Portsmouth focuses forward

Twin bakers sweeten Court House

Making memories at the u-pick
Am I High Risk?
If you have ever been a smoker and answer "yes" to any of these questions, you may be considered high risk for lung cancer.

- Are you over the age of 55?
  - Yes
  - No

- Are you a smoker or have you quit smoking within the last 15 years?
  - Yes
  - No

- On average, do you now or have you ever smoked at least one pack of cigarettes per day?
  - Yes
  - No

Other risk factors include:
- Radon or occupational carcinogen exposure (asbestos, arsenic, diesel fumes, etc.)
- Family history of lung cancer
- COPD or pulmonary fibrosis
- Personal history of cancer or lymphoma

How Do I Decide If I Should Be Screened?
Low-dose CT screenings provide earlier detection, when lung cancer is most treatable.
Discuss your medical history, the risks of screening and benefits with your doctor. In order to be covered by Medicare, you must visit your doctor and have an order.

Is This Screening Covered By My Insurance?
Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer. This screening is covered by Medicare when ordered by your doctor after a lung cancer screening counseling appointment.

What You Can Do
- If you are a smoker, start a plan to quit. We can help!
- Make your home and work environment smoke-free.
- Be aware of occupational exposures.
If you are still smoking, talk to your physician about ways to help you quit.

For more information on lung cancer screening, call 937.382.9595.
A Low-Dose CT Screening Could Save Your Life!

Are You a Smoker or Former Smoker?
- COPD or pulmonary fibrosis
- Radon or occupational carcinogen exposure
- Other risk factors include:
  - Never smoked and is over 50 years old
  - Active or passive smoking and is over 50 years old
  - Strong family history of lung cancer
  - History of occupational or environmental exposure to asbestos, arsenic, diesel fumes, etc.

How Do I Decide If I Should Be Screened?
- If you have ever been a smoker and answer “yes” to any of these questions, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- This screening is covered by Medicare when ordered by your doctor after a lung screening.
- Be aware of occupational exposures.
- Other risk factors include:
  - History of smoking
  - History of occupational or environmental exposure to asbestos, arsenic, diesel fumes, etc.

Is This Screening Covered By My Insurance?
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- This screening is covered by Medicare when ordered by your doctor after a lung screening.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.

Other risk factors include:
- History of smoking
- History of occupational or environmental exposure to asbestos, arsenic, diesel fumes, etc.

What You Can Do
- Call 937.382.9595.
- For more information on lung cancer screening, we can help!
- Visit our website, CMHRegional.com.
- For more information on lung cancer screening, we can help!
- Call 937.382.9595.
- For more information on lung cancer screening, we can help!
- Visit our website, CMHRegional.com.

Am I High Risk?
- If you have ever been a smoker and answer “yes” to any of these questions, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- This screening is covered by Medicare when ordered by your doctor after a lung screening.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
- If you are still smoking, talk to your physician about ways to help you quit.
- If you are a smoker or have quit smoking within the last 15 years, you may be considered high risk for lung cancer.
- Your insurance may or may not cover the cost of a low-dose CT screening for detection of early-stage lung cancer.
CONTENTS

Features
Power of Positivity............................. 7
Uncommon Courtesy ...................... 11
Travel, Scoop, Repeat ..................... 12
In the Kitchen With......................... 14
Head Down To The Fair .................. 17
’We Need Lots of Bee Fans’ .......... 20
Picking some memories ................. 22
Reader Recipes............................ 26

Recipes
Buckeyes........................................ 15
Raspberry Freezer Jam ................. 24
Raspberry Pie............................... 24
Diabetic Hawaiian
  Wedding Cake ......................... 26
Skillet Meal ................................ 27

On the Cover
This photo of the Boneyfiddle District of Portsmouth is by Jacob Smith.
Grumble, grumble, grumble.
It’s so easy to spiral into bad attitudes. It’s pretty easy to throw pity parties for yourself, for your town, for your country.
This isn’t what should be, we say, stomping our little feet like toddlers.
But let’s press pause for a moment and focus on the good. There is an awful lot of it, once you look. From the entire community of Portsmouth banding together to change the conversation to the simple joy of Ohio being really, really good at making ice cream. So get a scoop, and enjoy it without feeling guilty about the calories. Get involved in your town, without making excuses about your busy schedule or that your efforts will make no difference. Support the good. Help it grow.
This issue of Salt magazine offers stories explaining what Portsmouth is up to, a baker who has grown her business in Washington Court House, gardening with bee health in mind, tips on making a visit to the u-pick patch successful and full of memories, a look back at county fair history and Ohio’s ice cream culture.

Here’s to 10!

Summer flavors are some of the best flavors. The fresh produce is what sends me over. Here’s a great recipe from the Pairings and Platings blog, via Bob’s Red Mill, that is delicious and flexible — flexible enough that it could be finished on the grill instead of the oven. Options abound, too: Consider skipping the beef and increasing the quinoa for a meatless dish. I usually end up with extra filling, which stuffs tortillas just as well as peppers.

Southwest Beef and Quinoa Stuffed Peppers

Preheat oven to 400 degrees. Bring stock to a boil in a pot that has a lid. Rinse and drain quinoa in a sieve. Add quinoa to stock once boiling. Cover, reduce heat to low and cook for 15-20 minutes.
Cut peppers in half and remove seeds. Place on a baking sheet, drizzle with olive oil, season with salt and pepper and bake until softened, about 8 minutes.
In a large skillet, brown beef and drain fat. Add onions, garlic, spices to taste and tomatoes. Simmer for about 5 minutes. Stir in cooked quinoa.
Fill peppers with beef mixture and top with cheese. Bake for 10 minutes.
Bristol Village offers a unique active senior living experience—with customized, individual homes, a friendly community and wide-ranging activities. You are sure to find the perfect fit for your lifestyle and budget with 10 professional designs ranging from a charming duplex to a sprawling two-story. You will have plenty of time to enjoy your new neighbors and all the amenities Bristol Village has to offer with our maintenance-free lifestyle.

For more information, or to schedule a tour, please contact a Retirement Counselor at 1-888-557-8947.

www.bristolvillage.org
660 E. Fifth Street, Waverly, OH 45690
1-888-557-8947
Surround yourself with negativity, and attitudes will spiral downward. Focus on positivity and hope, and spirits — maybe even a whole town’s — will rise.

Last year, Portsmouth groups began working together toward the common goal of bringing life back into downtown Portsmouth and change the perception of the small community. More projects and plans are in store for this year.

Jeremy Burnside, one of the founders of Friends of Portsmouth, said the community needed something to bring a positive light on a community he has lived in for the past 10 years. The local attorney said many hours were spent by community members last summer as they worked together to paint and power wash the historic Boneyfiddle and Chillicothe Street area.

Then on Aug. 18, the community banded together to break a world record. With a representative from Guinness Book of World Records on site to confirm, the record for most plants potted simultaneously was broken with 1,405 participants, knocking out the previous record of 500. The attempt was just one part of the Plant Portsmouth events, organized by the Friends of Portsmouth group and Burnside. The event sought to bring together hometown-proud individuals who wanted to put Portsmouth on the map as a city that was taking a step in the right direction.

“We’re not a flash in the pan,” Burnside said.

The event brought in over 500 volunteers to assist in a giant cleanup effort of Chillicothe and Market streets, which came together to paint light posts, power wash business fronts and sidewalks and stain brick, among other projects. With the overwhelming support of the event from local businesses, Plant Portsmouth raised $75,000 to go toward beautification
efforts, while ticket sales from volunteers launched them over the $100,000 mark. Additionally, the inaugural Town Ambassadors were introduced, those who will make it their mission to see that Portsmouth continues on the right path.

One world record proved not enough for Friends of Portsmouth. During the month of December, the group gathered forces for Winterfest and a second record attempt. The month-long festival featured ice skating, a live nativity scene, decorated storefronts and festive street lighting. On Dec. 15, another world record was set by almost 1,900 in attendance for the most people Christmas caroling simultaneously. It beat the previous record set in Waukesha, Wisconsin.

Portsmouth Acting Mayor Kevin Johnson was among the carolers that night. He had nothing but praise for the Friends of Portsmouth and Winterfest. Johnson said Winterfest was proving to be a wonderful family festival. “We’ve been on the ‘glice,’ taken a carriage ride and just generally had a good time,” Johnson said.

By “glice,” Johnson was referring to the special plastic that was used for a temporary skating rink at Winterfest.

Two major projects for this year include the recent merger of Friends of Portsmouth with the Portsmouth River Days Committee. Burnside said Friends of Portsmouth is “honored that they asked us for a succession plan.” Burnside also said there are plans in the works for a mountain bike trail in Shawnee State Forest.

“We could easily be Ohio’s mountain bike capital,” Burnside said. “We know that it’s going to draw people to the area.”

Burnside said they hope to connect the Boneyfiddle District to the mountain bike trail and include shuttle service to and from Shawnee State Park.

Friends of Portsmouth has also orchestrated lighted arches over Second Street in the Boneyfiddle District. Although plans are still being made, Portsmouth City Council has been cooperating, Burnside said.

Burnside said most of the members of Friends of Portsmouth have full-time jobs and small children. He said they just want to leave their children a place to live, work and raise their family someday.

“We wanted to instill hope,” he said. “We want to get that hope to grow.”

Burnside said there is now a feeling of excitement he hasn’t seen in the 10 years he has been practicing law in Portsmouth.

“People are now starting to get interested. By no means … we’re not stopping,” Burnside said. “We’ve got a lot of plans that will start bringing a tangible payoff.”
Show Your Support
May 18-Oct. 26: Main Street Portsmouth’s Farmers Market on the Esplanade
May 31: Final Fridays in Boneyfiddle presents “Portstock”
June 1: Main Street Portsmouth’s Second Street Sales
July 13: Blues, Brews and BBQ, held by Spartan Municipal Stadium
Aug. 17: Main Street Portsmouth’s Cut-Throat Karaoke
• For details, visit friendsofportsmouth.com

Pickett Run Farm
Greenhouse & Nursery
In Stock For Your Early Planting Needs
• Pansies, Violas - In Bloom
• Blueberries, Blackberries, Raspberries, Grapes, Gooseberries - 12 Varieties
• Cabbage, Broccoli, Cauliflower, etc
• Asparagus Crowns - Jersey knight, Purple Passion
• Seed Potatoes - 12 Varieties
• Candy Onion Plants and others - 7 Varieties
• Strawberry Plants - 9 Varieties
• Rhubarb is back; Crimson Red; 2 Gal Started Plants
• Onion Sets - Yellow + White + Red
• Garden Seeds - Wider Selection than Ever
• 3 New Triple Sweet, sweet corn varieties
• Market Growers, ask for quantity pricing.

TISSOT’S HOME CENTER
206 N. ELM ST., HILLSBORO, OH 45133
(937) 393-4275

Flooring Wallpaper Paint Braided Rugs Blinds Cabinets

HOURS:
MONDAY - FRIDAY 7:00 A.M. - 5:00 P.M. SATURDAY 7:00 A.M. - 12 P.M.
CLOSED SUNDAY

IF YOU ARE LOOKING FOR GREAT SELECTION, GREAT HELP, AND INSTALLATION, STOP IN AT TISSOT’S IN HILLSBORO

Take 50 East to Barrett Mill Rd, turn right then right on Cynthiana Road 3/4 miles. Watch for signs.
14415 Cynthiana Rd. • Hillsboro, Ohio
Open 8-6 M-F • 8-4 Sat
Color me “old-fashioned,” but I yearn for the good old days when you’d let someone pull out in front of you on the highway and you’d get a “thank you” wave. These have gotten to be few and far between and I want my kindness to be acknowledged! I know we are supposed to give “unconditionally,” but is a wave too much to ask?

Worse is when you hand someone money for a purchase and don’t even get a “thank you.” These days, it’s become common for people to hand you your change with “Here ya go!” or “You’re all set!” Where is my “thank you?” I used to find myself thanking them. Somebody has got to do some thanking in this transaction. I caught myself doing this and had to consciously vow to stop. I was actually showing gratitude to THEM for accepting my money. It’s all backwards!

Sometimes, I hand them my money and say, “Here ya go!” This negates their “Here ya got!” and forces them to go to “Have a nice day.” One step closer to a “thank you.” Maybe I’ll start saying, “Here-ya-go-have-a-nice-day” really fast, thus preempting them and forcing them to go to “Thank you.” No, they’d find a way to bypass the “thank you” and go straight to “You’re all set.”

Some places ask for your email address. I’m old enough that I can say, “I don’t have one” and they believe me. If you give it to them, they’ll hound you until the end of time. I don’t think a one-time transaction needs to turn into a long-term relationship. When they ask for my phone number, I pretend I can’t remember. I love playing the Old Lady Card.

As part of their incessant inquisition, they also make sure to ask you, “Do you want your receipt in the bag?” When was it decided that this was to be part of the exchange and not the “thank you?” To me, it’s an odd question. In a way, I don’t think it’s really any of their business where I want my receipt. Maybe I want to tuck it away in a Swiss bank account or include it in some nefarious scheme. Why don’t they just hand it to me and let me stow it where I want? Why do they offer to put it in the bag for me? Do they think I’m incapable? If they’re willing to put the receipt in the bag for me, would they be willing to put it anywhere I wanted it? Aren’t they kind of setting themselves up for a potentially unpleasant situation? What if I turned around and offered up my backside, “Would you be a dear and put it in my back pocket?” Or between my cheek and gums or in my shoe.

Be careful what you ask for Retail People, that’s all I’m saying. There ya go! Free advice and you don’t even have to pay me. You’re all set!
Many foods are synonymous with Ohio: buckeyes, chili and … ice cream?
Yes, Ohio has become a destination when it comes to any “screaming” for ice cream. In fact, OhioTourism has outlined an Ice Cream Trail with 20 stops throughout the state. And with each stop comes not only a variety of flavors, but also a variety of experiences.

Young’s Jersey Dairy
One such stop is Young’s Jersey Dairy, located in Yellow Springs. There, visitors can find, not only ice cream, but a “fun, family, memory-making … experience,” according to Chief Ice Cream Dipper (or CEO) Dan Young.

“We create fun for our customers,” he added, referencing the dairy’s mission statement.

The ice cream found at the dairy is all made on site. “We’re a working farm,” Young said, adding that the dairy also makes cheese as well as ice cream.

Along with many traditional ice cream flavors, Young said, the dairy also has seasonal flavors, such as pumpkin, cinnamon, peppermint stick and eggnog.

In addition, the dairy likes to “experiment around,” he said. As an example, Young described Farm Sunrise — a flavor that is brand new this year.

The ice cream is cake batter-flavored, with blue and red cookie dough pieces. “I know kids are going to like it,” he said, adding that it is “so bright and colorful.”

Make it a trip
In addition to these stores, the Ohio Ice Cream Trail also has scoop shops as far west as Celina, as far east as Youngstown, as far north as Sandusky, and even another stop at the southern tip of the state in Cincinnati.
A full list of the trail can be found at trails.ohio.org/ice-cream.

Young also described flavors the dairy creates for special events, such as the annual Wool Gathering.

Entering its 24th year, the Wool Gathering is “all about natural fibers,” Young said.

Wooly Wonka is the flavor made just for the Wool Gathering. This caramel-flavored ice cream has marshmallows and chocolate chunks.
You’re going to love this.”

When patrons say that, he replies: “Then late?” When patrons say that he usually responds by asking, “Do you like chocolate ice cream? What’s that?” He said the flavor that the dairy is most famous for is Cow Patty.

“Double dark chocolate ice cream with chocolate chips, chocolate cookie pieces and chocolate-covered toffee. In addition to ice cream, the dairy also has miniature golf, batting cages, a giant slide, a driving range, plus a farm animal petting area and barn. “We strive for everyone to have a fun experience while they’re here,” Young added.

Young said the flavor is “We create fun for our customers.”

— Dan Young, Chief Ice Cream Dipper (or CEO), Young’s Jersey Dairy

Young also described how the dairy also has miniature golf, batting cages, a giant slide, a driving range, plus a farm animal petting area and barn. “We strive for everyone to have a fun experience while they’re here,” Young added.

Young’s Jersey Dairy is located at 6880 Springfield Xenia Road, in Yellow Springs. To learn more, visit www.youngsdairy.com.

**Tom’s Ice Cream Bowl**

Heading east, another stop on Ohio’s Ice Cream Trail is one that has been nationally recognized for its frozen treats. In 1998, Tom’s Ice Cream Bowl was featured in USA Today as the No. 1 ice cream shop in the country. Then, just two years ago, the shop was highlighted on the Food Network show “Ice Cream Nation.”

Owner Bill Sullivan said it feels “unique” that a store in a “little place like Zanesville” is known nationally.

Sullivan has been the owner of Tom’s since 1984, when Tom Mirgon retired and sold it to him. Mirgon, along with Jack Hemmer, were cousins who first opened the restaurant in 1948. Back then, it was called Jack Hemmer Ice Cream and was located on Linden Avenue. In 1950, the restaurant outgrew that location and moved to McIntire Ave., where it still stands today.

In 1957, it became Tom’s Ice Cream Bowl — and has been a must-stop for ice cream lovers ever since. The restaurant has stayed true to its history, Sullivan added, saying, “When you walk in the door, it’s like walking back in time (to the 1950s).”

He described the ice cream, saying that it is homemade and “made fresh.”

“We use the best ingredients we can find,” Sullivan said, adding that the recipes are the same ones that have been used for about 70 years. “The consistency of the quality of our ice cream,” Sullivan said, plays a role in setting it apart, as does the restaurant’s “very large portions.”

But the item that put Tom’s Ice Cream Bowl “on the map,” Sullivan said, is its banana split.

“We don’t make them the conventional way,” he said. Banana splits, like all ice cream at the restaurant (except for small sizes), are served in soup bowls. The banana split is then made from the bottom up, with sliced bananas first, then ice cream, then toppings. “It’s all you can do to eat one banana split,” Sullivan added.

In addition to ice cream, the Bowl also serves homemade soups and sandwiches. Tom’s Ice Cream Bowl is located at 532 McIntire Ave., in Zanesville. To learn more about the restaurant, visit www.tomsicecreambowl.com.

**Hyde Park Graeter’s**

From Zanesville to Queen City, another stop on the Ice Cream Trail is the Hyde Park Graeter’s.

“It’s our oldest continuously operated store,” said district manager Brian Packert. “We’ve been there for a really, really long time.”

Graeter’s produces about 30-40 flavors a year, Packert said. However, their most popular flavor is black raspberry ice cream. “We’re known for (that),” he said, describing it as a “signature flavor.”

“We make more of that than anything,” he added. Packert also described how Graeter’s ice cream is made, saying, “We use what is called a French pot process.”

Made in a cylinder, the ice cream ingredients inside freeze and churn. As the cylinder spins, air is pushed out. Most modern ice creams, Packert said, are made in a whipping process rather than a churning one. As a result, air is brought in rather than pushed out, like Graeter’s.

Graeter’s ice cream, he said, is about 10% air, whereas most of its contemporaries are about 50%. He added the butterfat content is higher with Graeter’s, at 18% (as compared to a typical 12%).

Overall, Packert said, making the ice cream is a “very crafty process.”

The Graeter’s factory, Packert added, has about 32 machines that make ice cream for 56 stores, as well as stock freezers in over 4,000 groceries. He also said that the ice cream is made in small batches — about two gallons at a time.

And while the business has grown, the original Graeter family is still a part of the business. Packert said that they still live in Cincinnati. In fact, the family is in its fourth generation of business.

Graeter’s Hyde Park location is at 2704 Erie Ave. in Cincinnati. To learn more, visit www.graeters.com.
Jill Barry and her twin sister Joan West own Two Scoops of Sugar, located in downtown Washington Court House within Fayette County.

Barry and West started their work at home in 2010 before they opened the brick-and-mortar business Sept. 1, 2014. Though it was a very rapid process getting their business underway, both sisters have stepped up and created something truly sweet with their plethora of desserts, drinks and more. From traditional to creative cookies, scones, muffins, brownies, pies, holiday breads, to numerous kinds of cupcakes, the menu is delicious. Additionally, the sisters also sell candy and coffee.

Their business also provides a small stage at the front of the shop that has been the home of several activities. Some of these activities include a spelling bee hosted by Carnegie Public Library, promotions for local boutiques and Santa visits during the winter. They also provide free cookie decorating for children during the annual Christmas Parade which passes directly in front of their business. The sisters said they hope to branch into more fundraisers and assist local school clubs in the future.

“It’s a big accomplishment for us. We always wanted to do it, so it’s cool we finally did it. Main Street Fayette themselves do a lot with us. We do shop hops once a month and we try to add things to it just to encourage people to come to our place. … That has been nice to have things like the Scarecrow Festival, the Chocolate Walk and a Wine Walk.”

Though their business is small, Barry said they have a dedicated customer base that they consider family. The sisters said they hope to branch into more fundraisers and assist local school clubs in the future. "It kind of makes us proud,” Barry said of opening a business in their hometown.

“We have a really great relationship, and I think it helps that we are twins. We have literally done everything together our whole lives.”

— Jill Barry
Buckeyes

1 cup peanut butter
2 3/4 cups powdered sugar
1/2 cup butter, room temperature
Melted chocolate, your choice

Mix butter and peanut butter together with mixer until creamy. Then add powdered sugar, slowly, while mixing. Once the dough is mixed, roll into small balls and dip into melted chocolate. Let set and serve.

Two Scoops of Sugar
249 E. Court St.
Washington Court House
twoscoopsofsugar.com

After a brief discussion about what dessert to showcase, Barry decided she wanted to share their take on a recipe that she said most people may already have but is definitely a favorite around their business: Buckeyes. The treat is a staple and is given away during various events, including the annual Chocolate Walk and when Santa comes to visit them near Christmas time.
Because There Are Moments

You Just Can’t Miss

There are lots of good reasons to get a lung cancer screening, but you really only need one. And if your not exactly sure what that is, just ask the people who love you. Because with early detection of lung cancer you’ll have a better opportunity to live the moments they don’t want you to miss.

Contact SOMC to learn more about our lung screening program at 740-356-LUNG.
Story by Jane Beathard

Visitors to any of Ohio’s 82 county and independent fairs this year may not realize they are partaking of a tradition as old as the Bible.

While strolling a modern midway munching sugar waffles or elephant ears, it’s hard to imagine the very first fairgoers likely gathered to worship, pray and do a little trading on the side.

As early as 500 B.C. these religious (cum commercial) events were held regularly in major cities around the Mediterranean and mid-East.

In cities like Tyre, Ninevah, Athens, Rome and Mecca, religion and trade co-mingled comfortably.

In fact, the word “fair” likely originated from the Latin word “feria” which means “holy day” — a time when numbers of people assembled in these cities not only to attend temple but to transact business in fields adjoining the structures. The fields became known as “fairgrounds.”

That tradition of mixing religion and business continued through Medieval times in Western Europe where Christian churches charged merchants to set up trading booths. It was good business all the way around. And money generated helped those early churches expand and prosper.

Fairs also sprang up along major trading routes, leading to the creation of uniform weights and measures and the grading of goods sold at these events. About this time, fairs became more secular, losing their religious associations along the way.

Coming to the Americas

The first recorded fair in the New World occurred in 1765 in Windsor, Nova Scotia. It continues today as the Hants County Exhibition and is primarily an agricultural show.

The first American fair began modestly in 1807 in Pittsfield, Massachusetts. A local Merino sheep breeder named Elkanah Watson, once an adviser to President George Washington, exhibited two of his finest animals under an elm tree in order to show off their fleece. So many locals turned out to see the wooly critters that Watson and local farmers organized a bigger event three years later that included not only sheep, but cattle, oxen and pigs as well.

That Berkshire Cattle Show was the birth of the modern agricultural fair in the United States. Within 100 years, almost every state and territory...
began holding some type of similar agricultural exhibition and celebration.

These events became more popular in the new United States than they ever were in Europe because they involved working farmers whose labors cleared the land, sowed the seeds and tended the livestock. The Cincinnati Society for the Promotion of Agriculture, Manufactures and Domestic Economy was organized in 1819 with Gen. William Henry Harrison as president of the organization. A year later, this early agricultural society held its first fair “at E. Hutchinson’s.”

Within a few years, other Ohio counties began organizing similar agricultural societies — all privately managed. That led to fairs in Ashtabula County in 1823, Portage County in 1825 and Athens County in 1828.

Geauga County’s fair began in 1823 and continues to this day. It is the longest-running county fair in the state, according to Mary Ann Arter, a 93-year-old fair enthusiast and widow of former Ohio Fair Managers Association President William Arter.

Arter remains active with the association and once wrote a history of her family’s involvement with the Hartford Independent Fair in Licking County.

In 1846, the Ohio legislature created the state board of agriculture and placed county agricultural societies under its management. Existing private societies reorganized. And within a few years, every county was home to an agricultural society.

In a world where farming practices were changing rapidly, these societies educated rural folks about the newest methods, machinery and scientific breakthroughs. Part of that education process included agricultural fairs where learning led to competitions in mechanical and domestic arts, as well as entertainment, parades and horse racing.

**Modernizations**

Some consider 1850 to 1870 the “golden age” of agricultural fairs nationwide. Ohio was no different.

By 1860, each Ohio county held some type of fair with a few areas also hosting independent fairs. Entertainment in those early days centered on sheep shearing and plowing matches. Later it included games of skill, stage shows and other attractions.

Youth organizations like 4-H and FFA became major exhibitors in the early 1900s. 4-H was founded in Clark County, Ohio, in 1902 and FFA was founded in 1928 in Virginia. In 1924, Ohio became the first state to award prizes for junior club exhibits.

Electricity reached fairgrounds in the 1930s and 40s, changing forever the look and nature of fairs.

Arter said the coming of electricity was the “single biggest boost” to fairs in Ohio.

Activities took place both day and night. The modern midway was born, featuring a greater variety of concessions that served food “cooked on the spot” in trailers hooked to electrical service.

Games and shows were regulated with rules set down by the state agriculture department. No cash gambling, raffles or lotteries were allowed. Crime, freak, horror and “girly” side shows were likewise banned.
After World War II, harness racing exploded throughout the East and Midwest and became a feature of many Ohio fairs — including the Delaware County Fair which hosts the Little Brown Jug pace to this day.

**Legacy**
As Ohio became more urbanized, fairs attracted as many townsfolk as farm folk. They all gathered to socialize and learn a little. Education shifted from the newest piece of farm machinery to more consumer-based issues like food safety, health and animal husbandry.

Entertainment also changed, beginning in the 1960s, with many fairs attracting big-name performers — especially country music artists that were popular with a wide variety of fans.

The new millennium brought new challenges for local fairboards. By 2000, a majority of Americans were older than 55. Fairs faced the problem of providing services and attractions to meet the needs and desires of this aging population.

Today, the International Association of Fairs & Expositions notes about 2,000 fairs are held in North America annually.

Has the popularity of these events — especially county fairs — waned? Not so, says Arter. Despite the fact that many Ohio fairs are struggling financially, she believes their popularity has yet to peak.

“I am hopeful that Ohio fairs will continue to be a ‘Family Fun’ place. That they continue to have events for families of all ages — a place that a family can enjoy a day together,” she said.

Information for this article came from the following sources: Agricultural Fairs in America, Julie A. Avery, editor; A Farmers’ Centennial History of Ohio 1803-1903; Report of the Ohio Dept. of Agriculture & County & Independent Fairs 1936; History of Fairs 1916; The Ohio Legislative Services Commission’s County Fairs In Ohio 1955 and The History of Fairs by the International Association of Fairs & Expositions; A History of Ohio Fairs, published by the Ohio Fair Managers Association 1999.
OSU program director shares tips on gardening for bees

Story by Sarah Allen
Photos courtesy of Denise Ellsworth

A buzzing in the air means more than just honey. It also means food on the table and a beautiful, healthy environment. And while beekeeping has grown in popularity as a way to help bees, it’s not the only way. In fact, all a person needs is a green thumb.

The main idea when it comes to gardening for bees is to grow more flowers, according to Denise Ellsworth, program director for Honey Bee and Native Pollinator Education at Ohio State University’s Department of Entomology.

When starting a garden for bees, Ellsworth said it’s important to learn what grows well in your area. The best advice to keep in mind, she said, is: “Native plants for native bees.”

Some suggestions of plants suitable for this area included mountain mint. “It’s a real magnet for all kinds of pollinators,” Ellsworth said. “And it’s easy to grow if you have sun.”

“Milkweeds are really key as well,” she added. “They’re one of the best nectar sources.”

“We encourage people to spread the word. We definitely need the bees, and we need lots of bee fans.”
— Denise Ellsworth, program director for Honey Bee and Native Pollinator Education, Ohio State University’s Department of Entomology
Ellsworth also said that milkweeds are important for Monarch butterflies, as the nectar from them is “flight fuel.”

Ellsworth added that “trees are really important, too” as they are a “good early season food source.”

And, late in the season, shrubs and native perennials, such as asters and golden rods, can also be helpful to bees.

But gardening is only the beginning. Most bees, Ellsworth said, are not managed through beekeeping. Most are wild. As such, she said it’s important to protect places that bees use for nesting, resting and living. One way to help bees is to, at the end of spring, cut perennials at about knee-eight. Bees can nest in the hollow stems.

Some bees she said are solitary, which means they don’t have queens, workers or drones. “Just moms and dads,” she said. To protect bees like that, Ellsworth added, it’s important to not disturb the soil where they can make their homes.

Ellsworth also said that, while pesticides do play an important role, if pesticides get in the nectar of plants it could have negative impacts on bees.

Pesticides can affect bees’ learning and memory. For instance, they might not be able to find their way home, or they may forget which plants are best.

It’s important, Ellsworth said, to look at numerous strategies to “reduce the need for pesticides.”

One alternative, she said, is to introduce beneficial insects that can act as predators to the nuisance bugs.

And while many people may consider bees to be a nuisance themselves, Ellsworth said that they “play a keystone role in the environment” — and are not as dangerous as they may seem.

While there are bees that sting, there are those that can’t. In fact, many bees don’t have a stinger at all, or their stingers are very small. Most bees, Ellsworth said, “are more docile (and) ... rarely, if ever sting.”

Bees are an integral part of food production, Ellsworth added, saying that roughly one in every three bites we eat can be traced back to pollinators.

But they also affect native plants and wildlife. Pollinators help ensure that trees, shrubs and wildflowers can grow and provide seeds and fruit for animals to eat.

“We encourage people to spread the word,” she said. “We definitely need the bees, and we need lots of bee fans.”
Summertime is a season for making memories and having fun — and one way to do just that is by visiting a u-pick farm. At these farms, visitors will find more than delicious fruit — they will also find experiences that will forever plant themselves in their memories.

“We’ve found that u-pick is way different than it was 20 years ago,” said Jeff Probst, who co-owns Blooms & Berries Farm Market with his mother, Cathy.

In the past, Probst said, u-picking was about volume. “Now it’s not so much about filling a freezer … but about having a fun weekend,” he said.

Many visitors are “craving that farm experience,” he said. It’s an outing that comes with a “delicious reward” and that also supports the local economy.

At Blooms & Berries, visitors can pick blueberries and strawberries. Probst added that, this year, they are also trying out u-pick green beans and sweet corn.

Berryhill Farm is at 127 E. Krepps Road, just south of Xenia.

B&D Berry Farm is at 1042 Inlow Ave. in Peebles.

Blooms & Berries Farm Market is at 9669 S. state Route 48 in Loveland.

Karnes Orchard is at 8200 Worley Mill Road in Hillsboro.
Blooms & Berries also has snacks in their bakery and a picnic area, as well as a farm market and garden center.

Probst also said that Blooms & Berries also hosts Fall on the Farm each year, which includes a pumpkin patch, hay rides and a corn maze.

“We try to make it so you can spend a good amount of time and enjoy a day in the country,” Probst said.

That idea was echoed by Zelda Karnes, who co-owns Karnes Orchard with her husband Steve.

After picking, she said, many people like to climb the orchard’s hill and enjoy the “beautiful view.”

Karnes Orchard offers tart cherries and apples for u-pick, and sometimes peaches, depending on the amount available.

Visitors to the orchard are given baskets for collecting their fruit. Karnes said. She added that the orchard’s rows are marked with signs, signifying the varieties and what is available for u-picking at that time.

She added that the trees are grown on trellises, which means that there is fruit as low as a person’s ankles or as high up as they can reach.

“It’s accessible for two-year olds to 100-year olds,” Karnes said. That also means that areas of the orchard are wheelchair-accessible.

If someone is new to u-picking, she added, the Karneses will take them out into the orchard and show them around. She encourages people to ask questions.

After all, the most important part of any u-pick outing is to have fun. B&D Berry Farm owner and operator Richard Burke described u-picking, saying, “The thing I like about this is the experience for the younger generation,” he said.

As an example, he said that many people under age 30 don’t have memories of picking blackberries at their grandparents’ farm.

“We’ve had so many positive remarks from people because they’ve never done it before,” Burke added.

B&D Berry Farm has “almost 1,100 (blackberry) plants” on its two acres, Burke said, adding that the farm provides everything visitors may need.

“You don’t need gloves, you don’t need boots,” he said. He also said that the farm has wagons and folding chairs available, and that they are pet-friendly. B&D Berry Farm also sells jams, jellies and honey.

Burke encourages visitors to taste the berries while they’re picking. “A lot of (visitors) are repeat customers,” he said. “They love it…. It’s a fun experience.”

And while u-picking is definitely about fun, it’s also about connection. According to Berryhill Farm owner Chris Sutton, “You can actually talk to the people who grow your food.”

He added that families often pack lunches, eating between pickings. “They make an experience out of it,” he said.

Located in Xenia, Berryhill Farm is in its 21st year of business. Sutton said his parents started it with his siblings and that he’s “grown up building this farm.”

The 20-acre farm offers blueberries, blackberries and red raspberries.

And while these area farms might all come with special, unique experiences, they collectively had these tips when it comes to u-picking:

• Plan for the picking seasons.
Probst said that different geographic areas have different picking times. Checking the farm’s website will help visitors know when fruits are ready to be picked and also if there are any closings for various agricultural reasons.

• Come closer to opening.
“We get picked out a lot of times,” said Sutton. “(If you come early) you’ll have a better experience all around.” He added that, if you’re coming from a longer distance, it helps to call ahead. Similarly, Probst said, “Picking in the morning is always a good bet.” Earlier picking also means cooler temperatures and fewer crowds.

• Don’t necessarily set up in the first spot you see.
Probst suggested looking around, as some of the best picking might be in unexpected areas.

• Dress for the outdoors.
Probst described u-picks as working farms. As such, visitors will get an “authentic experience.” He also said that sunscreen is essential and that bug spray “is not bad to have” either. Similarly, Karnes said, “Come dressed prepared for walking in an orchard.” Closed-toed shoes, she added, are usually the best option.

• Bring different methods of payment.
Probst said that, while Blooms & Berries takes credit cards, not all u-pick farms do. If you’re planning on using a credit card, make sure the farm accepts it before your trip.

• Have fun.
“The best u-pick experience is to just come and have a good time,” Burke said.
Enjoy these recipes shared by Stephanie Stokes, of Stokes Berry Farm in Wilmington, from the July 2010 issue of Salt magazine:

**Raspberry Freezer Jam**

- 4 cups berries
- 3 1/2 cups sugar
- 1 box Sure-Jell Premium Fruit Pectin
- 1 cup water

Crush raspberries in bowl, Steve half the pulp to remove some seeds, if desired. Measure sugar into a large saucepan. Stir in Sure-Jell until thoroughly mixed. Stir in water. Bring mixture to boil on medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat. Stir raspberries quickly into hot mixture. Stir 1 minute or until thoroughly mixed. Pour into prepared containers, leaving 1/2 inch space at top for expansion during freezing. Cover. Let stand at room temperature 24 hours until set. Refrigerate up to three weeks or store in freezer up to one year. Thaw in refrigerator. Makes about 6 cups of jam.

**Raspberry Pie**

**Pie filling:**

- 5 cups black raspberries
- 1 cup sugar
- 1/4 cup cornstarch
- Dash salt
- 1/4 cup water
- 2 tablespoons lemon juice
- 1 tablespoon butter

**Crust (for double-crust pie):**

- 2/3 cup plus 2 tablespoons shortening or 2/3 cup lard
- 2 cups flour
- 1 teaspoon salt
- 4-5 tablespoons cold water

For filling, mix together sugar, cornstarch and salt. Pour over raspberries and mix gently. Add water and lemon juice.

For crust, cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl. 1-2 tablespoons water can be added if necessary.

Gather pastry into two balls. Shape into flattened rounds on lightly floured cloth-covered board. Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into pie plate, pressing firmly against bottom and side.

Turn pie filling into prepared pie plate. Trim overhanging edge of pastry 1/2 inch from rim. Roll other round of pastry, fold into fourths, cut slits so steam can escape. Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flute edges.

If a shiny crust is desired, brush with cream or milk. Bake at 400 degrees for 40-50 minutes or until juice begins to bubble through the crust.
Surviving With Hope

Anniversary Celebration!!!
Cancer Center Journey of Success

The 1st to Introduce:
* Elekta VERSA HD
* Robotic Positioning
* 5 days VS 40 days
* Lung SBRT and Brain SRT
Treatment Options

Dr. Prakash Patel, MD
Board Certified Radiation Oncologist

* 30 years of experience - it MAKES A DIFFERENCE
* 2nd Opinions Matter
* Consistency and Reliability MATTERS
* Chemo & Radiation under one roof

11 Years
Adams County Cancer Center
937.386.0000  adamscountycancercenter.com

4 Years
Clermont County Career Center
513.735.4442  clermontcountycancercenter.com

8 Years
Scioto County Cancer Center
740.355.1234  www.sciotocountycancercenter.com
Diabetic Hawaiian Wedding Cake
— Jody Rolfe, of Sabina

1 White or yellow Pillsbury Sugar Free Cake
20 ounce can crushed pineapple in juice
8 ounces cream cheese
1 small box instant sugar free vanilla pudding
1 cup milk

8 ounces Cool Whip
Toasted coconut, to taste
Chopped pecans, to taste

Make cake according to package directions in a 9-by-13-inch pan or similar.
While cake is baking, mix cream cheese, pudding mix and milk. Set aside.
Remove the cake from oven. Make holes with a fork over the cake. Pour can of crushed pineapple with the juice over the cake. Spread the cream cheese mixture over the pineapple. Spread Cool Whip over cream cheese layer. Sprinkle toasted coconut and chopped pecans over the Cool Whip. Refrigerate overnight.
Skillet Meal
— From Juanita Pick, of Portsmouth

This recipe is an old one. I don’t know where I got it from. I am 83 years old, and my grandmother made it. It is cheap, fast and most families have the ingredients on hand. Cabbage also works, if you have that instead of potatoes.

2-3 tablespoons oil or bacon grease
Potatoes, sliced thick
1 onion, sliced
Salt and fresh cracked pepper
1 can Spam, cubed
Sliced American cheese

In a large skillet, heat oil and add enough sliced potatoes to feed your family, onion and salt and pepper. Fry until the potatoes start to brown. Cover with water and add a lid. Cook 5-10 minutes. Stir and turn the potatoes, and add the Spam. Top with sliced cheese of your choice. Cover with the lid again and remove from heat. Let sit until the cheese melts, about 5-10 minutes.

Salt Scoop

Send us your favorite recipe. We may feature it in an upcoming 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, too, if you’ve got one. All entries must be received by June 1.

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

Congratulations to Jody Rolfe, of Sabina, who won for her Diabetic Hawaiian Wedding Cake recipe submitted for this issue of Salt.

5th Annual Fayette County's Toast to Summer & Hot Air Balloon Glow
Saturday, June 22, 2019 1PM - 10PM
Fayette County Airport
2770 State RTE 38, Washington CH, Ohio
WWW.FAYETTECOUNTYOHIO.COM

Brought To You By:

Food * Music * Wine * Art * Beer Garden
Hot Air Balloon Glow and Fireworks!
6:00PM - Performance by Filo Beddoe

Parking $5 Per Car Load

Ad Sponsored By Fayette County Travel & Tourism
Show us what you’re up to!
We’re interested in learning about what our Ohio neighbors are making in their free time. There’s so much creativity happening outside of the 8 to 5, a way for folks to help with the household budget or just express themselves in a way their jobs don’t ask of them.
Send a photo of a finished item, cost, social media info and your contact info to amcgeesterrett@aimmediamidwest.com.
Serving the Transportation needs of Highland County
For Information Contact Joseph Adray, HARTS/Highland County Mobility Manager at (937) 402-6156 Email jadray@familyrecoveryservices.org

**Frances Malphrus**
Highland County Senior Citizens
Center executive director

By The Times-Gazette

What’s your favorite board game? Boulder Dash. It’s a game where you make up definitions and try to get people to guess what you made up.

If you could have a discussion with any fictional character, who would you choose? Zebulon Tyler Walton. I’d ask him about Walton’s Mountain, and hopefully we could walk the mountain while he was telling me.

Where’s the furthest you have traveled? Las Vegas, Nevada, when I was 19.

Favorite breakfast dish? Waffles or pancakes. Sometimes I like cereal, too.

Favorite clean joke? A man walks into a library and orders a hamburger. The librarian says, “Sir, this is a library.” The man apologizes and whispers, “I’d like a hamburger.”

What do you love most about this community? The people are friendly. It’s not odd to wave at somebody you don’t know and they’ll wave back.

---

**Serving the Transportation needs of Highland County**
by providing safe & reliable transportation services

**FRS Transportation, HCCAO, Chris Hopkins Transportation, Carpenters House of Prayer/Shiloh Recovery Services**
are providers of various types of transportation in Highland County.

- **NET/TANF/Title XX Transportation Services**: We provide non-emergency Medicaid transportation (NET) services for HCDJFS. We provide educational and employment training transportation through the Temporary Assistance for Needy Families (TANF) Program of HCDJFS. We provide Title XX transportation services.
- **Specialized Transportation Program Grant** - Over the past 17 years FRS Transportation has received 20 handicap accessible vehicles and 4 standard minivans through the STP Grant with the Ohio Department of Transportation’s Office of Transit. These wheelchair accessible vehicles have helped FRS Transportation to more fully help meet the needs of our disabled population of Highland County.
- **2018 Ohio Coordination Mobility Management Project** - Mobility Manager is working towards meeting the mobility needs of Highland County through marketing & coordinating of current transportation services while looking for funding sources to increase transportation services and mobility options for those who are not eligible for any of our other types of funding sources. Such as:
  - **HARTS Fare Program**: program offers affordable transportation for those who are elderly, disabled or a low income living within the Hillsboro City Limits or within a 10-mile radius of the center of Hillsboro. This service is provided by FRS Transportation by purchasing a $20 or $25 HARTS Fare Card for one way trips depending upon location, handicap and age.
  - **Highland County Locally Developed Transportation Plan**: Our county transportation plan allows us to apply for FTA grant funding for transportation services for the elderly, disabled, and for employment and employment training.

**We will be happy to answer any of your transportation questions.**

Highland Area Rural Transportation System (HARTS) provider vehicles are clearly marked for your safety and easy identification.

---

For Information Contact Joseph Adray, HARTS/Highland County Mobility Manager at (937) 402-6156 Email jadray@harts4highland.org Website www.harts4highland.org

---

Funding for this advertisement is partially paid for by ODOT office of transit.
One more thought ... 

Human nature is like water. It takes the shape of its container. — Wallace Stevens
COMING SOON FROM SS MCC THEATRE

9 to 5
the musical!
music & lyrics by Dolly Parton
book by Patricia Resnick

July 26 - 28, 2019
Nightmare in Suburbia
by Richard Farmer
November 1 - 3, 2019

Tickets on Sale June 26
The Diary of Anne Frank
by Frances Goodrich and Albert Hackett
newly adapted by Wendy Kesselman
April 3 - 5, 2020

The Spirit of Christmas
December 14, 2019

Edward K. Daniels Auditorium
www.sscctheatre.com
SSCC, 100 Hobart Drive, Hillsboro

SOUTHERN STATE
COMMUNITY COLLEGE
All Private Inpatient Rooms, Including
- 2 Bariatric Rooms
- 2 Negative Air Isolation Rooms
- 4 Critical Care Rooms

Innovative Patient Care Equipment, Including
- Bariatric Beds
- Ceiling Mounted Lift Equipment
- Repositioning Systems
- Cardiac Monitors

Increased Inpatient Rehabilitation Space

New Cancer Care Unit

Expanded & Remodeled Surgery Unit

Onsite & Expanded Outpatient Rehabilitation

Separate Orthopedic & Sports Medicine Outpatient Clinic

Additional Patient Registration Access Points

More Easily Accessible Patient Entrance with Improved Traffic Access

Parking Lot Expansion