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EVENTS
MAGAZINE

Featured Event!

Mansfield's

Miracle Mile

Business Association

CHILI & WING COOKOFF

ALL PROCEEDS BENEFITTING LOCAL TRANSPORTATION UNIT OF SHRINERS HOSPITAL FOR CHILDREN*



FREE
PICK ONE UP!



**May 21st, 2016 on
the Miracle Mile
in Mansfield**



Shriners Hospitals
for Children®
Love to the rescue.™

How to prevent your basement from flooding

Your finished basement is your pride and joy. You've already spent thousands of dollars and countless hours converting your concrete dungeon into comfortable living space.

The last thing you need is a tidal pool of ground water or sewage infiltrating your new home office or wet bar. A simple flash flood or a cresting creek can easily transform your new carpeting into a massive, moldy sponge.

Your basement isn't "finished" without some flood prevention steps, actions to protect your home when flooding does occur and an emergency plan to provide for your family's welfare until you can return to your home. You need layers of protection for the adequate safety of your family and property.

Focus on prevention. Long before you're in a flooding situation, look around your property for ways to divert rainwater away from your home. Important considerations are extending rain gutter down spouts away from your home and making sure the grade of your yard surfaces slope away from your home.

Clean the rain gutters. Blocked gutters will cause all of the roof water to dump directly against your foundation, increasing the likelihood of basement flooding

Extend the rain gutter downspouts well out and away from your home. Do not connect the downspouts to your foundation footer drain tiles or to underground dry wells. This will only cause the roof water to further saturate the ground and cause flooding in your basement

Walk around outside in your yard during a heavy rainstorm. Watch to see if water is ponding next to your home and if surface water is being directed toward your home. If this is the case, seek a local landscaper or excavation contractor for advice on ways to regrade your yard so the surface water is directed away from your home.

Provide emergency power. Install an automatic emergency generator to provide electric service for essential circuits like your furnace or electric heat, well pump, refrigerator, septic tank pump and sump pump in the case when power is lost.

Without emergency backup power, you may return home to unnecessary basement flooding, frozen water pipes and a flooded septic tank.



Install a sump pump. An automatic sump pump should help keep water leakage normal amounts of rainfall from building up in the basement. As long as the sump pump tank



has an opening in the lid, the sump pump will act like a huge floor drain and keep the water from getting deep.

Install a backup sump pump. The sump pump is your first line of defense against basement flooding. However, the most reliable sump pump available in the industry is still a mechanic device and can fail. A backup sump pump system, preferably with at least a battery-operated pump, configured with a switch device to begin working if the main is out of commission, greatly reduces the chance of flood. Some systems come with additional security features such as an alarm that goes off whenever the battery operated is started.

Make an emergency family plan. Plan ahead with your family so that everyone has each other cell phone and other contact numbers. If you live in an area that is prone to historic flooding, plan ahead of time where you'll be able to stay until flood waters subside. Keep in mind that all your neighbors will probably need housing too. As local hotels are usually inundated during flooding events, try to arrange ahead of time with some local family members away from the flooding area to have temporary housing if ever needed.

Have flood insurance. Add flood insurance onto your existing homeowner's policy. Flood insurance is provided by the government and is fairly inexpensive. In the USA, if your home insurance agent does not provide flood insurance, contact FEMA (Federal Emergency Management Agency) for local agencies that do.



Quest Cleaning & Disaster Services

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CONTENTS

1. Prevent your basement from flooding - Pg 1
2. The surprising benefits of milk- Pg 2
3. Chilli & Wing Cook-off - Pg 4
4. What are the negative effects of Black Mold? - Pg 5
5. The Penguins Cave - Pg 6
6. 14 Simple Gardening Tips - Pg 7
7. Mansfield Area Shriners - Pg 8
8. Annies Corner - Pg 11
9. 8 Fun Ways to get Fit without the gym - Pg 13
10. The Recipe Place - Pg 14
11. Spring Word Search - Pg 15

CONTENT CONTRIBUTORS



— Juan Ramirez is also known as Cyberlobo and is the writer of the column “The Penguins Cave”. He is well known for constantly tinkering with all types of electronic gadgets and everything Linux. He enjoys everything tech related.

Editors Corner



I have been waiting for this for quite some time... the first issue of the magazine reborn. It has been a few years since the last issue was able to be printed. I hope that you enjoy the magazine and the many events we list here, on the website and on facebook pages that are tied to it. There are so many events going on that you might have trouble trying to decide what to do first.

There are so many events - free music, classes, wine tastings, book readings, meet and greets, car shows and more in our local area that it is hard to choose what to do first or where to go.

It's time to shake off the cold of winter, put on some shorts and go enjoy the warmer weather. Now if the cool nights would just go away. Grab some of your kids, grandkids, spouse, relative or friend and just go. Go get some sunshine and have a blast. I might see you out there.

Thank You & God Bless.

Rosanna Ramirez
graphixrose3@aol.com



The Surprising Benefits of Milk

Ninety-six percent of Americans have milk in their refrigerators, and for good reason - it's one of the most naturally nutrient-rich beverages available. The 2015-2020 Dietary Guidelines for Americans recommend three daily servings of lowfat or fat free milk or milk products as part of a balanced diet. They also focus on the variety of ways to follow a healthy eating plan to help you enjoy the foods you love while still getting nutrients you need.

The good news for whole milk fans is that it has the same nine essential nutrients as lowfat and fat free milk, and a growing body of research suggests there may be benefits to drinking whole milk too. So whether you prefer whole, lowfat or fat free milk, all milk can fit into a nutritious and balanced diet.

1. Whole milk has less fat than you may think. Whole milk is actually 3.25 percent milkfat by weight. Each 8-ounce glass of whole milk contains 150 calories and eight grams of fat (12 percent of the recommended daily value).

2. Research suggests dairy fat is unique. A growing body of evidence suggests that not all saturated fats are the same and the health effects of saturated fat may vary depending on the food you get it from.

3. Milk has a place in a heart-healthy diet. Studies show consuming milk and milk products - regardless of fat content - can be part of a heart-healthy diet, and in some cases may help reduce the risk of heart disease.

4. Milk and a healthy weight.

Drinking more reduced-fat milk - and getting more milk protein, in particular - is linked to lower body fat and a healthy weight, according to recent research.

5. Skim milk packs the same nutrient-rich punch as all milk.

There is a misperception that fat free (or skim) milk contains water or has been “skimmed” of nutrients to reduce the fat content - but that is not the case. The nine essential nutrients, including 8 grams of high-quality protein, remain intact.

6. White milk has no added sugar. The sugar in milk comes from naturally occurring lactose. Skim or fat free milk has less calories and fat than higher fat options, but all white milk has the same amount of natural sugars, with no sugar added.

So, no matter which type of dairy milk you choose, from whole to lowfat, know that you are selecting a safe, wholesome and naturally nutrient-rich food. With nine essential nutrients, including high-quality protein, milk is actually the top food source for three out of the four nutrients most Americans fall short on - calcium, potassium and vitamin D. Learn more at milklife.com. ~ Photo courtesy of Getty Images



May 2016

May 19, 2016

Paint, Plant & Pour - Mitchell's Orchard - Ashland

6:30 pm - Cost is \$50 - Pallet Herb Gardens - You Paint, Plant - includes Wine Samples and Light Finger Foods - 1217 TR 1153 • For more information call 419-207-0746

Friday, May 20th, 2016

FWD MiniStocks - Spitzer Motor Speedway

Outlaw Mini Stocks and Mini Truck Series with the Red Ball Jets - For more info go online to <http://www.spitzermotorspeedway.com/#!/schedule/cjrx>

May 20th, 2016

Fat Daddy's Blues Band - The Blueberry Patch

Live in the Winery - 6:30-9:30 pm - 1285 West Hanley Road - Mansfield - 419-884-1797 - www.blueberrypatch.org

May 20-22, 2016

Annual Greek Festival - Mansfield

11:00 am - 11:00 pm - Located at St. Constantine and Helen Greek Orthodox Church - 265 West 3rd Street - Mansfield

The annual Greek festival takes place for three days, May 20-22, 2016. Friday & Saturday : 11am-11pm • Sunday : 11am-5pm - Participants can partake of authentic Greek food in our main hall, as well as see and participate in dancing, as well as tent food and drinks.

Saturday - May 21, 2016

Chili & Wing Cook Off - Park Ave. West in Mansfield

This event will benefit the Shriners Hospitals for Children. The car show begins at 1p.m. with signup starting at 11 a.m. The entry fee is \$10.00 & includes admission to the car show, cookoff & a bowl of chili or wings. There will be blues and jazz bands from 3 to 11 p.m., a beer garden, chili dog, wings & hot pepper eating contests, Kids' Safety Day, volleyball & cornhole tournaments during the day. ALL proceeds from this event go to benefit Shriners Hospitals.

Saturday, May 21, 2016

May Night Haunt - Malabar Farm State Park

8:00 pm - 12:00 pm - \$30.00 - Dare to explore the "normal to the paranormal" murders, cemeteries, haunted houses,

Chili & Wing Cook Off

May 21, 2016
On The Miracle Mile

Saturday May 21, 2016 3-11pm

All Proceeds Benefit



Shriners Hospitals for Children™



The 3rd Annual Shriners Chili / Wing Cook Off & Blues Festival will be held on Saturday May 21, 2016 on the Miracle Mile in Mansfield, Ohio. The festival, which takes place on Park Avenue West in Mansfield, will kick off at 3pm with emcee Tommy Barnes of WMAN will officially opening the competition. The Chili & Wing Cook Off will feature contestants from divisions (Restaurants, Non-Profit and Public Safety).

The Blues Festival will be headlined by Alter Ego Band featuring Rollie Harper. The Jimi Vincent Band, The Mark May Band from Columbus, Ohio along with their full horn assemble, as well as Walk It Off will also perform on stage throughout the day. Local Favorite The **Jimi Vincent Band** has played throughout the

United States and have won countless awards at large Blues & Jazz Festivals.

This year will feature the BW3 Wing Eating Contests on the main stage and will again offer the Milliron Auto Parts VIP Tent, Goodfellows Sand Volleyball and Cornhole. Local food vendors Slab Daddy's BBQ, Black Forest Bakery and Mansfield Shrine Club Italian Sausage/Brat/Root Beer Float stand will be serving tasty dishes in the Superior Beverage – Miller Lite Beer Garden. For more info visit our web site www.chiliwingcookoff.com and like & follow us on Facebook /Twitter! To learn more about how to become a Mason and a Shriner visit www.beashrinernow.com.

What Are The Negative Effects Of Black Mold On My Health?

by: Kelsey Libby

WARNING!!!

Black molds are known to bring serious health problems in human beings. Though this type of fungus is essential for earth's ecosystem, it is not at all good for our health. You must stop this indoor toxin from growing, as it may result in serious health issues.

Black mold gets nutrition from dead organic materials by decomposing them into simpler forms. They reproduce through spore formation. Molds grow at an alarming rate and it becomes very difficult to control them.

Such mold releases mycotoxins in the air, which can be inhaled by people through breathing. Direct contact with these types of mold is another mode of entry. There are numerous health problems which are associated with the exposure to black mold.

Initial symptoms of this toxic fungus are allergic reactions to cold or dust, and ignoring these early symptoms can be dangerous. Health issues due to such mold may turn out to be very serious if no action is taken against its growth. Some of the symptoms of these types of mold are stuffy and runny nose, difficulty while breathing, throat irritation and headache. There can be many other allergic reaction of mold exposure, but it is advisable that you consult a doctor to know the exact cause of the allergy.

In some cases, people may feel congested as soon as they get in contact with such mold or enter an infected room. When these types of symptoms occur, you must be very careful. Skin rashes, itchiness and swelling are other common mold symptoms. People suffering from asthma may experience severe conditions in the presence of such mold. Other common mold health effects include weaker immune system, sickness, diarrhea and even death in some cases.

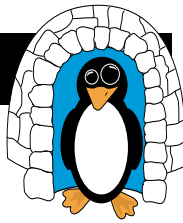
There are many ways to get rid of black mold and some people use bleaches to kill this mold. However, bleach cannot reach every single corner of your room, where molds nest. Moreover, bleaches clean the house for the time being but fail to prevent it from future contamination. Bleach is also not good for health, which further adds to health problems.

Natural black mold killer is a better option, because they are free from side effects and also prevent future mold growth efficiently. For best results, you must do regular inspection for mold growth. Before such mold invades your entire house, you must prevent its growth. You must avoid moisture retention and try maintaining good ventilation throughout the house.



The Penguins Cave

BY CYBER LOBO



HELLO EVERYBODY!

Welcome again to the Penguin's Cave: Hi! And welcome again my dear readers and hoping, you enjoy this column about Linux that is my passion. Finally after many years of the Linux operating system being behind the scenes running silently in servers, cable boxes, bar gaming machines, embedded systems for the industry, and of course home units running by geeks and the computer savy. Linux in the actuality has become more and more user friendly operating system being used now by non-geeks, all of this is possible by the effort of developers around the world, whose continuously upgrade, develop and debug the software.

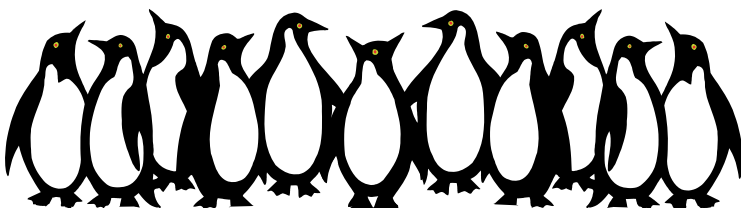


Linux was invented in 1991 by Linus Torvalds (Finland student of the Helsinki University), writing his own kernel from Minix: a non commercial Unix-like operating system. This linux kernel was combined with the GNU project, and the Linux free operating system was born. GNU stands for "GNU's Not Unix" created by Richard Stallman, American software freedom activist and computer programmer.

There are over 500 distributions (called Distros for short) world wide, large and small, specialized and generalized, old and new. One of the most sucsefully open source software projects, is Android, a mobile device platform built on the Linux Kernel version 2.6. created by Google and The Open Handset Alliance, a consortium of several companies which include Texas Instruments, Broadcom Corporation, Google, HTC, Intel, LG, Marvell Technology Group, Motorola, Nvidia, Qualcomm, Samsung Electronics, Sprint Nextel and T-Mobile. The goal of the Open Handset Alliance is to develop open standards for mobile devices. As I said my dear readers Linux is around you , it's in your cellphone, Tablet PC, Livingroom (TV, Cablebox, Blu-ray player, streaming Box, etc.) running the Linux kernel in "Android Operating System". Bye! My dear readers and enjoy your Android device.

Next : the history of " UNIX " operating system.

Hasta la vista.....0101 - 0000011111100000



**Local Events from Ashland,
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**Magazine printed bi-monthly,
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events listings**

hot dogs & s'mores and stories around the campfire. Pre-Registration required - Call 419-892-2784 - Meet at Visitor Center. www.malabarfarm.org/

Saturday, May 21, 2016

Cork & Easel at Mansfield Art Center

6:30 pm - 9:00 pm - 700 Marion Ave, Mansfield, OH 44906
- Our next Cork & Easel painting class is Saturday, May 21, 6:30-9pm.

Painting supplies provided. Just bring your favorite snack and cold beverage! - Pre-registration required at 419-756-1700 or online. \$35.00/person

May 21-22, 2016

The Mansfield Gun Show - Richland County Fairgrounds

750 N. Home Rd. Mansfield OH 44906, in Fairhaven Hall. An ATM is on-site. The City of Mansfield is near I-71, roughly half-way between Cleveland and Columbus, in the north-central portion of Ohio. For more information go online to <http://heritagegunshowsohio.com/>

Sunday, May 22, 2016

Flycatchers - Lowe-Volk Park

3pm - 2401 State Route 598 - Join Crawford Park District Naturalist Warren Uxley for a PowerPoint program followed by an outdoor excursion to observe flycatchers. Among nature's supreme athletes, flycatchers enliven our fields and woodlands with their magnificent flight skills. Lowe-Volk Park is located 3 miles north of US Route 30. For more info call 419-683-9000 or go online to www.crawfordparkdistrict.org

14 Simple Gardening Tips & Tricks

From using leftover coffee beans to preventing dirt from getting underneath fingernails, master gardener Paul James shares his top 14 tips and shortcuts to make spring gardening a breeze.

Here, the latest tips and tricks from Paul James, host of Gardening by the Yard:

- 1.** To remove the salt deposits that form on clay pots, combine equal parts white vinegar, rubbing alcohol and water in a spray bottle. Apply the mixture to the pot and scrub with a plastic brush. Let the pot dry before you plant anything in it.
- 2.** To prevent accumulating dirt under your fingernails while you work in the garden, draw your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt can't collect beneath them. Then, after you've finished in the garden, use a nailbrush to remove the soap and your nails will be sparkling clean.
- 3.** To prevent the line on your string trimmer from jamming or breaking, treat with a spray vegetable oil before installing it in the trimmer.
- 4.** Turn a long-handled tool into a measuring stick! Lay a long-handled garden tool on the ground, and next to it place a tape measure. Using a permanent marker, write inch and foot marks on the handle. When you need to space plants a certain distance apart (from just an inch to several feet) you'll already have a measuring device in your hand.
- 5.** To have garden twine handy when you need it, just stick a ball of twine in a small clay pot, pull the end of the twine through the drainage hole, and set the pot upside down in the garden. Do that, and you'll never go looking for twine again.
- 6.** Little clay pots make great cloches for protecting young plants from sudden, overnight frosts and freezes.
- 7.** To turn a clay pot into a hose guide, just stab a roughly one-foot length of steel reinforcing bar into the ground at the corner of a bed and slip two clay pots over it: one facing down, the other facing up. The guides will prevent damage to your plants as you drag the hose along the bed.
- 8.** To create perfectly natural markers, write the names of plants (using a



permanent marker) on the flat faces of stones of various sizes and place them at or near the base of your plants.

- 9.** Got aphids? You can control them with a strong blast of water from the hose or with insecticidal soap. But here's another suggestion, one that's a lot more fun; get some tape! Wrap a wide strip of tape around your hand, sticky side out, and pat the leaves of plants infested with aphids. Concentrate on the undersides of leaves, because that's where the little buggers like to hide.
- 10.** The next time you boil or steam vegetables, don't pour the water down the drain, use it to water potted patio plants, and you'll be amazed at how the plants respond to the "vegetable soup."
- 11.** Use leftover tea and coffee grounds to acidify the soil of acid-loving plants such as azaleas, rhododendrons, camellias, gardenias and even blueberries. A light sprinkling of about one-quarter of an inch applied once a month will keep the pH of the soil on the acidic side.



- 12.** Use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add a spot of tea to the soil around the base of seedlings once a week or use it as a foliar spray.
- 13.** If you need an instant table for tea service, look no farther than your collection of clay pots and saucers. Just flip a good-sized pot over, and top it off with a large saucer. And when you've had your share of tea, fill the saucer with water, and your "table" is now a birdbath.
- 14.** The quickest way in the world to dry herbs: just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and close the doors. Your herbs will be quickly dried to perfection. What's more, your car will smell great.

Mansfield Area Shriners

The Mansfield Shrine Club is more than the guys in Parades driving those cool little yellow cars; they are a group of local men whom belong to a much greater organization.



They are members of Shriners International and Freemasons. As Members of the Shriners they meet locally to coordinate activities to promote the awareness of the Shriners Hospitals for Children, and fundraising for the Hospitals. Our advanced care is provided in a family-centered environment that is focused on maximizing a child's quality of life, regardless of the families' ability to pay.

The most important responsibility of your local Shrine Club is providing transportation for local children and their families that require medical treatment at one of our Hospitals. The Transportation unit covers the cost of Travel, Food, & Lodging for the families that we transport, and the driving performed by Shriners that volunteer their services.

Shriners Hospitals for Children was founded in 1922 with the goal of providing expert medical care for children with no financial burden to the patients or their families.

Today that philanthropic effort supports the health care system's 22† facilities across the U.S., Canada and Mexico, treating children up to 18 years of age who have orthopaedic conditions, burns, spinal cord injuries, cleft lip and palate, and more. Our advanced care is provided in a family-centered environment that is focused on maximizing a child's quality of life, regardless of the families' ability to pay.

Although Shriners International is a brotherhood, it is also an organization focused on bringing families together. Many of our fraternity's activities are designed to involve family members, promote our shared values and help develop the next generation of community and business leaders. A variety of affiliated groups for both women and children, emphasizing personal growth, fun and friendship, participate with Shriners.

Shriners are a brotherhood of men committed to family, engaged in ongoing personal growth, and dedicated to providing care for children and families in need. Our backgrounds and interests are diverse, but we are bound together by our shared values and a desire to have fun, do good and build relationships that can last a lifetime.

Shriners count among our ranks presidents, senators, local business leaders, professional golfers, country music stars, astronauts and racecar drivers. We believe it is also important to be a leader in your



personal life. Our unique brotherhood helps good men become better at home, at work and in business.

All Shriners are Masons, but not all Masons are Shriners. Shriners International is a spin-off from Freemasonry, the oldest, largest and most widely known fraternity in the world. Freemasonry dates back hundreds of years to when stonemasons and other craftsmen gathered after work in shelter houses, or lodges. Over time, the members organized into Masonic guilds and the tools of their trade - the square and compass - became the symbol of their brotherhood.



Over time, Masonry evolved into an organization that began to accept members who were not craftsmen. Today, Masonry is built upon a

foundation of improving character and strengthening communities, though the square and compass are still the symbols of the fraternal brotherhood.

When Shriners International was first founded in 1872, the organization built on the principles that guided Freemasonry, while adding an element of fun and ultimately, philanthropy, that set Shriners International apart. The two organizations are also structured similarly:

Shriners have temples; Masons have a Blue Lodge or Craft Lodge

Members of the Masonic lodges are required to learn about their fraternity and earn a series of Masonic degrees. When a member has completed the third and final degree he becomes a Master Mason and is then eligible to become a Shriner.

To learn more about how to become a Mason and a Shriner visit www.beashrinernow.com.



Sunday, May 22nd, 2016

Sprints & Top Speed Modified - Spitzer Motor Speedway

For more info go online to <http://www.spitzermotorspeedway.com/#!schedule/cjrx>

Thursday, May 26, 2016

Der Dutchman Monthly Cruise-In - Der Dutchman-Bellville

5:00 pm - 720 State Route 97 W - Bellville, OH 44813 - Scheduled for the last Thursday of the month through October 27. Located on the west side of Der Dutchman Restaurant, just off exit 165 on I-71. Free Admission. Includes food, fun, friends, Oldies Music, door prizes and Mini Golf. Contact Tanya Flynn at 419-886-7070

May 27th, 2016

Final Fridays at the Brickyard - Mansfield

Thee Rough Country Band, Kelly Vaughn and DeVault Ridge - Shows begin at 5 p.m. - Refreshments and food are available - The 2016 season is here and the lineup is phenomenal! Shows will begin at 5:00pm

Friday, May 27, 2016

Downtown Mansfield Farmers Market - Mansfield

10:00 am - 1:00 pm - The DMI Farmer's Market will be held every Friday from 10:00am until 1:00pm. The market is located on Fourth Street between Main Street and Walnut Street in front of Richland Carrousel Park.

May 27th, 2016

Jimmy and the DR - The Blueberry Patch

Live in the Winery - 7-11 pm - 1285 West Hanley Road - Mansfield - 419-884-1797 - www.blueberrypatch.org

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Saturday, May 28, 2016

Memorial Day Weekend at Pleasant Hill Lake

FREE Kayaking, Laser Tag, Glow Party, and more! Come out to Pleasant Hill Lake Park for Memorial Day Weekend!! 431 State Route 95 - Perrysville, OH 44864

Saturday, May 28, 2016

Viewing the Night Sky - Lowe-Volk Park

9pm - 2401 State Route 598 - Join members of the Crawford Park District's Lowe-Volk Astronomy Club. Bring your own telescope or allow the volunteers to assist you with those provided. Lowe-Volk Park is located 3 miles north of US Route 30. For more info call 419-683-9000 or www.crawfordparkdistrict.org

Saturday, May 28th, 2016

2nd Annual Mansfield Gay Pride 2016 Benefit Show - Sami's

Hosted by Khloe Chanel Stratton • Jesse Kinkaid-Shoaf • DJ Kevin Kinkaid-Shoaf • Drag Show • Live Singers • 50/50 Raffle • Gameshow Games - Show starts at 10 p.m. Cover \$5 (21+)/ \$10 (18-29) - 178 Wayne Street, Mansfield, OH - More information available at mansfieldgaypride.com

May 31, 2016

North End Farmers Market - Mansfield

11:00 am - 2:00 pm - 486 Springmill Street, Mansfield, OH 44903 There will be fresh baked goods, fruits, produce, demonstrations and much much more. The market will be held every Tuesday from 11:00 a.m. to 2:00 p.m. starting May 24th. Visit us at our new location: 486 Springmill St.



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June 2016

These events are collected from many sources and I am unable to verify all of them. If you are interested in an event, please try to confirm the event with whomever is the sponsor or coordinator. All events are subject to change without notice. Please check ahead.

June 1, 2016

The Night Sky - Gorman Nature Center

8:30 pm monthly telescope program at GNC - only if the sky is clear. Come learn a bit about the moon and stars, view some constellations and planets, take home a free star chart and have all of your astronomical questions answered. Participants should be able to see some really awesome constellations, some planets, and maybe even a few galaxies! Telescopes and binoculars will be available for use, but please feel free to bring your own. Participants will meet at the GNC visitors center. Call 419-884-3764 for details! For more info go online to <http://gormannaturecenter.org/>

Friday, June 3rd, 2016

FWD MiniStocks - Spitzer Motor Speedway

Outlaw Mini Stocks and Mini Truck Series
For more info go online to <http://www.spitzermotorspeedway.com/#!schedule/cjrx>

June 3, 2016

First Friday - Downtown Mansfield

Over fifty independent businesses now populate the city center. I celebration of longtime patrons and new guests, downtown businesses provide entertainment, hold unique events and offer special during the First Friday Shop Hop. For more info go online to www.downtownmansfield.com

Friday, June 3, 2016

Downtown Mansfield Farmers Market - Mansfield

10:00 am - 1:00 pm - The DMI Farmer's Market will be held every Friday from 10:00am until 1:00pm. The market is located on Fourth Street between Main Street and Walnut Street in front of Richland Carrousel Park. The Market will feature local seasonal produce and herbs, as well as handcrafted items created by local artisans. Vendor space is available. The Ohio Directions Card will be accepted.

June 2, 2016

Ribticklers - Bellville Bandstand

7:00 pm - 143 Main Street • Bellville, 44813 • AFM Music in the Park Series • Presented By: American Federation of

Musicians - Local 159 • 419-884-1838 • Music in the Parks
FREE Summer Concert Series • Bring your lawn chairs and
enjoy an evening of music. www.afmlocal159.org/

Saturday, June 4, 2016

Living History Celebration – Lowe-Volk Park

9am to 4pm, and 8PM-10PM Sunday, June 5 - Lowe-Volk
Park, 2401 State Route 598, Crestline - The Crawford
Park District will be holding their annual Living History
Celebration and Reenactment of the Capture of Colonel
Crawford on Saturday June 4 and Sunday June 5. This event
will feature such things as Tomahawk Throwing, Pioneer
Games, Native Plant Sale from Natives in Harmony,
Blacksmithing, Candle Dipping, Fur Trade, Native
American Style Flutes, and more! Look for information on
other programs offered by the Crawford Park District by
visiting their web site at www.crawfordparkdistrict.org

June 4-5, 2016

Richland Lithic & Lapidary Show - Richland Co. Fairgrounds

For more information go online to www.rlls.webs.com

Saturday, June 4, 2016

GNC Junior Naturalist Series- Gorman Nature Center

12-4 pm - Ages 6-11, 2-4 pm & Ages 12-18, 12-4 pm
This series of programs will cover topics that will help
young naturalists begin their journey towards a greater
understanding of our natural world. Programs will begin
with an indoor informational session and conclude with
a hike or activity to enforce and practice what they have
learned. Topics covered will include cavity nesters,
freshwater ecosystems, songs of nature and eco heroes.
Registration is required and cost of the series is \$20 (which
covers field guides and materials for all 4 programs). Ages
12-18 will attend from 12-2 pm and then assist with the 6-11
age group from 2-4 pm. Call 419-884-3764 for additional
details and to register. For more information go online to
<http://gormannaturecenter.org/>

Saturday, June 4, 2016

2016 Artstreet Summer Art Carnival

10:00 am - 4:00 pm - 96 N Main Street Mansfield, - ArtiStreet
is an outdoor, music and arts festival to kick off the summer
and bring attention to the artisans of our culturally rich area.
ArtiStreet festival will happen throughout the Carrousel
District of Downtown Mansfield from 10:00am to 4:00pm
For more information, check out our Facebook Page at
<https://www.facebook.com/elementofartstudiogallery>

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Annie's Corner -

Inspirational Thoughts for Everyday

By Ann Bowling

**In God I will praise his word, in God I have
put my trust; I will not fear what flesh can
do unto me.**

Psalms 56:4 KJV

**"He who dwells in the shelter of the
Most High will rest in the shadow of
the Almighty." Psalm 91:1**

**"Because he loves me," says
the Lord, "I will rescue him; I will
protect him, for he acknowledges
my name. He will call on me, and
I will answer him; I will be with
him in trouble, I will deliver him
and honor him. With long life I
will satisfy him and show him my
salvation." Psalm 91:14-16**



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Friday, June 10, 2016

Brown Bag Concert Series - Downtown Mansfield

12:00 pm - 1:30 pm - Who's Performing: Chico's Brother with Aurelio Diaz and Orié Rush - The Brown Bag Concert Series will kick off on Friday, June 10 at noon in the Gazebo in Central Park. Chico's Brother with Aurelio Diaz and Orié Rush will join us the second Friday of each month through September 9, from noon until 1:30pm. Bring your lunch, meet your friends and relax in the sun! Time: starts 12:00pm and ends 1:30pm

Saturday, June 11, 2016

Youth Fishing Derby - Lowe-Volk Park

9am to 11am, 2401 State Route 598, Crestline - Bring the kids for a great morning of family fishing. Kids who are between 5 and 12 years old can enjoy this outdoor activity at Lowe-Volk pond. Prizes will be awarded in 3 age groups. www.crawfordparkdistrict.org

Saturday, June 11th, 2016

Mansfield Bull Riding - Spitzer Motor Speedway

with The Electric Circus - For more info go online to <http://www.spitzermotorspeedway.com/#!/schedule/cjrx>

June 11, 2016

Kingwoods 7th Annual 5K Family Run/Walk

Register today at Ohioraceday.com for an inspiring 5K Family run/walk on Saturday, June 11, 2016! This 5K will take you through Kingwood Center Gardens beautiful and charming gardens and surrounding neighborhood. Kingwood encourages runners and walkers of all ages! We know that families who run together, have fun together! For more information go online to www.kingwoodcenter.org

June 14, 2016

Staying Cool in Summer Heat - Agency on Aging, Ontario

10:30 am - Part of the Health Matters 2016 Series which is an informal health information series to help you make better lifestyle choices to improve your health and well being. All classes are free, walk-ins are welcome with no registration. Classroom: Suite 300, Hawkins Corner, 2131 Park Avenue West, Ontario • Need More information? call 419-524-4144 or 419-520-2550

June 16, 2016

2016 Area Agency On Aging Fundraiser - Hawkins Corner

5:30 p.m. - Hawkins Corner 2131 Park Ave West, Ontario Tickets \$25.00 each - Food & Beverages Wine Pull Live Auction - Proceeds will support the collaborative efforts of the non-profit community within Hawkins Corner -



8 Fun Ways to Get Fit Without a Gym

Bored with the same old, same old at your health club?

Joining a gym can be a fantastic way to get fit, but it's not the only way. You can enjoy a variety of workouts at home or outside that will give you the same great results and put a smile on your face at the same time!

Create your own bootcamp

Bootcamp-style workouts are a lot of fun. Who doesn't love a challenge? You can create your own by doing strength and cardio exercises at home or outside at a park—all you need is a good pair of sneakers!

Try this circuit: jumping jacks, lunges, high knees, push-ups, triceps dips (off a bench or curb), and sit-ups. Do each exercise for 60 to 90 seconds; rest in between exercises as needed. Repeat the whole thing two or three times.



Take a walking tour of your city

Walking is an easy way to stay in shape because it requires only a pair of supportive shoes and it's something you can do pretty much anywhere.

A fun way to spice up your workout is by signing up for a walking tour of your city or nearby historic area. You can learn something new while fitting in a workout!

Sign up for an obstacle-course race

Obstacle races, such as Rugged Maniac and Warrior Dash, are becoming ever more popular because they combine fitness with fun and adventure.

Participants climb over walls, crawl through mud under barbed wire, navigate water pits, and even jump over fire. Let's just say, it's an exciting way to work out!

Take a hike

Hiking is a great way to get your heart pumping while enjoying some fresh air in the great outdoors.

Grab some friends, lace up your sneakers, and get your hike on! The scenery and feeling of accomplishment after your hike are so much better than an afternoon at the gym.

Try a track workout

Running burns more calories than almost any other cardio activity, but it can be boring on a treadmill or along the same old neighborhood route. A great way to keep your running workouts exciting is heading to a nearby track.

Changing up your speed challenges your body so you burn more calories—and it keeps the workout interesting.

Turn chores into a workout

Tackling your chores and burning calories at the same time? Talk about killing two birds with one stone!

The key to turning your cleaning activities into a workout is focusing on the ones that have the highest calorie burn, like scrubbing the tub or vacuuming. To get yourself in the right mindset, throw on your sneakers and put on some upbeat music. If you want a real challenge, do some push-ups or squats every time a new song starts to play.

Offer your services

Volunteering for a community-service project, such as building a home with Habitat for Humanity or cleaning up a park or other green space, is a great way to add some activity to your day while improving your community at the same time.

If you spend the whole day moving around, it definitely counts as a workout!

Practice yoga at home

One of the best things about yoga is that you need only your body and a mat to do it. There are tons of online yoga workouts that demonstrate the poses, so you can try pretty much any kind of yoga without leaving the comfort of your own home.



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Purchase your tickets today! Call the reservation line at 419-522-5612 Ext 1052, stop by the Area Agency on Aging at 2131 Park Avenue West, Ontario or purchase on-line at www.aaa5ohio.org

Friday, June 17th, 2016

**FWD MiniStocks - Spitzer Motor Speedway
Outlaw Mini Stocks and Mini Truck Series**

with the Red Ball Jets - For more info go online to <http://www.spitzermotorspeedway.com/#!/schedule/cjrx>

Saturday, June 18th, 2016

Sprints and Arca Truck Series - Spitzer Motor Speedway

with The County Line Band - For more info go online to <http://www.spitzermotorspeedway.com/#!/schedule/cjrx>

Saturday, June 18, 2016

North Central Ohio Soap Box Derby - Downtown Mansfield

9:30 am - 5:30 pm - The North Central Ohio Soap Box Derby is open to youths between the ages of 7-17 who live in the following Ohio counties: Richland, Ashland, Crawford, Huron, Knox, Marion and Morrow. The annual gravity race will take place on June 18th on North Main Street in downtown Mansfield.

June 24th, 2016

Final Fridays at the Brickyard - Downtown Mansfield

Luther Trammell, Nasty Habits and Monica Robins & The Whiskey Kings - Shows begin at 5 p.m. - Refreshments and food are available.

Saturday, June 25, 2016

Mansfield Children's Festival - Downtown Mansfield

W 4th St & N Main Street - Mansfield, OH 44902 - It is sure to be a fun time for the whole family! There will be games, activities, food, and more! The children's festival will be held on Fourth Street (between Main and Mulberry) and Richland Carrousel Park in Mansfield's Carrousel District.

FREE ADMISSION

What You'll Find at the Festival: Carrousel Rides - Library Activities - Hot Wheel Race Track - Corn Hole - Petting Zoo - Dance Group - Bubbles - Entertainment - Balloon Twist - Alpacas - Face Painting - Children's ID Kits - Fishing Booth - Popcorn - Cotton Candy - Photo Booth and more!

June 25 & 26, 2016

Pollinator Festival - Gorman Nature Center

10 am - 5 pm - Mothing Program, Saturday, June 25, 9:30 pm - 12:00 am - Please join us for our 2nd Annual RCPD Pollinator Festival! Come learn all about the importance of our native pollinators including, butterflies, moths, hummingbirds, bees and wasps. Call 419-884-3764 for additional details!

June 24-26, 2016

Mid-Ohio Vintage Grand Prix - Mid-Ohio Raceway - Lexington

For more information go online to [http://www.midohio.com/Schedule/Mid-Ohio-Vintage-Grand-Prix-\(2\)](http://www.midohio.com/Schedule/Mid-Ohio-Vintage-Grand-Prix-(2))

The Recipe Place

Apple Pork Chops

"A luscious finish to this classic combination of apples and pork baked to perfection."

Ingredients:

- 1 medium unpeeled cooking apple, sliced
- 2 tablespoons packed brown sugar
- 1/4 teaspoon ground cinnamon
- 2 bone-in pork rib chops, about 3/4 inch thick (about 1/4 pound each)



Directions

- 1 Heat oven to 350°F. Place apples in 1 1/2-quart rectangular casserole. Sprinkle with brown sugar and cinnamon. Cover with foil; bake 15 minutes.
- 2 Trim fat from edge of pork. Spray 8- or 10-inch nonstick skillet with cooking spray; heat over medium heat 1 to 2 minutes. Cook pork in hot skillet about 6 minutes, turning once, until light brown.
- 3 Place pork in single layer on apples. Cover and bake 10 to 12 minutes or until pork is no longer pink when cut near the bone, meat thermometer reads 145°F and apples are tender. ~ <http://www.bettycrocker.com/>

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Ten things that are cool to know!

W	G	G	K	W	S	M	S	B	Z	S	I	M	Y	A	V	C	J	M	V	I	C	I	G	E
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Clean

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Delightful

Eggs

Fair

Fertile

Flourishing

Flowers

Fluffy

Fragrant

Fresh

Gentle

Grassy

Green

Growing

Happy

Hatching

Inspiring

Invigorating

Joyful

Light

Lively

Lovely

Lush

New

Outdoor

Pastel

Peaceful

Playing

Pleasant

Rainy

Renew

Singing

Springtime

Sprout

Sunny

Sweet

Tender

Thriving

Vibrant

Warm

Young

1. Coca-Cola was originally green.

2. It is impossible to lick your elbow.

3. What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?
A. All invented by women.

4. What is the only food that doesn't spoil?
A. Honey

5. A rat can last longer without water than a camel.

6. Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.

7. Chewing gum while peeling onions will keep you from crying.

8. There are no words in the dictionary that rhyme with orange, purple and silver.

9. Weatherman Willard Scott was the first Ronald McDonald.

10. Bruce Lee was so fast that they actually had to s-l-o-w film down so you could see his moves.



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