someone, whether



## PAM'S MEATLOAF

### Ingredients:

2 pounds ground beef  
1 cup oatmeal (old-fashioned)  
1 egg  
1 can cream of mushroom soup  
1 large onion, diced  
1 teaspoon garlic  
1 teaspoon salt  
2 tablespoons barbecue sauce or ketchup

### Directions:

Preheat oven to 350 F.

Combine all the ingredients, except barbecue sauce, in a large bowl, shape into two loaves, and place in loaf pans. I like to put barbecue sauce on top or sometimes ketchup. Bake for about 45 minutes.

If you freeze one loaf, you do not have to bake it. Just pop it in the freezer after you have sealed the pan with freezer wrap.

it's just a word of encouragement or taking care of a debt they can't pay.

- **Ask for help.** Enlist the aid of friends, leaders or counselors. Let go of control (particularly challenging to me).

- **Prioritize my responsibilities, whether it's work, family or taking care of me.** There is something about order that calms me and fuels my joy.

- **Quit procrastinating.** Tackle the task that is most dreaded first. Get it out of the way and get on with the day.

- **Physical reminders of quotes, verses or sayings.** Whether it's a sticky note, an inspiring article, or a framed piece of art that addresses joy, these are good ways to keep the focus on joy.

- **Take time to take care of my own physical, spiritual and mental needs.** Take time to inject some fun, entertainment, rest and recreation into the routine of my life. Find a hobby. Spend some time doing what brings you joy.

- **Spend time with other joy makers.**

Something else that brings me joy is spending time in the kitchen. Above is my recipe for meatloaf, one of those comfort foods that seems to be a welcome entrée, especially in cooler weather. It's also good leftover to make into a sandwich the next day. I usually make two loaves, one to eat and one to freeze.

Lastly, joy doesn't mean the absence of pain. Joy exists in the midst of pain, in the throes of sorrow, even in the midst of chaos. It is that settled-down assurance that everything is going to be OK. It's the expectation of the best possible outcome. It's a choice ... and I choose joy.

I hope you do, too, and don't forget to please pass the salt!

Pamela Stricker  
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Publisher

A hand holding a book in a library setting. The background shows rows of books on shelves, some with gold-leafed spines. The lighting is soft and warm.

Salt Notes

# Booking the room

Like many people, there is a room in our house that has always been difficult for us to define. It's quite small, but we believe it must have been the master bedroom because of its large closet and the bathroom to which it's connected. We've never used it for that.

We've called it the "whatever room," because it has served three to four purposes simultaneously during the eight years we've lived there.

In December, after moving a dining room table out that served as Gary's desk — which he never used — bringing in two antique sitting chairs and my wingback chair, we could finally see past "whatever." It was a beautiful sitting room.

However, it was missing something, and a family tragedy soon helped us see the room for what it really could be: our library.

Gary suggested adding a bookcase to one side of the room.

"We can have one shelf with Bela's ashes, her collar, maybe her food bowl and some photos," he helped me imagine.

"I like it," I said through my tears.

Our near-12-year-old Great Dane, Bela, died peacefully in her sleep Feb. 1. We would, of course, have found a special place to honor her in the house but, as an avid reader, I liked the idea of a bookcase.

When we went shopping a few days later, the plan was just to buy one bookcase. We came home with four.

Once we got inside the store, we realized

we would have room for two bookcases. Even better, we said to each other, our eyes lighting up as we thought about our room being even more "library-esque."

But then we saw THE bookcase set, and we realized we had the opportunity to go really big with our dream and stay within our budget. This set had four bookcases, with the ability to "wrap" around a corner, and were close to 8 feet high. With our tall ceilings, it would be perfect.

Gary worked so hard putting everything together. These black cases were gigantic, stunning and fit perfectly in one corner. Surprisingly, our tiny room seemed bigger.

I then moved our books from several spots in the house to "the library," as Gary and I call it sometimes using a haughty, English accent now that we're officially fancy people, and began styling.

Sometimes, it's hard to see the forest for the trees. We had to clear out the big, unused table in the room to get a true appreciation for its potential.

After being subject to winter's harsh elements for so many months, and letting the sun's warmth renew our outlook on the coming year, there's no better time than spring to re-examine what we truly need in our home.

There's a book I just heard about that could help awaken that purpose. It's called, "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing;" by Marie Kondo, and it has report-

edly sparked an organizing revolution.

According to an October 2014 New York Times article about her book, "Kondo's decluttering theories are unique, and can be reduced to two basic tenets: Discard everything that does not 'spark joy,' after thanking the objects that are getting the heave-ho for their service; and do not buy organizing equipment — your home already has all the storage you need."

I frequently take clothes and furniture to the consignment store, and clutter isn't a problem. My new bookcases are more for decoration and room-definition than storage; it's simply that storage is the bonus.

But I'd like to hear more of what she has to say, because I really dig the concept. According to a January Washington Post article, Kondo just released a second book titled, "Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up," wherein she goes into more detail about how to organize.

Though, instead of reading what other people have written about her books, I suppose I should go buy them. I have just the place for them ... in "the library."



**LORA ABERNATHY**

Lora is the editor of Salt magazine. She lives in Hillsboro with her husband, Gary, is mom to a yellow Lab named Boris, and trains and competes in triathlons. Reach her at [labernathy@civitasmedia.com](mailto:labernathy@civitasmedia.com) or on Twitter @AbernathyLora.

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# How'd You Get Here, Anyway?

## Steve Boehme: A deliberate, reasoned relocation

By Valerie LK Martin

*EDITOR'S NOTE: "How'd You Get Here, Anyway?" is a new series which tells the stories of how people in our communities, who are not originally from them, came to live here. Suggest your story ideas for this feature to editor@thesaltmagazine.com.*

When Steve and Maggie Boehme married and started a family, they were firmly planted in New Jersey.

Steve Boehme lived somewhere in the state his entire life. They had a nice house on three acres, but knew it was not their permanent home.

The generally rural area where they lived was slowly being remade into suburban communities. Ticky-tacky, Steve Boehme calls them. It was also never dark in the night sky.

He said, "No matter the time of night, there was always a glow."

The Boehmes longed to see the stars, not just once in a while, but every night.

So how does an East Coaster decide where to move his family?

As a life-long enthusiast of self-sufficiency, Steve Boehme had some specific criteria for his piece of paradise.

As for Maggie Boehme, she has always been drawn to the Amish. They had planned to stay in Pennsylvania, but the areas they investigated felt too touristy, so they set their sights on three areas in Ohio: Cambridge, Coshocton and Adams County.



From left, Maggie, Stephen and Steve Boehme in 2013.

Courtesy photos



From left, Steve, Stephen and Maggie Boehme in 1998.

"These areas met some of our initial criteria," Steve Boehme said. "They contained varied topography, Amish influence, and a day's drive back to New Jersey."

The first step the Boehmes took was to find bed and breakfasts in each area and plan a trip to get a feel for each region.

"We got to Cambridge," Steve Boehme said, "and did not even stay the night. It was too close to coal country and had the wrong atmosphere (for us)."

After spending time in the other two locales, they settled on Adams County. Steve Boehme said that being on the foothills of Appalachia had appeal. The county had all their second level of criteria.

"We wanted acreage with woods, hills and meadows," he said. "It also had to have a water source."

Insert local realtor Ron Purdin into the story. With his help and a DeLorme's Atlas, they eventually found the place to see the stars.

This part of the adventure took a year or so. In 1997, they moved with their son, Stephen, to the Midwest.

It was not all paradise at first. The culture shock was immediate in two big ways. For the Boehmes, who are professed foodies, they missed the food variety they enjoyed in New Jersey.

Steve Boehme said, "We didn't give much thought to lacking the variety until we couldn't get it. Food and music were our biggest losses."



The site of the first GoodSeed Farm in Oak Grove.

Steve Boehme loves public radio and variety in his music. In the late '90s, technology did not provide access to his lifeline to news and new music.

"We knew there would be trade-offs," Steve Boehme said. "We just didn't know these things would be such a void."

Not one to sit back and sulk, Steve Boehme got busy starting his business, GoodSeed Nursery and Landscape in Winchester, improving his property, and connecting with locals. Today, technology has caught up to his cultural needs. His business is a going concern, and he has found his place in the pulse of the county. Life is full, though still challenging at times in a place with economic limits.

Owning property and a business does not mean you are a

rich person, but Steve Boehme feels wealthy.

He said, "Money was never the goal. We wanted peace and quiet, and to be surrounded by hard-working people. Anything else is a bonus."

Steve Boehme is still dreaming and working toward that

special house on the hill. He has the location picked out where a bench now sits — a place to keep dreaming. The road to it is being worked on now.

"I dreamed of this my whole life," Steve Boehme mused. "I can go outside my door any night and see the stars."

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# Reader Recipes

## REUBEN CASSEROLE

This is a great-tasting dish and one of our favorites. I have tweaked it a bit, because it originally called for noodles instead of rye bread as the base. I think the rye bread makes it taste more like a Reuben sandwich.

— **Jean Robinette of Leesburg**

### Ingredients:

10-13 slices rye bread  
1 pound corned beef, sliced  
1 14.5-ounce can sauerkraut  
2 cups shredded Swiss cheese  
1/2 cup milk  
1/2 cup Thousand Island dressing  
1 tablespoon prepared mustard  
1 tablespoon melted butter

### Directions:

Preheat oven to 350 F.  
Spray 13-by-9-inch pan with PAM. Place 8-10 rye bread slices in pan, saving the other 2-3 slices for the topping.  
In a large bowl, combine the corned beef, sauerkraut and Swiss cheese. Stir well, then pour on top of rye bread.  
In a small bowl, combine the dressing, mustard and milk. Mix well, then pour over corned beef mixture.  
Melt the butter.  
Tear the remaining 2-3 slices of rye bread into medium pieces, and stir into melted butter till completely covered. Sprinkle over casserole.  
Bake uncovered 25 to 20 minutes.

## CHEESEBURGER N' FRIES CASSEROLE

Here's a simple, tasty casserole everyone will like.

— **Jean Robinette of Leesburg**

### Ingredients:

1 1/2 pounds ground beef  
1 medium onion, chopped  
1 can cream of mushroom soup, undiluted  
1 can cheddar cheese soup, undiluted  
1 20-ounce bag frozen french fries, thawed

### Directions:

Preheat oven to 350 F.  
Brown beef and onion. Drain. Stir in both cans of soup and blend well.  
Pour mixture into a greased 13-by-9-inch pan. Arrange french fries on top of mixture.  
Bake uncovered for 50 to 55 minutes.

## Salt Scoop

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



Visit our website, [thesaltmagazine.com](http://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 March 30, 2016. Every submitted recipe will be entered in a drawing for a \$25 grocery card.

Congratulations to Jean Robinette of Leesburg who won for her casserole recipes submitted for this edition of 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



## Holly Johnson

Director of Economic and Community Development  
Adams County

**What would be the first thing you would buy if you won the lottery?**

Financial peace of mind for my immediate family, and securing my grandchildren's college educational needs.

**Chocolate or peanut M&M's?**  
Peanut.

**What color is your dinnerware?**  
White.

**Frank Sinatra or Aerosmith?**  
I love Ol' Blue Eyes, but hands-down, Steven Tyler.

**What do you love most about your community?**

This is my home and always will be. Sure, that's the short answer, but home is defined by each individual differently. Mine holds pleasant memories of my childhood, youth and formative years. The love of my family, relatives, past and present, and the uncountable amount of friends that have graced my life.

Additional reasons are:

- I love that everyone knows everyone. It's very comforting to me.
  - The slow pace of life in rural areas.
  - You can breathe the fresh air.
  - The clarity of the stars at night.
  - Folks in this part of the country are just plain nice.
  - Great neighbors.
- Adams County is the heart of it all for me.

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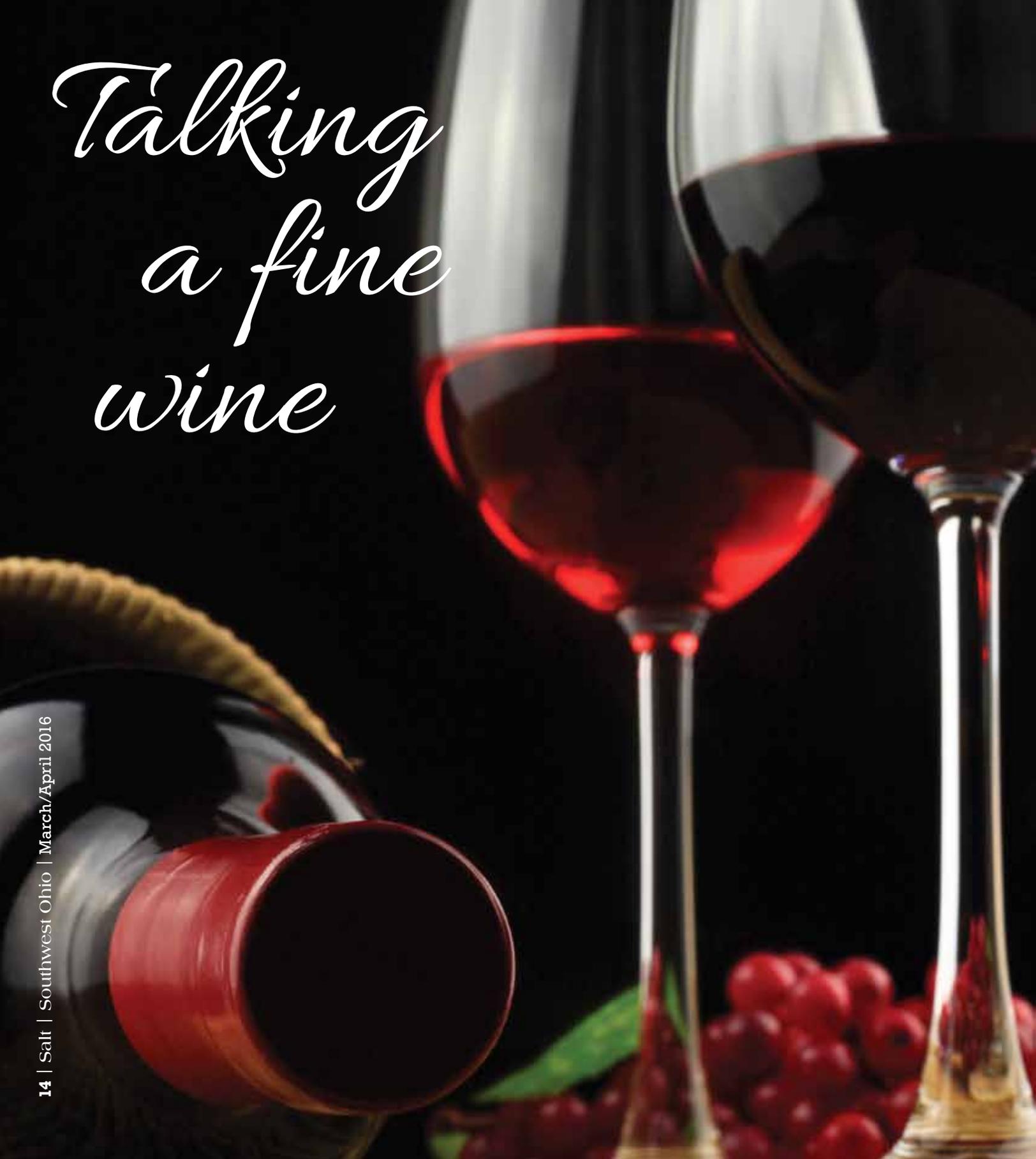
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*Talking  
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# Portsmouth man shares his journey of learning, offers tips for beginners

By Lora Abernathy

There is more to wine than just drinking it.

"The history behind it is so fascinating," said Dr. George F. White, a local wine enthusiast. "You can specialize in the ancient history of it ... as well as the technique of tasting and the whole conversation about it."

And, he said, "it's quite healthy."

The semi-retired Portsmouth doctor said he first became interested in wine because of

a girl.

"At the end of college, there was a young girl I wanted a date with and, after graduation, we went to dinner," he recalled. "She asked if I liked wine and I said, 'Oh, yeah, I really love wine,' and she asked, 'What are the five greatest wines in the world?' I couldn't answer her. That was our last date."

While serving in the Navy in San Diego after finishing medical school, he traveled to wine country, in northern California, and began taking lessons about the beverage that had cost him

that second date many years ago.

That second date never coming to fruition was a good thing. He met his future wife, Sandra, while completing his residency at The Ohio State University. From there, a general interest turned into a serious pursuit and understanding of the beverage — and a life-long love of it.

He has an advanced certification in wine, and has passed four of six exams for a diploma from the Wine and Spirit Education Trust in London. Two more to go, he said.



Dr. George F. White

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He has also taken several wine courses online and in person at the University of Davis, school of enology, and in Avignon and Bordeaux, France.

In the 1980s, he joined the Bacchus Wine Society in Cincinnati, and he began speaking there about wines. He also built a cellar in his home to store and collect the bottles. At the height of his collection, he had approximately 1,500 bottles. He quit buying wine recently and sold 800-900 bottles at auction last year.

The collection of wine led to an interest in donating bottles of it for charity events within the community.

And that's where his wife, who also loves wine, comes in.

"Sandy has a much better palette than I do," White said. If she says, "George, it isn't any good," despite having a good reputation or coming from a good year, they won't donate it.

For individuals interested in learning more about wine, White offered his top seven tips for beginners:

**1) All wine is not the same.** It's all alcohol, but not the same.

**2) Don't buy the cheapest wine possible** to think you're getting a good deal.

**3) Study wines, how they're made and their qualities.** Then understand the first one you taste might taste awful, but there are hundreds and hundreds to try.

**4) Take a little tasting class.** The ones held at stores, though, give you the wines they have to sell.

**5) You have to be determined that you want to learn to drink it.** You can have it with dinner, cocktails or dessert. Most people start out with something sweet, because Americans have a sweet palette, and then switch into things that are dry, meaning without a lot of sugar. Then they learn to mix it with food which makes it more exciting.

**6) After you find ones that you like, learn how to store them.** A wine cooler is inexpensive and a great way to keep the beverage.

**7) Learn about vintage, which means the year.** You can have the same wine from two different years and they can taste totally different. One could be terrible and one great; it depends on the season.

He also said a common mistake beginners make is tasting too many at once and swallowing when tasting.

"The last one will always taste better than the first," he said with a chuckle.





## Other helpful hints from Dr. George F. White

### How to taste wine

Swirl the wine in your glass so it releases its aroma. Smell the wine. Swish it in your mouth, spit it back out and breathe it in. The odors go back up the throat to the brain. Wine is not tasted in your mouth.

### What type of glass to use

Keep it simple. You want a glass that will hold five ounces. It should be shaped so it can be swirled and so that the bowl part is a little bit broader than the area out of which you drink. People have made a fortune off of saying, "Drink a syrah out of this, a Bordeaux out of that." I fell into that many years ago. I think it's a bunch of bunk.

### How to store it

You have to have a cool place. In basements, there's

usually a corner that's cool, but to store and keep very long, it must be 60 degrees or cooler and dark. You can keep it in the fridge if you want, as long as it isn't an expensive bottle. A mini wine cooler, though, doesn't cost that much, and is recommended.

### How to pair with food

Keep it traditional. The red wines go with meat better because the meat softens the tannins in the wine so it makes it milder. You can have a drink of red wine by itself and then have it with steak and it will taste much milder. White wines do go better with fish and chicken, because red wines have lots of tannins and they don't go with those foods. The pinot noir, which is a milder red with high acidity, goes with salmon and veal. It's a matter of trying to match what the wine has in it that amplifies the taste of what you're eating.

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# Gardening *magic*

## By Beverly Drapalik

No doubt you have noticed some beautiful public spaces in your county. Many times, those spaces are filled with plants and trees that have magically appeared on the scene. Was it magic or a Master Gardener?

In Clinton County's newest dog park, canoes filled with flowers and plant-lined paths have recently appeared. Master Gardeners designed the plantings at Wilmington's J.W. Denver Williams Jr. Memorial Park as well as the landscaping at Xidas Park in downtown Wilmington.

Ohio's counties are filled with Master Gardener programs and projects — everything from educational programs for children at schools, to public programs at libraries, to yearly plant sales.

Many times, the general public is unaware of these "workers of the earth" who volunteer countless hours to create appealing spaces and share information.

According to the Ohio Master Gardener website, "The Ohio State University Extension Master Gardener Volunteer

Program provides intensive training in horticulture to interested Ohio residents."

Ohio began the Master Gardener program in the 1970s, and now includes approximately 3,000 members in 62 counties in Ohio. After extensive training, a gardener is required to volunteer in his home county each year. Its mission is to train volunteers to be empowered and to educate others with research-based gardening information.

Master Gardeners don't become part of the group because they "know it all," however. All one really needs is an interest.

Judy Grosvenor, Clinton County Master Gardener, said, "I really love working the soil and communicating with other fellow enthusiasts." But, most importantly, she said learning about bugs, diseases and vegetables is rewarding when she can "pass on that education, joy and knowledge of growing to other people."

One annual event in Clinton County is the Master Gardener Plant Sale, held the day before Mother's Day on Nelson Avenue.

"My eyes, or I should say my



Photos by Beverly Drapalik

## CLINTON COUNTY MASTER GARDENERS

**Contact:** Tony Nye, agriculture and natural resources educator, county chair

**Address:** Clinton County Extension Office, 111 S. Nelson Ave., Suite 2, Wilmington, OH 45177

**Phone:** 937-382-0901

**Email:** nye.1@osu.edu

**Website:** [mastergardener.osu.edu](http://mastergardener.osu.edu)

hands, are not big enough or my garden large enough to accommodate everything I see," said Master Gardener Connie Hardie who enjoys the sale.

Clinton County Master Gardener Juanita Tigar, of Juanita's Flowers in Morrow, supplies the plants each year. Her varieties of tomatoes and peppers have become favorites of attendees.

When you drive past a house

built by Habitat for Humanity in Clinton County, take a second look at the landscaping. Dori Sabino is the Master Gardener with a passion for designing the yards and educating new home owners — a definite salute to the mission. Her enthusiasm is contagious.

*EDITOR'S NOTE: Beverly is the treasurer of the Clinton County Master Gardeners.*

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Photos by Sarah Allen

# Something in the air

'Simple and pure'  
fragrances found at  
Beech Street Candleworks

**By Sarah Allen**

Candles can be a source of memories and comfort. The right scent at the right time can send someone back to their childhood or can whisk them away to a serene forest.

At Beech Street Candleworks in Lynchburg, many of those moments can be found in a variety of hand-poured, soy-based candles.

The Highland County business was first started by Brent Huffman in 2009. In May 2013, Sharon Bedard purchased the business and, since then, it has "been growing like crazy," she said.

All of the candles are made on site using fragrance oils and cotton wicks. The jars and lids are made in America, and the soy is grown in the Midwest.

"We try to keep it as simple and pure as possible," Bedard said.

She described the candle-making process as "very precise." It begins with heating the jars, measuring the wax and fragrance oils, and then combining and blending those. The materials are weighed out to one-hundredth of an ounce.

The candles are then poured and allowed to set for four days, which, Bedard said, gives "a really nice, consistent fragrance throughout the candle."

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Bedard said the most popular fragrance throughout the year is Appalachian Trail. However, in the summer, Lemon Verbena is "huge, huge, huge," and the scent, Christmas Memories, was introduced in 2015 and "sold fantastic," she said.

Other scents include Morning Brew, Dora Bell's Kitchen, Hillbilly Creek, Moonshine and Nantucket Linen.

One fragrance, named after the county seat of Highland County, is called Hillsboro Twilight. According to the store's website, the aroma invites patrons to "enjoy the warmth of our hometown."

The candles can be purchased at stores throughout Highland County, as well as at beechstreetcandleworks.com. They can also be found as far west as South Dakota and as far south as Cocoa Beach, Fla. The candles are in stores throughout South Carolina, Kentucky, Pennsylvania, Illinois and Indiana.

Bedard said the American Heart Association has worked with Beech Street Candleworks to design custom melts for certain events.



However, Bedard said, one of the highlights in Beech Street Candleworks' history was its inclusion in the Grammys. In 2014, the candles were a part of swag bags for a Grammy event honoring Carole King.

And that, Bedard said, "led to a much larger growth of our wholesale business."

Bedard said future goals for the business include "ramp(ing) up wholesale manufacturing" and getting into at least one nationwide retailer.

However, locally, Beech Street Candleworks has become a community staple far beyond its candles.



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In October 2015, the business moved into a storefront in the village of Lynchburg. There, shoppers can browse, not only for candles and melts, but also for handmade jewelry, furniture and local photography.

"The store side is really fun," Bedard said, adding that the goal is to "grow the local artisans."

In addition, Beech Street Candleworks hosts painting parties. For a small fee, people can enjoy a "great night out," Bedard said, while painting everything from pumpkins to cocoa mugs, and from Christmas ornaments to wine glasses. Food is provided and wine is allowed. Four to six parties are hosted each month.

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# How to become a grown-up:

# Cook with lemon

Sweet or savory, citrus makes an elegant impression

By Andrea Chaffin

There's no more denying it. I knew I was officially a grown-up when I discovered I liked lemon.

Growing up, lemon was an artificial flavor that came in the form of yellow Warheads candy, instant iced tea, Savannah Smiles (my least-favorite type of Girl Scout's cookie), holiday Jell-O molds and disappointment.

Discovering a cupcake was lemon and not a yellow, butter cake was similar to learning the chocolate chip cookie in your hands was actually oatmeal raisin.

Oh, what sorrow. Say it isn't so!

I did my best to avoid consuming lemon. I picked around the yellow candies and gobbled up the red ones, spit out sips of oddly citrus beverages in exchange for Capri-Sun and Pepsi (don't get me started on "Pepsi Twist"), opted for crispy, chocolate Thin Mints, and reached for blue Jell-O cups instead.

The only lemon exception made was pink lemonade, made from the powder. And notice, it was pink.

So, what happens as adults that we suddenly begin eating "gross" things such as broccoli, sauerkraut, salmon, olives and lemon? Especially lemon-flavored water? (My inner 8 year old is shuddering.)

I don't know the answer for most of those other foods — other than it's how we cope with being forced to do "adulting" — grotesque tasks such as going to work and paying bills.

But, I think the key to liking lemon is using real lemons.

Photos by Andrea Chaffin



**Chicken Piccata**  
(see recipe on page 40)

Certainly, any kid won't turn down a glass of freshly-made lemonade, right? Or a slice of decadent triple lemon cake made with fresh juice and zest? (Turns out that may not be the best example, as a 6 year old spit out her first bite of this recipe. Luckily, a couple adults were nearby to volunteer to eat the rest of her slice).

Lemons are great for many other grown-up things, such as dish soap, wood furniture polish, deodorizing a kitchen sink, soothing a sore throat and mixing with vodka.

So, maybe lemon is just for us adults, although, I still wouldn't turn away a juice box, bowl of Kraft macaroni and cheese or a corn dog.

### **TRIPLE LEMON CAKE**

This cake is not for the lemon faint of heart. A decadent dessert, it features

distinct layers and makes a picture-perfect slice that will impress guests. All this lemon and not a drop of lemon extract. I used a total of seven lemons making it.

#### **Ingredients:**

##### **Cake**

2 cups all-purpose flour  
1 1/2 cups sugar  
3/4 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
3 eggs  
2/3 cup canola oil  
2/3 cup lemon juice  
3/4 cup sour cream

##### **Lemon Curd**

1/4 cup fresh lemon juice (about 1-2 lemons)  
2 teaspoons lemon zest, finely grated

1/3 cup sugar  
4 egg yolks  
3 tablespoons butter (I used unsalted)

##### **Lemon Buttercream**

1 1/2 cups butter  
1 1/2 cups shortening  
9 cups powdered sugar  
3 teaspoons finely grated lemon zest  
6 tablespoons lemon juice  
3/4 teaspoons vanilla

#### **Directions:**

##### **Cake**

Combine flour, sugar, baking powder, baking soda and salt in a large bowl and whisk together. Add eggs, oil and lemon juice. Beat until smooth.

Add sour cream and beat until smooth. Divide batter into two 8-inch pans. Bake for about 25 minutes or until done.





**Lemon Drop Martini**  
See recipe on page 40



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#### **Lemon Curd**

Combine all ingredients in a double boiler, or in a glass bowl over a pot of simmering water (like I did).

Heat while stirring constantly with a whisk.

It is done when it's thick enough to coat the back of a spoon. Refrigerate until cool and thick.

#### **Lemon Buttercream**

Beat butter and shortening together until smooth. Add half the powdered sugar, one cup at a time, beating to combine.

Add lemon juice, lemon zest and vanilla and combine.

Add the remaining powdered sugar and beat to combine.

To assemble the cake:

1. Divide the cake into 4 layers by slicing each cake in half. Do this with a serrated knife.

2. Fill 2 layers with lemon buttercream and the other 2 with lemon curd.

3. Frost the outside of the cake.

*(Recipe adapted from lifeloveandsugar.com.)*

LEMON, continued on page 40

# Spring in bloom



Photos courtesy of the  
Ohio Department of  
Natural Resources

By Jane Beathard

By the time this issue of Salt magazine is in readers' hands, Ohio's spring wildflower season will be well under way.

Skunk cabbage always appears first. The spunky plant pushes its way through icy surface soil in mid February via a unique ability to generate its own heat, according to Jim McCormac,

a naturalist with the Ohio Department of Natural Resources.

Skunk cabbage blooms until mid March, when favorites like harbinger-of-spring, hepatica, bloodroot, white trout lily and buttercup begin to sprout.

Sunlight, more than warming temperatures, spurs the appearance of most wildflowers. They are subject to Ohio's "photoperiod" — those brief weeks in late winter and early spring when



Marsh  
Marigold

## Best Places and Times for Spring Wildflower Walks

**Hamilton County:** Shawnee Look-out Park, mid March to mid May

**Adams County:** Ohio River Bluffs Preserve, mid March to late June

**Adams County:** Edge of Appalachia Preserve Lynx Prairie Trail, late April to late May

**Adams County:** Whipple State Nature Preserve and Gladys Riley Golden Star Lily Preserve, late March to late April

**Greene County:** Clifton Gorge State Nature Preserve, mid April

**Lake County:** Hatch-Otis State Nature Preserve, mid April

**Preble/Butler Counties:** Hueston Woods State Nature Preserve, mid April

**Jackson County:** Lake Katherine State Nature Preserve, mid April

**Fulton County:** Goll Woods State Nature Preserve, late April

**Richland County:** Fowler Woods State Nature Preserve, late April to early June

**Highland County:** Miller State Nature Preserve, late April to early May

**Portage County:** Eagle Creek State Nature Preserve, early May

**Fairfield County:** Shallenberger State Nature Preserve, early May

**Ottawa County:** Lakeside Daisy State Nature Preserve, mid May

**Champaign County:** Cedar Bog State Nature Preserve, mid May to early June

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Spring Beauty

leaves are not yet on trees and sunlight reaches the forest floor for more minutes each day.

"There's not as much diversity of wildflowers after trees leaf-out," McCormac said. "Although, some bloom all spring, summer and fall."

Not surprising, wildflower color first blankets the slopes of the Ohio River. Thereafter, the season moves north about 10 miles a day. Peak bloom statewide comes between mid March and late May, he added.

"Ohio ranks toward the top among Midwestern states for wildflowers because we have such diverse habitats. It's a 'crossroads' state with boreal forests from the north, prairies from the west, Ohio River Valley specialists on the south, and Appalachian influences from the east," McCormac said.

He calls Adams County the state's most floristically diverse — largely because the great glaciers that once covered much of Ohio missed that area.

"The shortgrass and cedar glade prairies in (Adams County) are loaded with rare species — perhaps the greatest concentration of rare plants in the state and the richest in native plants," McCormac added.

About half of Ohio's 1,800 native plants are wildflowers.

Naturalist Robert Henn categorized 313 of the most popular in "Wildflowers of Ohio," the first field guide to the state's wild blooms.

"It took me four years to write the first guide," Henn said.

Indiana University published the book in 1998. A second edition appeared in 2008.

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It included not only descriptions, but also background stories of the flowers and how pioneers used them for medicinal and other purposes.

The guide, currently priced at \$19.45 through Amazon, remains popular, Henn said.

"Colleges use (the guide) for botany courses," he added.

Henn's book promotes

wildflower preservation — an issue near and dear to the author's heart.

"Humans tend to place little value on things they cannot name," he said. "A field guide names the flowers and provides a reason to value them."

Regular updates on Ohio's spring wildflower bloom are available on the ODNR website at [naturepreserves.ohiodnr.gov/wildflowers](http://naturepreserves.ohiodnr.gov/wildflowers).



Above: Wild Blue Phlox; Below: Red Trillium



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# Back to basics

Photos by Tristen Phipps

## By Tristen Phipps

As a kid, my diet consisted strictly of three basic food groups: burgers, chicken and french fries.

The burgers had to be juicy, the chicken crunchy, and the fries salty. I was raised on a burger recipe so divine that I rejected any cheeseburger that didn't come from my parents' kitchen.

Now that I'm 20, my palate has expanded beyond the basics, but my love and appreciation for a quality burger has only grown.

The saying goes something like, "The key to a man's heart is through his stomach," right? I assure you, the statement isn't unique to men. The key to any college student's heart is likely right through his or her stomach.

My favorite part about this recipe is that it gave me an excuse to visit my home in Peebles and be back by my dad's side in the kitchen. This time, the tables turned and he got to be my sous chef. He deserves the credit for this one, though. He taught me everything I know about preparing food that makes your mouth, tummy and soul smile simultaneously.

In this recipe, I used a pretzel bun and, if you choose to do the same, you can omit the salt if you don't consume salt as vigorously as I do.

This is the first time my dad and I have actually measured the ingredients we throw into the burgers, so if you aren't keen on measuring, don't do it. We won't judge.

Remember, the foundation for a superior cheeseburger is local meat. Don't go to the store and pick up a pound of ground beef, it just won't be the same. You absolutely must find your local butcher for this one. Once you've located local beef, you're ready to begin building a decadent burger ... but don't forget homemade, fresh-cut fries.

## BURGERS AND FRIES

### Burger Ingredients:

3 pounds ground beef, thawed  
2 tablespoons olive oil  
3 cloves garlic, minced  
2 1/2 tablespoons Montreal steak seasoning  
1 teaspoon sea salt  
1 teaspoon pepper  
3 tablespoons Worcestershire sauce  
2 tablespoons A1 sauce  
Real American cheese slices

### Burger Directions:

Heat olive oil in a small saucepan, then add minced garlic. Sauté until golden brown and add to beef.

Combine all ingredients, except cheese slices, in a bowl with beef and mix by hand. Pat meat into half-pound burgers. Quarter-pound patties will work, too. They'll pack a bit more flavor in each bite.

Cook on medium heat 5 minutes per side, covered. Add cheese slices, let sit a minute and remove from heat.

For a perfect burger, toast the bun in the oven for a few minutes.

### French Fries Ingredients:

4 cups vegetable oil  
5 large potatoes  
Sea salt  
Pepper

### French Fries Directions:

Rinse potatoes, then cut into 1-inch slices. If you don't own a crinkle cutter, a knife will do just fine.

Heat vegetable oil in a large pan. Submerge half of the batch into hot oil. When golden brown, remove and place on paper towel-lined plate to absorb grease.

Top with salt and pepper to taste. Repeat with second batch.



This recipe emerged from my undying love for cheese, an insignificant amount of funds in my bank account, and my desperate need for any amount of protein.

Hillshire Farm's Italian smoked sausage was on sale at the store, my cabinet is dutifully stocked with an uncanny supply of pasta and, again, I love cheese.

The universe was in favor of this concoction because it just so happened that, despite my college budget, my refrigerator was stocked with two types of cheese — so a creamy, cheesy, smoky, pasta dish was born.

Before I share the winning recipe with you, I must first tell you about its earlier versions. After picking up smoked sausage and discovering the variety of cheese in my refrigerator, I threw on a pot of water to boil. I cooked my pasta, fried my sausage, combined the two and tossed in generous handfuls of cheese. I was completely satisfied with the outcome. The meal became a regular for me. It was cheap, quick and hearty.

I began to experiment a bit more, because sometimes I just can't smother my curiosity for flavor. Once, I added store-bought Alfredo sauce. Another time, I chopped green peppers and added those to the mix. Everything was good, but nothing was perfect ... until I discovered the magic of heavy cream and overcame the deep hate for onions that was instilled in me by my dad since I could cry over baby food.

Onions and heavy cream finally put the recipe over the top. It surpassed its once-simple, sticky pasta dish that longed for flavor, and became a creamy, smoky, delightful meal all on its own.

Now, if you dislike onions as much as I thought I did, you are welcome to skip them. I empathize with you, and I assure you, I will only mildly judge you and your fear of the delightful little vegetable.



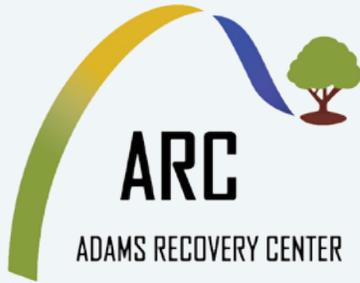
## CREAMY SMOKED SAUSAGE AND PASTA

### Ingredients:

- 2 packs Hillshire Farm smoked sausage, sliced
- 1 box Barilla Collezione pasta, Casarecce
- 1 cup heavy cream
- 1/2 medium onion, diced
- 1/2 medium red pepper, cut into 1/4-inch slices
- 2 cups Sargento Italian blend cheese (mozzarella/provolone)
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 teaspoons fresh parsley, finely chopped

### Directions:

- In a large pot, bring 4 quarts of water to a boil.
- Meanwhile, heat olive oil in a large saucepan. Once hot, add garlic, sauté, and then add sausage. Cook sausage until brown, then add onions and red pepper.
- Meanwhile, add pasta to boiling water and cook until done.
- Cook vegetables over medium heat for 2 minutes, then add heavy cream, cheese, salt and pepper. Cover, cook over medium heat until cheese is melted, stirring occasionally.
- Once cheese is melted, add cooked pasta and allow sauce to stand for a couple minutes.
- Once sauce thickens, add parsley for garnish.



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# A bearable situation

By Tom Cross

It's taken more than 150 years, but bears are back in Ohio through the wondering nature of the bears themselves, as they seek new territory to stake out a claim.

Ohioans can thank our neighbors to the east and south which have growing and, in some cases, burgeoning populations of these hibernating mammals.

In Pennsylvania, according to the Pennsylvania Department of Conservation and Natural Resources, there are an estimated 18,000 bears. In West Virginia, according to the West Virginia Division of Natural Resources, the bear population is estimated at 10,000, and there are approximately 350 bears in Kentucky, according to the Lexington Herald-Leader.

"Yes, bear sightings and reports are increasing in Ohio, especially in the southeast and southwest corners of the state," said biologist Suzie Prange with the Ohio Division of Wildlife. "Gallia, Scioto and Adams counties have all experienced an increase in sightings."

Although Ashtabula and Trumbull counties continue to have the most confirmed reports from wandering Pennsylvania bears, southwest and southeast Ohio are where the bears are starting to show up with increased frequency.

"I estimate there were at least 20 additional confirmed bear sightings from Adams up through Washington County in 2015," Prange said.

An unconfirmed sighting is simply a report of a bear. A confirmed sighting is one with proof such as tracks or photos. A bear track is easy to distinguish. Unlike a canine,

bears have five toes and usually claw marks can be seen.

In June 2015, David and Laura Hughes of Pataskala, Ohio, had spent a morning hiking in Shawnee State Forest searching for the elusive golden banded skipper butterfly. While slowly driving the forest road just below McBride Lake, they suddenly saw a bear dash across the gravel road ahead of them.

They pulled off in a grassy area next to the bridge that crosses Pond Run Creek. They looked and listened as birds squawked at the bear while it moved slowly and

**"We came to see butterflies and got a bear."**

— *David Hughes*

unseen through the thick forest.

David Hughes got out of the car, grabbed his camera and they both headed for the bridge, hoping for another view of the bruin. Five long minutes had passed and the bear finally stepped into the creek about 75 yards away, paused and briefly looked toward them, rewarding them with the stunning sight and a great photo — and confirmation — of a black bear.

"We were excited and celebrating after we saw the bear," said David Hughes. "We came to see butterflies and got a bear. Not a bad way to spend the day."

Jenny Richards, a naturalist at Shawnee State Forest, said every year in her 17 years at Shawnee, somebody has reported a bear.

"Last summer, two were reported in the campground," Richards said. "Bears have been reported crossing state Route 125 through Shawnee and, near the state park lodge on Lampback Run Trail, bear scat was found."

Some early attempts to re-establish bears were not successful due to the wondering nature of the animal. Back in 1989, with little fanfare and much secrecy, a nuisance black bear was trapped in northeast Ohio by the Division of Wildlife and transported to Upper Twin Creek in Shawnee State Forest.

The press was kept at bay, as the location of the release was to be secret. However, if you had connections, the secret wasn't so secret. Upper Twin Creek, in addition to being remote, had a reputation in those days as a haven for deer poachers.

However, it wasn't poachers. The bear didn't like the food service on Upper Twin and, within a week, swam the Ohio River ending up at a pizzeria in Vanceburg, Ky., eating out of a dumpster. Kentucky Department of Fish & Wildlife Resources officials were called to the scene and had to dispatch the problematic bear.

And therein lies the problem with bears: They love a free meal.

Not all bear stories end as tragically as that one. A number of years back, a female bear was captured at a mining operation in West Virginia and fitted with a bright red radio collar to track its movements. A large male bear moved into the area, which the female didn't like, and promptly moved out, crossing the Ohio River at Point Pleasant and heading west into Ohio.

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Because of the bright red collar, the bear was spotted and reported hundreds of times as she made her way through the state, and biologists were able to track her movements through the radio signal. It was like dots on a map as each report came in tracking her odyssey into southwest Ohio, moving 20 to 30 miles a day.

She became quite a celebrity and eventually ended up treed by a yard dog in suburban Grove City. Wildlife officers tranquilized the bear and handed her over to West Virginia officials, who turned her loose back where she came from, and speculated that she made peace with the big male bear.

According to Prange, black bears have a 25 to 30 square-mile home range. Biologists also estimate there may be as many as 50 bears that call Ohio home, mostly

juvenile males searching for a new residence.

Last November, Ohio Department of Natural Resources biologists were able to place a radio collar on a male black bear captured in Vinton County. At last report, according to the ODNR, the bear had been tracked in Vinton, Ross and Hocking counties.

According to Prange, a small population of resident bears is believed to be present in the Meigs, Athens, Washington and Lawrence counties area. Another small population is in Portage County. The counties of Hocking, Vinton, Jackson and Ross have bears. Reports of a bear seen in late November lend credence to a possible population starting in Adams, Scioto and Pike

counties.

Prange points out that Ohio bears are likely to head for dens by Thanksgiving, male bears tend to den later. Bears emerge from the dens in early to mid March, pregnant females a bit longer. Bear sightings in March and April indicate resident bears, sightings in June and July are young male bears roaming and looking for new territory.

So, be on the lookout. Bears are coming to Ohio.



This bear was spotted by David and Laura Hughes in June 2015 at Shawnee State Forest.

Photo courtesy of David Hughes

## THE BEAR FACTS

*According to the Ohio Division of Wildlife*

- An estimated 80 to 100 different individual bears were reported in Ohio in 2015.
- An adult bear weighs between 125 to 250 pounds or more.
- The height of an adult bear on all fours is 2 1/2 to 3 feet.
- The height of an adult bear when standing is 4 to 6 feet.
- A bear's life expectancy is 15 to 25 years in the wild.
- The home range for adult males is 100 to 125 square miles.
- The home range for adult females is 25 to 50 square miles.
- Peak breeding time is June through July.
- Cubs are born January through February.
- A first-year female will give birth to one cub; two to three cubs thereafter.
- A female will have one litter per year.
- The breeding age of females is 3 1/2 years old. They breed every other year.
- Bears are omnivorous. They feed on fruit, vegetables, berries, acorns, insects, carrion, fish, etc.
- Their peak activity is mornings and evenings and they are nocturnal.
- Black bears are considered a state endangered species in Ohio.



This bear track was spotted in Kentucky. Photo by Tom Cross



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# Let's get catty!

## Representing for the feline fanatics

**My cat, Seisan, was convinced that she was not so much a kitten playing with yarn as a Jedi Ninja Warrior with a light saber. I'm sure that in her mind, she "broke out" of the clinker in a blaze of glory instead of being quietly rescued.**

By Kay Frances

If a person has five dogs, no one even questions it. But, you let me have 21 cats and it's "Crazy Cat Lady!"

I'm kidding, of course. I have ONE indoor cat, although I'm pretty sure that, in her mind, it's her house and she is being charitable to allow me to live there.

Seisan seems to forget that she was a rescue kitty and spent the first six weeks of her life in the "clinker." Yet, she still remembers the cupboard where I kept catnip in 2005 and frequently camps out there hoping that "today is the day." Selective memory if I ever saw it.

There is no doubt that dogs are pretty wonderful. They can be trained to do police work, be employed as service companions

and provide comfort as therapy dogs.

Cats can purr.

OK, it may seem like cats can't do anything but, it's really not that they can't, but that they won't.

It is their nature to be independent, some might say aloof. Cat guardians will defend them to the end as the preferred pet. (Notice I didn't say cat "owners." One does not own a cat.)

So, what makes cats such great pets? First of all, there is the whole litter box thing. No getting up at 6 a.m. to take them outside. Second ... OK, nothing springs to mind, but give me a minute.

You want to get a good laugh out of a cat guardian? Ask if you can bring your cat(s) over for a play date. No sane person would willingly subject themselves to that kind of

mayhem.

My cat barely tolerates me, but when she sees an outdoor cat pass by the window, she goes into full panic mode.

She does the same thing when I get out the vacuum cleaner. Not once in 11 years have I even tried to get her with the vacuum cleaner, but she always assumes that this must be the day that I woke up and said, "This looks like a great day to suck up a cat." We go through this every time I vacuum. Who needs this kind of drama every three months?

There is actually a thing called "dog parks" where people take their dogs to frolic and play with the other canines. So, why are there no "cat parks?" As far as cats are concerned, the whole world is their park, their playground and their kingdom.

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So, there is no need to take them to a designated "park." And, of course, there's the whole doesn't-play-well-with-others.

I am reminded of the old adage, "Ancient Egyptians worshipped cats as gods. Cats have never forgotten this." I know that is a bit over the top, but as I "serve" Seisan on a daily basis, I do begin to think those Egyptians weren't so crazy after all.

As I clean her litter box and allow her to lay on my lap until my legs go numb (I wouldn't want to disturb her comfort), make sure she never sees the bottom of her food bowl, and brush her after I take my shower (yes, she lays on the floor and waits — expectantly — for her brushing), it's pretty evident who has trained whom.

(Side note: After seeing so many bed sheets made from "Egyptian cotton," I wondered: Who made the Egyptians experts in sheets? Then, I figured it out. One word: mummies. Their sheets last 5,000 years.)

Even though Seisan is well-fed by any known standard, she will occasionally finish her meal, and then lie next to her bowl, like she's weak from hunger. Drama queen much?

Cats do have a lot of personality and can be downright hilarious. This is why Facebook is rife with videos of funny cats.

Of course, when Seisan does something cute and adorable, my camera is nowhere to be found. I can't count on her to give me

that viral video that will seal my retirement. She's not much of a "mouser" and she doesn't charm my houseguests (more like a quick look of contempt before hiding under the bed). But, the truth is, she's an awesome companion and I really do think she loves me.

I think.

I do know that she is much, much smarter than me. From becoming invisible when I get out the dreaded cat carrier to batting the nail clippers behind the computer desk, she outsmarts me at every step of the way.

Let's face it, if cats had opposable thumbs, they would rule the world. I already have one ruling my house.

And, I know that "dog people" are baffled as to why anyone would even bother with a creature that seems to have such disdain for its guardian. Well, the truth is, they really don't. Oh, sure, they won't come when you call them unless food is involved, but they can be amazingly sweet, even though it will likely be on their terms.

And, there is something endearing about having to earn the love and loyalty of a cat. Unlike the unconditional love of a dog, cats love people who are good to them. I find that admirable. Plus, they are soft and furry. And they purr. And, let's not forget: If not for Seisan having a house and letting me stay there, where would I live?

**"Not once in 11 years have I even tried to get her with the vacuum cleaner, but she always assumes that this must be the day that I woke up and said, 'This looks like a great day to suck up a cat.'"**



LEMON, continued from page 27

### LEMON DROP MARTINI

This classic cocktail has been a staple for generations. Never had one? Think about the Lemon Shake-Up at the county fair, and add booze. Rumor is it was created in the 1970s in a San Francisco bar with a goal to popularize "girly" drinks. Like with any martini that has so few ingredients and showcases the spirit, don't use cheap vodka.

#### Ingredients:

2 ounces Ketel One Citreon vodka  
2 teaspoons superfine sugar  
3/4 ounce freshly squeezed lemon juice

#### Directions:

Create a sugar-rimmed glass by taking a lemon wedge and rubbing the drinking surface of the glass so it is barely moist. Dip the edge of the glass into sugar.

Mix the vodka, sugar and lemon juice in a cocktail shaker half-filled with ice cubes. Shake well to make sure sugar is blended. Pour strained liquor into a sugar-rimmed martini glass and garnish with a lemon wedge or twisted peel of lemon.

Superfine sugar is instantly dissolving

sugar that is typically used in drinks. If you want to avoid the shaking, make a simple syrup to use in place of the sugar.

### CHICKEN PICCATA

Piccata is a method of preparing food where meat is sliced, coated, sauteed and served in a sauce. This dish is simple to make, but looks complicated and elegant. Extra "adult" points for the fancy-looking capers.

#### Ingredients:

2 skinless and boneless chicken breasts, cut in half lengthwise  
Salt and pepper to taste  
All-purpose flour, for dredging  
4 tablespoons butter, unsalted  
2 tablespoons olive oil  
1/3 cup fresh lemon juice  
1 cup chicken stock or dry white wine (I used Chardonnay)  
1/3 cup brined capers  
1/3 cup fresh parsley, chopped

#### Directions:

Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.

In a large skillet, melt 2 tablespoons of

butter with the olive oil, over medium to high heat.

Add chicken pieces to the skillet and cook for about 3 to 4 minutes per side until browned. When chicken is cooked, remove chicken from skillet.

Remove skillet from heat. Add lemon juice, chicken stock or wine, capers and scrape up the brown bits from the pan for extra flavor. Return skillet to heat and bring to a boil. Taste the sauce and season with additional salt and pepper if needed. Add chicken back to skillet and simmer for about 5 minutes. Remove chicken to a platter, add remaining butter, and whisk for about a minute. Sauce will thicken a bit.

You can return chicken to skillet and garnish with parsley. Alternatively, you can pour the sauce over the chicken and garnish with parsley.

Serve over buttered angel hair pasta.  
(Recipe inspired from [jocooks.com](http://jocooks.com).)

### 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.



# Household uses for lemon

For a sore throat or bad breath, gargle with some lemon juice.

Toss used lemons into your garbage disposal to help keep it clean and smelling fresh.

Use one part lemon juice and two parts salt to scour chinaware to its original luster.

A few drops of lemon juice in outdoor house-paint will keep insects away while you are painting and until the paint dries.

To make furniture polish, mix one part lemon juice and two parts olive oil.

To clean the surface of white marble or ivory (such as piano keys), rub with half a lemon, or make a lemon juice and salt paste. Wipe with a clean, wet cloth.

To remove dried paint from glass, apply hot lemon juice with a soft cloth. Leave until nearly dry, and then wipe off.

Suck on a lemon to settle an upset stomach.

Rub kitchen and bathroom faucets with lemon peel. Wash and dry with a soft cloth to shine and remove spots.

Mix one tablespoon of lemon juice with two tablespoons of salt to make a rust-removing scrub.

Create your own air freshener: Slice some lemons, cover with water, and let simmer in a pot for about an hour. (This will also clean your aluminum pots.)

Before you start to vacuum, put a few drops of lemon juice in the dust bag. It will make the house smell fresh.

To get odors out of wooden rolling pins, bowls, or cutting boards, rub with a piece of lemon. Don't rinse: The wood will absorb the lemon juice.

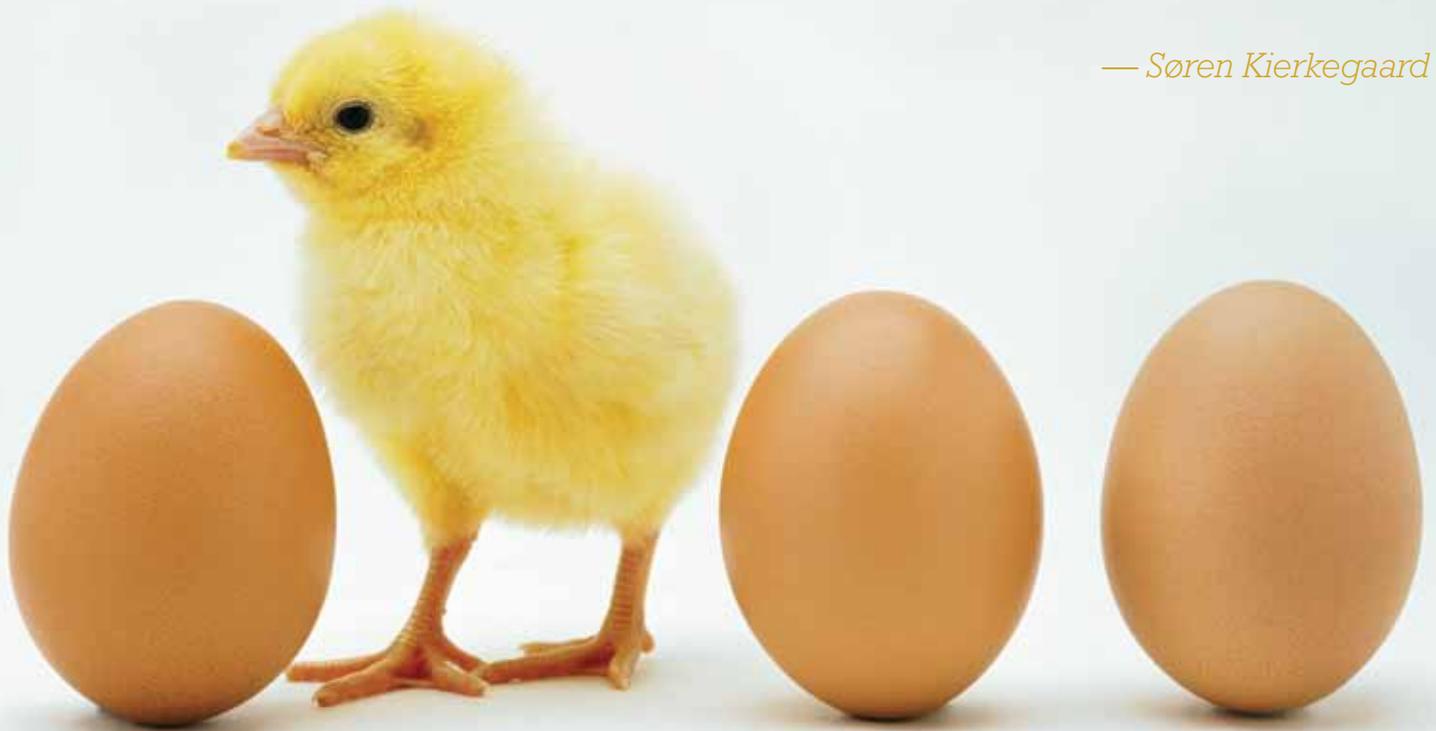
After a shampoo, rinse your hair with lemon juice to make it shine. Mix the strained juice of a lemon in an eight-ounce glass of warm water.

Fish or onion odor on your hands can be removed by rubbing them with fresh lemons.



“Life can only be understood backwards;  
but it must be lived forwards.”

— Søren Kierkegaard



## Salt Contributors



### **TRISTEN PHIPPS**

Tristen does most of her cooking after a midnight rerun of “Gilmore Girls.” An Ohio University student, she aspires to build a cupcake empire, and obsesses over sunsets, twinkling lights, and candles that smell like food.



### **KAY FRANCES**

Kay is a motivational humorist from Wilmington who encourages people to “laugh more, stress less and take care of yourself!” She gives humorous keynote presentations and stress management workshops all over the United States. She is the author of “The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life.” Visit [kayfrances.com](http://kayfrances.com).



### **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 struck 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.



### **SARAH ALLEN**

Sarah is a writer for Salt magazine. When she's not writing, she can be found scrapbooking, reading or cooking.



### **JANE BEATHARD**

Jane is a retired staff writer for The Madison Press in London. She is also the retired media relations manager of the Ohio Department of Natural Resources.



### **TOM CROSS**

Tom is an award-winning writer and photographer and author of the book, “Fishing Ohio.” He is the executive director of the Adams County Travel and Visitors Bureau. He and his wife, Judy, live near Cherry Fork on the family farm.



### **BEVERLY DRAPALIK**

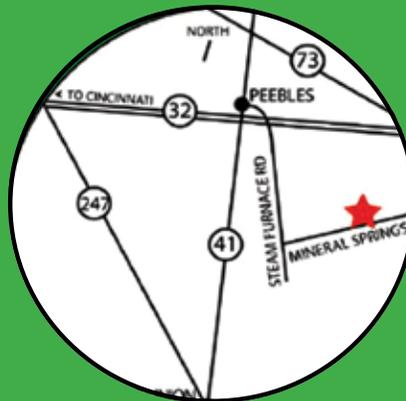
Beverly lives in Wilmington with her husband, Jeff. They also live with a dog, a cat, a parrot, chickens and bees.

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# Out & About

Compiled by Sarah Allen

## ADAMS COUNTY

### April 9

Sixth Annual Quilt Show, 1-4 p.m. show, 2 p.m. bed turning, 3 p.m. mini doll bed turning, door prizes, Stone Chapel United Methodist Church, 89 Trefz Road, West Union. Call Linda Copas at 937-544-3438.

### April 9

Red Barn Pavilion, 10 a.m. to 6 p.m., 2223 Russellville Road, Winchester, Touch of Elegance Top Wedding Professionals of Southern Ohio. Call 800-823-9197 or email [cdugan@1ststopinc.com](mailto:cdugan@1ststopinc.com).

### April 16

David Ball will perform, 7 p.m., at the Red Barn Convention Center, 2223 Russellville Road, Winchester. Dinner at 5:30 p.m. Call 800-823-9197, ext. 121, or visit [redbarnconventioncenter.com](http://redbarnconventioncenter.com).

### April 23

Chalet Nivale Preserve's Hiking Trails Grand Opening and guided tours. Tours by pre-registration. Visit [arcofappalachia.org](http://arcofappalachia.org).

### April 30

The 163rd Bentonville Anti-Horse Thief Society Banquet, 7 p.m., Burning Heart Camp, Bentonville. Call Verna Naylor at 937-549-3360.

### April 30

Gene Watson will perform, 7 p.m., at the Red Barn Convention Center, 2223 Russellville Road, Winchester. Dinner at 5:30 p.m. Call 800-823-9197, ext. 121, or visit [redbarnconventioncenter.com](http://redbarnconventioncenter.com).

### May 6-8

Adams County Trade Days, Adams County Fairgrounds. Contact Darlene Anderson at 937-205-7141.

### May 21

John Conlee will perform, 7 p.m., at the Red Barn Convention Center, 2223 Russellville Road, Winchester. Dinner at 5:30 p.m. Call 800-823-9197, ext. 121, or visit [redbarnconventioncenter.com](http://redbarnconventioncenter.com).

## BROWN COUNTY

### April 9

Run Into 4-H 5K and Craft Show, 9 a.m., Brown County Fairgrounds, 325 W. State St., Georgetown. Visit [brown.osu.edu/5kandcraftshow](http://brown.osu.edu/5kandcraftshow).

### April 9

Craft Fair, sponsored by the Southern Ohio Veterans Home Volunteer Committee, 10 a.m. to 5 p.m., Ohio Veterans Home, 2003 Veterans Blvd., Georgetown.

### April 16

ABCAP Foundation Reverse Raffle Dinner, 6 p.m., 406 W. Plum St., Georgetown. Call

Janie Phillips at 937-378-6041.

### April 21-23

The 20th Annual U.S. Grant Days, 7:30 p.m. April 21 and April 22, 9 a.m. to 4:30 p.m. April 23, 219 E. Grant Ave., Georgetown. Contact Stan Purdy at 937-378-4119, email [baileyho@frontier.com](mailto:baileyho@frontier.com) or visit [us-grantboyhoodhome.org](http://us-grantboyhoodhome.org).

## CLINTON COUNTY

### April 9

Baladino will perform, 7:30 p.m., at The Murphy Theatre, 50 W. Main St., Wilmington. Call 877-274-3848 or visit [themurphytheatre.org](http://themurphytheatre.org).

### April 16

The Hadden Sayers Band will perform, 7:30 p.m., at The Murphy Theatre, 50 W. Main St., Wilmington. Call 877-274-3848 or visit [themurphytheatre.org](http://themurphytheatre.org).

### April 16

Ohio Country Antique Show, Roberts Centre, 123 Gano Road, Wilmington. More than 50 dealers from several states will present antiques at this semi-annual show and sale. Call 513-738-7256.

### May 7

Mike Albert & the Big "E" Band will perform, 7:30 p.m., at The Murphy Theater, 50 W. Main St., Wilmington. Call 877-274-3848 or visit [themurphytheatre.org](http://themurphytheatre.org).

### May 14

Columbus Zoo Animal Ambassadors, 2 p.m., The Murphy Theatre, 50 W. Main St., Wilmington. Call 877-274-3848 or visit [themurphytheatre.org](http://themurphytheatre.org).

## FAYETTE COUNTY

### April 29-May 1

Antique Extravaganza, 9 a.m. to 6 p.m. April 29 and April 30, 10 a.m. to 4 p.m. May 1, Fayette County Fairgrounds. Call 740-569-2800 or visit [scottantiquemarket.com](http://scottantiquemarket.com).

## GREENE COUNTY

### April 2

Woodcock Walk, 7 p.m., Cemex Reserve, 1100 Sanctuary Drive, Fairborn. Learn how to identify the American woodcock. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 9

Spring Beekeeping Clinic, noon, Russ Nature Reserve, 2380 Kemp Road, Beaver-creek. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 9

Wright State University Arts Gala, 5:30 p.m. Performing arts students will entertain patrons with performances ranging from Broadway revues to live sculpting and paint-

ing. Visit [wright.edu/artsgala](http://wright.edu/artsgala).

### April 9

Night Ride, 7 p.m., from Xenia Station to Cedarville. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 10

Taste of Greene County, 11:30 a.m. to 3 p.m., Wright State University, Nutter Center. More than 20 restaurants, bakeries and caterers will present their best and most popular cuisine. Contact Dawn Mader at [dawn@beavercreekchamber.org](mailto:dawn@beavercreekchamber.org) or visit [beavercreekchamber.org](http://beavercreekchamber.org).

### April 10

Spring Wildflower Hike, 1 p.m., Indian Mound Reserve, 2575 U.S. Route 42 E., Cedarville. Meet at the Williamson Mound parking lot. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 22

Full Moon Night Hike, 8 p.m., Crooked Creek Nature Sanctuary, Spahr Road, Sugarcreek Township. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 23

Winter Speaker Series: Gardening for Pollinators, 10 a.m., Narrows Reserve Nature Center, 2575 Indian Ripple Road, Beavercreek. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 23

Night Ride, 7 p.m., from the Old Town Reserve to Young's Dairy. Moonlit bike ride begins at 1360 Old Springfiled Pike, Xenia. Visit [gcparkstrails.com](http://gcparkstrails.com).

### April 30

Lifestyles of the Wet and Slimy Hike, 1:30 p.m., Cemex Reserve, 1100 Sanctuary Drive, Fairborn. Visit [gcparkstrails.com](http://gcparkstrails.com).

### May 20

Beavercreek Rotary's 33rd Annual Foundation Memorial Golf Outing, Beavercreek Golf Club, 2800 New Germany Trebein Road. Contact Mike Zwick at 937-371-2827 or at [mzwick45@aol.com](mailto:mzwick45@aol.com).

## HIGHLAND COUNTY

### April 1-3

"The Great Gatsby," Southern State Community College Theatre, 100 Hobart Drive, Hillsboro. Call 937-393-3431 or visit [sscctheatre.com](http://sscctheatre.com).

## MADISON COUNTY

### April 22

Full Moon Ride, 7:30-10:30 p.m., beginning at the Madison County Senior Center, 280 W. High St., London. Visit [fmcpt.com](http://fmcpt.com).

### May 21

Full Moon Ride, 8-11 p.m., beginning at the Madison County Senior Center, 280 W. High St., London. Visit [fmcpt.com](http://fmcpt.com).



## ROSS COUNTY

### April 3

Paul Brown will perform, 2 p.m., Sunroom at the Brick, 113 E. High St., Franfort. Call 740-998-4060.

### April 9

Spring Awakening, 10 a.m. to 5 p.m., Adena Mansion and Gardens, 847 Adena Road, Chillicothe. This special celebration will highlight the return of life to the gardens and grounds. Call 740-772-1500.

### April 15-17

Arc of Appalachia Wildflower Pilgrimage, Highlands Nature Sanctuary, 7660 Cave Road, Bainbridge. Call 937-365-1935, email info@arcofappalachia.org or visit arcofappalachia.org.

### April 16

Earth Gathering, 8 a.m. to 5 p.m., Pump House Center for the Arts, Yoctangee Park, 1 Enderlin Circle, Chillicothe. This annual juried art festival has an Earth Day theme. Call 740-772-5783 or visit adenamansion.com.

### April 16

The Ultimate Tribute to Wings, The Beatles and Sir Paul McCartney, 7:30 p.m., Majestic Theatre, 45 E. Second St., Chillicothe. Call 740-772-2041.

### April 16

Angela Perley and the Howlin' Moons will perform, 9 p.m., Steiner's Speakeasy, 31 S. Paint St., Chillicothe. Call 740-773-0010.

### April 22

Groove Essential will perform, 7 p.m., Paxton Theatre, 125 E. Main St., Bainbridge. Call 740-634-3333 or visit paxtontheatre.com.

### April 29-May 1

"Steel Magnolias," 7 p.m. April 29 and April 30, 3 p.m. May 1, Majestic Theatre, 45 E. Second St., Chillicothe. Presented by the Chillicothe Civic Theatre. Call 740-772-

2041.

### May 1

The Adena Area Concert Series will present The Circleville Men's Barbershop Chorus, 2 p.m., Sunroom at the Brick, 113 E. High St., Frankfort. Call 740-998-4060.

### May 14

Chillicothe Downtown Associates will present the movie "Mom's Night Out," 7 p.m., Majestic Theatre, 45 E. Second St., Chillicothe. Call 740-772-2041.

### May 15

Teddy Bear Tea at Adena Mansion and Gardens, 847 Adena Road, Chillicothe. Call 740-772-1500 or visit adenamansion.com.

### May 22

"God of Carnage," 3 p.m., Paxton Theatre, 125 E. Main St., Bainbridge. Call 740-634-3333 or visit paxtontheatre.com.

### May 26-30

Feast of the Flowering Moon, Yoctangee Park, 1 Enderlin Circle, Chillicothe. The event will feature Native American music, dancing, traders and exhibits, as well as working craftsmen and an extensive arts and crafts show. Visit feastotheflowering-moon.org.

## SCIOTO COUNTY

### April 1

"Magic of the Night," 7:30 p.m., Vern Riffe Center for the Arts, 940 Second St., Portsmouth. Call 740-351-3600, email info@vrca.com or visit vrca.com.

### April 12

"Ragtime - The Musical," 7:30 p.m., Vern Riffe Center for the Arts, 940 Second St., Portsmouth. Call 740-351-3600, email info@vrca.com or visit vrca.com.

### April 16-17

Lucasville Trade Days, Scioto County Fairgrounds. Call 937-728-6643 or visit lucasvilletradedays.com.

### April 17

The Portsmouth Wind Symphony presents "Trumpets To The Fore," 3 p.m., Vern Riffe Center for the Arts, 940 Second St., Portsmouth. Call 740-351-3600, email info@vrca.com or visit vrca.com.

### April 23

The 50th Annual Jaycees Trout Derby, 6 a.m. to 2 p.m., Turkey Creek Lake, Shawnee State Park. Call 740-353-6709.

### April 23

Boneyfiddle Scavenger Hunt, 10 a.m. to 4 p.m., Boneyfiddle businesses. Call 740-464-0203.

### May 3

Columbus Jazz Orchestra, 7:30 p.m., Vern Riffe Center for the Arts, 940 Second St., Portsmouth. Call 740-351-3600, email info@vrca.com or visit vrca.com.

### May 13-15

"Shakespeare Rocks," presented by the Portsmouth Area Arts Council, PACT Theatre, 614 Third St., Portsmouth. Call 740-351-3642.

## WARREN COUNTY

### April 9

Spring Wildflower Hike, Fort Ancient Earthworks and Nature Preserve, 6123 state Route 350, Oregonia. Call 513-932-4421.

### April 22-24

The Seventh Annual Warren County Pre-Season Showdown. Contact Scott Hofmann at 513-204-7052 or at shofmann@wccvb.org, or Linda Smith at 513-204-7040 or at lsmith@wccvb.org.

### May 7

Girls' Night Out, 4-9 p.m., shops of downtown Lebanon. Call 513-228-2322.

### May 8

Morgan's Extreme Trail Run, 9 a.m., Morgan's Riverside Campground & Cabins, 6262 Gilmour Road, Morrow. The four-mile trail includes densely wooded forest, steep foot inclines, and the toughest hills in Fort Ancient Valley. Call 513-899-2166.

### May 14-15

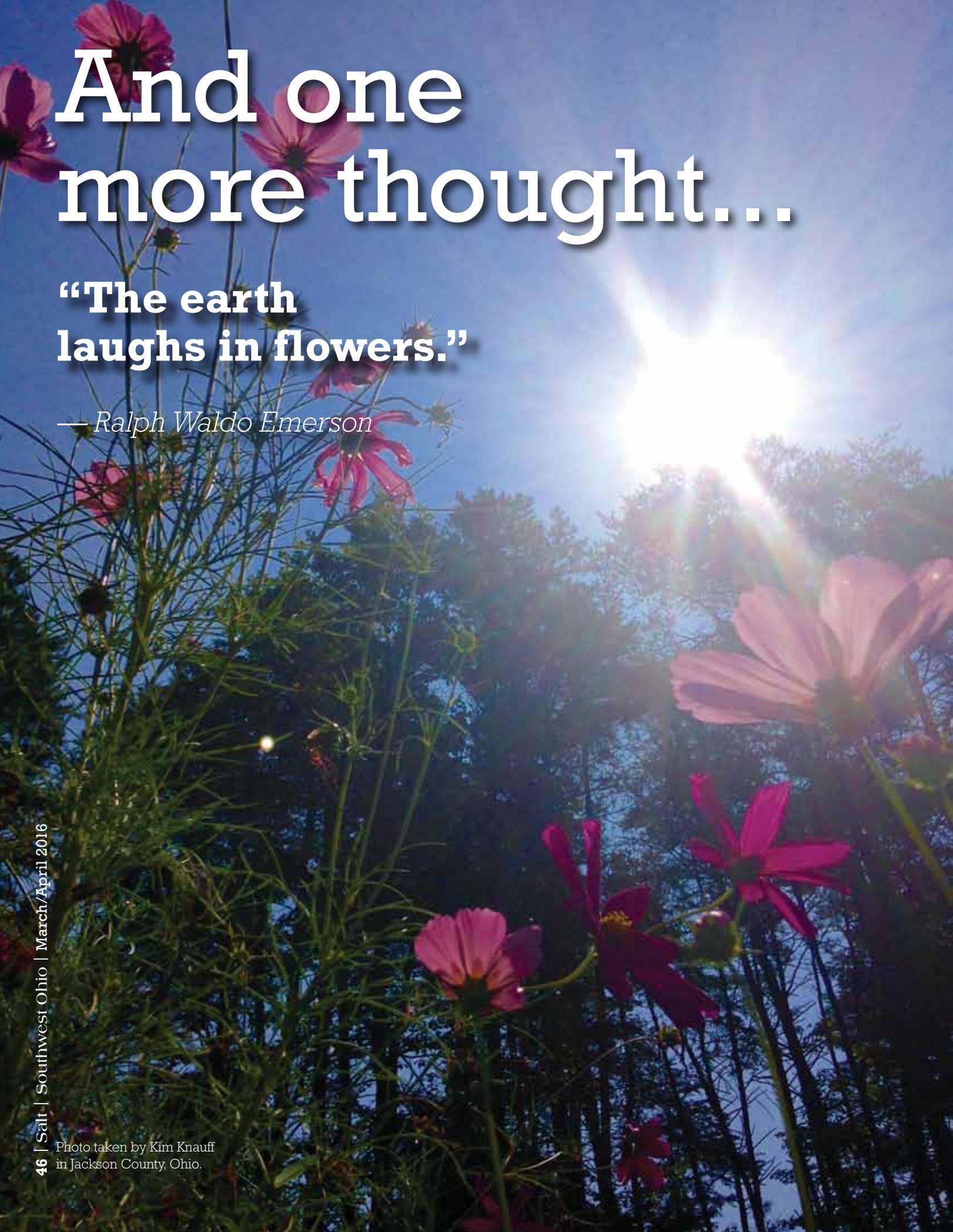
Lebanon Appreciation Days, Lebanon, Mason, & Monroe Railroad, 127 S. Mechanic St., Lebanon. Call 513-933-8022 or visit lebanonrr.com.

### May 20

Old Main Street Antiques Show, 9 a.m. to 4 p.m., Main Street, Waynesville. The event will include more than 30 area antique dealers. Call 513-855-4315.

### May 20

Pioneer Cemetery Tour, 7:30-9 p.m., corner of West and Mulberry streets, Lebanon. Call 513-932-1817 or visit wchsmuseum.org.



# And one more thought...

**“The earth  
laughs in flowers.”**

— *Ralph Waldo Emerson*

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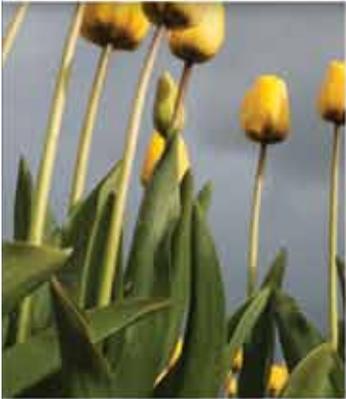
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