

SERVING THE COMMUNITIES OF NORTH CENTRAL OHIO



# WINTER FROST ISSUE!

**In Every Issue:**

## Events Listings:

Free, Paid and otherwise!

## Annies Corner:

Inspirational thoughts  
for everyday life

## Penguins Cave:

All about Linux

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DECEMBER/JANUARY/FEBRUARY 2011-2012 • ISSUE 5

# Editors Corner

BY ROSANNA RAMIREZ

## THE GAMES PEOPLE PLAY.

We all need to take time to relax. We go to movies, have cookouts, fishing trips, hunting trips and family get-togethers. When people gather to visit or socialize they usually end up playing some sort of game to pass the time. Games like cards (euchre, poker, hearts, rummy), dice (yatzee), a board game, darts, bowling and more. It allows you to hang out with family and friends while doing something that is fun.



If you didn't pay attention to the photo above, you will see that my game of choice is billiards. Better yet, let me just say that I love to play pool. My addiction to the game has progressed to the point where I now play league several nights a week. I did a some research on the game of pool and found out several interesting & fun facts:

- *Billiards was the first sport to have a world championship (1873).*
- *The dome on Monticello, Thomas Jefferson's home, conceals a billiard room. In Jefferson's day, billiards was illegal in Virginia.*
- *Throughout history, billiards has bridged the gap between the aristocracy and the masses. Kings and Commoners, Presidents, Ladies, Gentlemen, and Hustlers have played billiards, gentlemen and street toughs played.*
- *Eight Ball was invented shortly after 1900; straight pool followed in 1910. Nine Ball seems to have developed around 1920. The game of One Pocket is older than any of these. Complete rules appeared in 1869.*

If you are ever up for a game, stop out to Joez Lounge off of Laver Road in Mansfield on a Friday night and we can play a game or two. A tournament starts at 8 p.m. ~ Rosanna



## 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, fixing computer problems and everything having to do with Linux.



- Lori is the Director of Magnification at Crossroads Community Church. In her about me section, she says: "I love anything creative!

I enjoy the opportunity to serve the Lord that Crossroads Community Church has provided! I have the privilege of working with artists, musicians & vocalists, actors, designers and a brilliant staff that diligently works to further God's Kingdom!" You can catch up with a little more of Lori's words of wisdom at her blog online at <http://www.loribiddle.com/>



# DECEMBER 2011

## December 2011

### Winter Wonderland - Richland County Fairgrounds

Ohio's Finest Drive-Through Light Display presented by The Richland County Agricultural Society - Open nightly in December through Dec. 26 - 5:30 - 9 p.m. - Admission per vehicle (cars, pickups, mini-vans) is \$6 • \$17 small bus (15-35)

## December 19, 2011

### Mike Perkins - Kostas - Mansfield - Every Monday

\$3.00 • 10:00 pm - 1:00 am • Acoustic / Folk Rock / Indie "I hear music everywhere. Always have. Beats and melodies are constantly swirling around in my head. I often hear songs in my dreams, wake up, and then hurry to my guitar before the subtle nuances of the music escape me. I also enjoy noticing rhythms in the physical world. Whether it's a pattern in the clouds, bands of wind blowing across a field of tall grass, birds talking to each other, the changing of the seasons, a crackling campfire, babies turning into old people, or the sound of my dogs snoaring, rhythm is EVERYWHERE. On stage, I feel like a kid that gets to play on an infinite jungle gym..... always finding something new to swing on or climb. When playing music, the only limitation is your imagination. You can go anywhere you want. I think that's why I tend to sing with my eyes closed. I feel like my best songs are still ahead of me, but that's probably what every musician thinks. Otherwise, the "jungle gym" would start to get boring. Maybe outer space is God's jungle gym?" For more info go to [www.mikeperkins.net](http://www.mikeperkins.net) - 924 W. Main St. - Mansfield, Ohio 44906 - 419-529-3844 - Ages 18+up

## Sunday, December 25, 2011

### Merry Christmas Everyone!

## Dec. 26 2011-Jan 8th 2012

### Inventory Reduction Sale - Creative Outlet, Loudonville

30% off STOREWIDE Excludes Furniture-20% off & Christmas Items 50% off - Creative Outlet 226 W. Main St - Loudonville - 419-994-5092 - [www.creativeoutlet.net](http://www.creativeoutlet.net) - [Outlet@bright.net](mailto:Outlet@bright.net) - OPEN DAILY: Mon-Thurs & Sat 10am-6pm Fri: 10am-8pm Sun:11am-6pm - Sundays Jan 13th-Feb 24th 11am-5pm Saturdays Memorial Day-Labor Day 10-8

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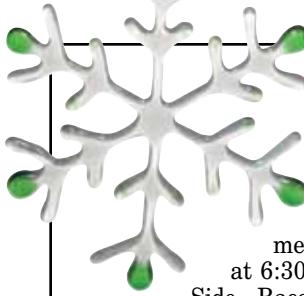
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### PRODUCTION DUE DATES:

JAN-FEB.....	DEC 20
MAR-APR.....	FEB 20
MAY-JUNE.....	APR 20
JULY-AUG.....	JUNE 20
SEPT-OCT.....	AUG 20
NOV-DEC.....	OCT 20

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## Friday, December 30, 2011

### End-of-Year Jack & Jill Scotch Doubles Tournament- Joez Lounge

Laver Road, Mansfield • OPEN TO ALL PLAYERS • CAPPED AT 32 TEAMS  
Male/Female Scotch Doubles Tournament - \$20 Team Entry Fee - Calcutta Starts at 6:30 - BCA Rules Apply - Race to 3 Winners Side - Race to 2 on Losers side - Double Elimination  
- If you have any questions email me at graphixrose3@aol.com - 50/50 - and more! You do not have to currently be playing league to join this event. COME ON OUT AND ENJOY SOME GREAT POOL! This is not a blind draw...You must find a partner. For more information go online at <http://www.facebook.com/events/119859061462030/>

## Monday, January 9, 2012

### Walk & Woof: Howl at the Moon - Crestline

7PM Lowe-Volk Park, 2401 State Route 598 - Daylight leaves us little time for day hikes, so let's get them doggies a howlin'! Join Crawford Park District Naturalist, Josh Dyer and Carley, as they venture through the nighttime woods of Lowe-Volk Park to hear night sounds and what other animals may be howling. All ages and breeds welcome. Flashlights recommended. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## Saturday, January 14th, 2012

### Dailey and Vincent - Renaissance Theatre - Mansfield

Doors open at 7 pm - Show starts at 8:00 PM - Dailey & Vincent, the most heralded duo in bluegrass, is back at the Renaissance! Winner of seven International Bluegrass Music Awards. For more info go online to <http://www.mansfieldtickets.com/>

## Saturday, January 14, 2012

### Rock'n Fossil Day - Lowe-Volk Park - Crestline

Noon - 3PM - 2401 State Route 598 - The Lowe-Volk Park Nature Center is a rock hound destination. National Lime and Stone sponsored our geology exhibit and also donated fossils for the porch of the Nature Center. We also have a superior collection of Ohio Gem Stones that was donated by Tom and Pam Kottyan. Add to those the many interesting displays of exhibitors and the stage will be set for an awesome Rock'n Fossil Day. At 1PM, there will be a presentation by Tim Snyder who authored the book, Rainbows of Rock and Tables of Stone: The Natural Arches and Pillars of Ohio. Mr. Snyder is retired from the Ohio Department of Natural Resources, Division of Natural Areas and Preserves. His book will be available for purchase. Hope you can attend! Bring your friends and family. Lowe-Volk Park is located 3 miles north of US Route 30. For more info contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## Sunday, January 15, 2012

### Winter Bird Walk - Sears Woods, Bucyrus

3PM 1486 Mt. Zion Rd. - Join Crawford Park District Naturalist, Warren Uxley, for a bird walk through Sears Woods State Nature Preserve. Every winter brings with it a different collection of birds from more northern latitudes. There can be spectacular irruptions of northern finches, grosbeaks, and sparrows. See what this year will bring. Meet Warren Uxley at Sears Woods. Sears Woods is located west of Bucyrus on Mt. Zion Road. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)



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## The Health Benefits of Chocolate



In doing the research for this article, I came across many references about why it is healthy for your heart... particularly the dark chocolate because of the number of flavonoids that it contains. Flavonoids help protect plants from environmental toxins and help repair damage. But really, what are flavonoids? Flavonoids are most commonly known for their antioxidant activity.

Consumers and food manufacturers have recently become interested in flavonoids for their possible medicinal properties, especially their role in inhibiting cancer or cardiovascular disease. Dark chocolate contains a large number of antioxidants - nearly 8 times the number found in strawberries! Flavonoids also help relax blood pressure through the production of nitric oxide, and balance certain hormones in the body.

Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure. It can also lower Cholesterol. Dark chocolate has been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 %.

Chocolate also holds benefits apart from protecting your heart:

- it tastes good
- it stimulates endorphin production (a feeling of pleasure)
- it contains serotonin, which acts as an anti-depressant
- it contains theobromine, caffeine and other stimulants

*The Cleveland Clinic has an article online called The Sweet Truth About Chocolate and Your Heart - Have you had your flavonoids today?*

"Flavonoids help protect plants by shielding them from environmental toxins and helping repair damage. When we consume plant-based foods rich in flavonoids, it appears that we also benefit from this "antioxidant" power. Antioxidants are believed to help the body's cells resist damage caused by free radicals that are formed by normal bodily processes such as breathing and from environmental contaminants like cigarette smoke. When the body lacks adequate levels of antioxidants, damage from free radicals occurs and leads to increases in LDL ("bad")-cholesterol oxidation (oxidized LDL-cholesterol hurts the arteries) and plaque formation on the walls of the arteries." - To read more of the article go online to:

<http://my.clevelandclinic.org/heart/prevention/nutrition/chocolate.aspx>



# Household Uses for Vinegar

## Pretty Puppy

Give your dog a gleaming coat by spraying or rubbing with a solution of 1 cup white distilled vinegar to 1 quart water. As a bonus, you save the cost of an expensive shine product used on show animals.

## Kill Fleas

Kill fleas by adding a little white distilled vinegar to your dog or cat's drinking water. also deters ants, Discourage ants by spraying undiluted white distilled vinegar outside doorways and windowsills, around appliances and wherever you find the pests coming in.

## Clean your window blinds

You can make the job of cleaning mini-blinds or venetians considerably less torturous by giving them "the white glove treatment." Just put on a white cotton glove — the kind sold for gardening is perfect — and moisten the fingers in a solution made of equal parts white vinegar and hot tap water. Now simply slide your fingers across both sides of each slat. Use a container of clean water to periodically wash off the glove.



## Remove mineral deposits

Remove mineral deposits from coffee makers with white distilled vinegar. Fill the water reservoir with 1 cup or more of white distilled vinegar and run it through a whole cycle. Run it once or twice more with plain water to rinse clean.

## Tuesday, January 17, 2012

### Le Pew: Nature Odors - Lowe-Volk Park, Crestline

6PM - 2401 State Route 598 - A cute skunk waddles across the field. But cute doesn't last too long if it detects danger. What an odor! Come to Crawford Park District volunteer, Joy Etter-Link's, program that will highlight some of nature's unusual smells. As expected, her engaging craft will focus young minds on our amazing world. A program for kids up through fifth grade. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## January 20-21, 2012

### Breaking Legs - The Mansfield Playhouse

(comedy written by Tom Dulack) - The worlds of the Mafia and the theatre clash hilariously when a professional playwright seeks funding for his new play from the family of a former student. The "family" turns out to be minor Mafia godfathers who are willing to underwrite the play provided they never have to read it. The fact that the lusty, unwed daughter of the house falls in love with the playwright only furthers his involvement with the Mob. This one is a crowd pleaser combining murder, pasta and laughter. Performances on Fridays and Saturdays Jan. 20, 21, 27 & 28 begin at 8:00 p.m. Sunday matinee performance on Jan. 29 begins at 2:30 p.m. Call the box office at 419-522-2883 for tickets or check our website at [www.mansfieldplayhouse.com](http://www.mansfieldplayhouse.com) for our new on-line ticketing!

## Saturday, January 21 - February 18, 2012

### Nature Photography Exhibit: Tom Arbour

Meet the Photographer, Saturday, Jan 21 at 1PM - Lowe-Volk Park Nature Center, 2401 State Route 598, Crestline The

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# My Favorite Local Places...*The New Store*

I recently had an opportunity to serve children in our community at The New Store at 777 N. Trimble Rd. in Mansfield. This is an experience I won't soon forget! **Their mission:** Community members working together to better the lives of children in Richland County.

The Richland County Children's Auxiliary members are committed to improving the lives of local children. They do this by identifying kids that need more success and then dressing them appropriately for school! This is such an important part of education – to fit in, to have quality clothing and basic essentials.

The Richland County Children's Auxiliary has been in existence for the past 15 years with largely the same core group of dedicated members donating their time to serve the children of Richland County. **The New Store has been open for the past 5 years. They dress 750 children each year from September – April, kindergarten through eighth grade.** The children they serve are referred by their school principal based on need.



*This is the girls side of the beautiful New Store - complete with private dressing rooms!*

The New Store is a beautiful place

where Richland County school children have a very real shopping experience. They go into the store while their parents remain in the waiting area and choose things they like! The clothes are new – purchased by 'shoppers' that are experts in shopping local sales using coupons and all means possible to achieve unbelievable low prices, providing the children with brand new items.

*This room is all boy with great selections!*



Funding comes from grants and private donations.

Anyone or any business interested in becoming involved financially or volunteering can contact the Auxiliary at 419/565-7505.



*The Ontario girl's basketball team came to volunteer at The New Store.*

One of the things I admire the most about the way they operate is the amount of effort dedicated to insuring that they are NOT duplicating services that already exist in Richland County. The Auxiliary works hard to be much

more than just an organization that provides clothing and basic needs. As they serve the children they work to foster mentoring relationships with them. Their goal is to make each child feel very special and I have witnessed this happening during their dressing days! It's amazing to watch the children respond to them!

Each year caseworkers from Kinship Navigator, Help Me Grow, CHAP and Richland County Children Services identify 900 of the most needy children in our county. The Auxiliary coordinates the donation of Christmas presents for these children. They spend

approximately \$100 per child. If you would like to 'adopt' a child for Christmas by providing one of these gifts, or contribute toward the purchase of a child's Christmas, please call 419/565-7505. This is a fabulous opportunity for businesses to get involved in a local Christmas project!

If you are part of a group or individually want to serve your community, I cannot encourage you strongly enough to consider The New Store. When you leave this beautiful place after volunteering, you know you have been part of something very special!

Email: [TheNewStore777@gmail.com](mailto:TheNewStore777@gmail.com) - New website coming soon!

Lori Biddle - Director of Programming  
Crossroads Community Church - [www.loribiddle.com](http://www.loribiddle.com)



Crawford Park District is proud to offer this nature photography exhibit. Inspect nature through the lens and artistry of Tom Arbour. Tom Arbour is a Wildlife Research Technician for the Ohio Division of Wildlife. Tom's love of nature began at an early age as he investigated the stream near his childhood home in Munroe Falls, OH. His interest in photography was sparked during a trip to Australia while studying with Hiram College. Tom's work shows a deep-rooted passion for the natural world. His interests include a wide variety of subjects, but he is particularly interested in close-ups of insects and sweeping landscapes. Tom's photography has been exhibited at the Peggy R. McConnell Arts Center of Worthington and the ODNR

# "Old Fashioned Hospitality"

Bruce Samples happened upon a little country store while doing deliveries and just fell in love with it. How do you describe that feeling? Something you know was meant to be. That was July 2010. Now, a year and a half later and the business has become a major part of his life.

Shopping at Nevada Country Market gives you the feeling of times past, when "Hand Made", "Hand Crafted" and "Made in America" mattered. It did then and it does now. It is a unique place that will take you back in time when things were simple, neighbors knew neighbors and there was a strong sense of community.



in town, as people would have the chance to visit with one another while they shopped.

Small businesses are the key to an economic recovery. There's something almost romantic -- definitely nostalgic -- about places like Nevada Country Market.

Nevada Country Market offers fresh-cut meats, a full-service deli, and Amish Cheese trays. Packaged meat bundles are available. Bruce also makes his own sausage, bratwurst and beef jerky. Shredded chicken, pulled pork & shredded beef can be prepared for special occasions and rotisserie chicken is served daily.

There is absolutely no reason to go away hungry. Drop in and say hi to Bruce and his assistants, have a sit down in the rocking chair and visit for a moment. You'll feel right at home. Nevada Country Market is located in Nevada, just off of St. Rt 30 at 200 Main St. - 740-482-2211



While the proliferation of huge retail chains have reduced the consumer market for mom & pop stores considerably, many of these small businesses continue to operate and even to thrive in today's economy. In decades past, just about every small town contained a business district that was anchored around a locally owned general store. The general store would offer a selection of canned goods, dry goods, fabric, and other common household needs. This type of mom and pop store often also functioned as one of the social hubs



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headquarters in Columbus. His nature photographs have appeared in multiple ODNR publications and web pages. He is perhaps best known to Ohioans for his Ohio Nature Blog ([www.ohionatureblog.com](http://www.ohionatureblog.com)). Stop by to meet Tom Arbour on Saturday, January 21 at 1PM. You won't want to miss his superior nature photography. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## Sunday, January 22nd, 2012

### Jungle Jack Hanna's Into the Wild Live - REN

Starts at 3:00pm - The Emmy-winning star of Into the Wild, Director Emeritus of the renowned Columbus Zoo, and legendary animal expert Jack Hanna returns to the Renaissance Theatre with his four-footed cohorts in tow. A fun-filled, furry treat for the entire family! For more info go online to <http://www.mansfieldtickets.com>

## January 27-29, 2012

### Breaking Legs - The Mansfield Playhouse

(comedy written by Tom Dulack)

The worlds of the Mafia and the theatre clash hilariously when a professional playwright seeks funding for his new play from the family of a former student. The "family" turns out to be minor Mafia godfathers who are willing to underwrite the play provided they never have to read it. The fact that the lusty, unwed daughter of the house falls in love with the playwright only furthers his involvement with the Mob. This one is a crowd pleaser combining murder, pasta and laughter. Performances on Fridays and Saturdays Jan. 20, 21, 27 & 28 begin at 8:00 p.m. Sunday matinee performance on Jan. 29 begins at 2:30 p.m. Call the box office at 419-522-2883 for tickets or check our website at [www.mansfieldplayhouse.com](http://www.mansfieldplayhouse.com) for our new on-line ticketing!

## Saturday, January 28, 2012

### Winter Tree ID: Buds and Bark - Sears Woods, Bucyrus

9AM - 1486 Mt. Zion Rd - The Crawford Park District invites you to this program on tree identification. With leaves gone from trees, identification can be a little tough. However, leaves aren't the only characters that can aid in tree ID. Join Park District Naturalist Josh Dyer as he shows the various methods for determining tree species with their leaves off, from their buds, bark, and other ID tips. Sears Woods is located west of Bucyrus on Mt. Zion Road. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## Saturday, January 28, 2012

### Snow Crafts and Treats - Lowe-Volk Park, Crestline.

1PM - 2401 State Route 598 - The Crawford Park District invites you to celebrate the beauty and fun that snow brings every winter. Bring your own small jar with a lid, glass from a small

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# The Penguins Cave

BY CYBER LOBO

## FEDORA 16

Welcome back my dear readers, here I am again geeking around with the Linux stuff.

Many of you my dear readers know that there are different Linux distributions, each offering a slightly different flavor of the free and open source operating system. Like Canonical's Ubuntu Linux which tends to be in the headlines, but another very popular and excellent choice is Fedora, the free, community version of Red Hat Enterprise, Fedora 16 codenamed 'Verne' is ranking number three in DistroWatch's popularity list.

Here are some of the good new features of this release:



### Linux 3.0 Kernel

The new kernel 3.0 is the base of fedora 16. there is nothing new all things are regular. But still it got a new numbering version and gives a fresh look.

### Gnome 3.2

System Settings for "Online Accounts" managing online accounts like Google, Facebook. Input integration, handle for plug and play devices and more...

### GRUB2

Makes some changes in the configuration files and boot directory.

### Blender 2.5

The latest and greatest 3D and Non Linear Editing Software in Free software world.

Linux is known for being strong on security, but Fedora is working to be one of the most secure Linux distributions out there, by the inclusion of Security-Enhanced Linux (SELinux), which implements security policies including mandatory access controls.

Fedora 16 includes new and improved features to support cloud computing like HekaFS--a "cloud ready" GlusterFS, OpenStack and pacemaker-cloud,Condor Cloud.

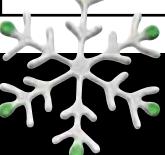


Expanded virtual network support, new version of Spice--which is designed for managing virtual machines- Xen support, a new virtual machine lock manager, and better ability to browse guest file systems.

Download Fedora 16 at <http://fedoraproject.org/>

" Good Luck my friends" – Cyberlobo :P

Facebook: Juan Ramirez



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**Ice Cold 50¢ Coke, Pepsi & Mt Dew**

**9**

picture frame and take home works of art. Activities will be indoors and outdoors. We will enjoy a treat made from snow! Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

### Tuesday, January 31, 2012

#### The Great Woodpeckers - Lowe-Volk Park, Crestline

7PM 2401 State Route 598 - Meet Crawford Park District Naturalist, Warren Uxley, at the Lowe-Volk Park Nature Center for this program on Woodpeckers. The Ivory-billed Woodpecker is almost certainly extinct, BUT its closest relatives can still be found in Central and South America. Learning about the other great woodpeckers can provide insights into the natural history of the Ivory-Billed. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

### Thursday, February 2, 2012

#### It's Ground Hog Day! - Lowe-Volk Park, Crestline

6PM - 2401 State Route 598 - Kids and families are invited to this program all about Ground hogs. How much wood could a woodchuck chuck if a woodchuck could chuck wood? Will there be six more weeks of winter? So many questions, so many things to learn! A program for kids through grade five will include groundhog information and a craft. Joy Etter-Link will lead this interesting program. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

### Saturday, February 4, 2012

#### Nature Safari - Lowe-Volk Park, Crestline

1PM - 2401 State Route 598 - The Crawford Park District welcomes Jim Lysle, of Lima, who will take program participants

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## End-of-Year Jack & Jill Scotch Doubles Tournament

Friday, December 30, 2011

••••OPEN TO ALL••••

### Joez Lounge, Laver Road, Mansfield

Male/Female Scotch Doubles Tournament - \$20 per Team Entry Fee - Calcutta Starts at approximately 6:30 p.m. - Open To All - BCA Rules - Race to 3 Winners side - Race to 2 Losers side (subject to change depending on teams entered) - Double Elimination - If you have any questions email me at graphixrose3@aol.com You do not have to be affiliated with ANY league to enter this tournament - For more details text 419-709-6463 after Sunday December 4, 2011- Entries will be capped at 32 teams - Bring your own partner!

## The Recipe Place

### Sweet Potato Pie

Makes 8 servings- 1 -9 inch Pie

Prep Time: 30 Min  
Cook Time: 1 Hr 50 Min  
Ready In: 2 Hrs 20 Min

#### Ingredients

1 (1 pound) sweet potato  
1/2 cup butter, softened  
1 cup white sugar  
1/2 cup milk  
2 eggs  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
1 (9 inch) unbaked pie crust



#### To Garnish:

Dollop of whipped cream

#### Directions

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.

Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake at 350 degrees for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.

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## Hook of a Book: Looking for Local Books to Review

by Erin Al-Mehairi, [www.hookofabook.wordpress.com](http://www.hookofabook.wordpress.com)

Welcome to the NEW column on all things books and book reviews! If you love to read like me, then this column might be for you. I have written before for the magazine with my public relations and marketing business, on women's issues, and more. For this column, I want sit back and enjoy a cup of tea with honey, while we talk reading, books, and authors!

I have a blog called Oh, for the Hook of Book at [www.hookofabook.wordpress.com](http://www.hookofabook.wordpress.com) on which I write book reviews, national and international, and in any genre. I also talk about book related subjects and writing.



In this column, I'd love to first and foremost promote local tri-county or regional authors, as well as any events pertaining to books or reading. At the moment, I have no local authors on my list to review. If you are an author living in Ashland, Richland, Wayne or surrounding counties, I'd love to hear from you. Should I choose you, a review of your book would be featured in this column, as well as my blog.

Please check out more information about my policies on accepting books at my blog link above and drop me a line at [hookofabook@hotmail.com](mailto:hookofabook@hotmail.com) if you are interested. Promoting reading is my first and foremost goal, but promoting local authors or those in the reading business are a very close second. I hope to read with you soon! You never know what BOOK is going to HOOK you into turning every last page until you've read it all in one sitting!

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#### Updates links & more!

I cannot fit all of the events in the magazine but the space is unlimited online so check for updated information for the events online:  
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on a photographic wildlife journey. His animal subjects vary, but one of Jim's passions is photographing the Black Leopard. He has traveled to Africa more than 15 times which is an indication of the love and respect that he has for this animal and its habitat. Come and marvel at his ability to capture the earth's fauna in digital perfection. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## February 7, 2012

### Symposium Against Indifference - Ashland University

Event Featured - A presentation on the efforts to fight sex trading titled "Remember Nhu," on Feb. 7, 2012, at 7 p.m. in the Hawkins-Conard Student Center Auditorium. UNICEF estimates that one million children enter the sex trade every year and that 30 million children have suffered from the sex trade over the past 30 years. Remember Nhu began as the attempt of one individual from Akron, Ohio, to change this. Today, this Christian nonprofit organization has established safe houses in Thailand, Cambodia, and another unnamed country, with plans to expand into India, the Philippines and South Africa. - All events for the symposium are free and open to the public. For more information call Steve Hannan, Director of Public Relations - Ashland University • 401 College Avenue - Ashland, Ohio 44805 at 419-289-5007 or email him at [shannan@ashland.edu](mailto:shannan@ashland.edu) - [www.ashland.edu](http://www.ashland.edu)

## Saturday, February 11, 2012

### Crawford County Railroads - Lowe-Volk Park

2PM, 2401 State Route 598, Crestline - Tellin' Tales is a meeting to share information about Crawford County's Natural History. The Crawford Park District invites you to come and share your stories of our county's geology, farming history, weather catastrophes or other happenings. Personal anecdotes make history come alive. Help us preserve our Natural History events. A special focus for this Tellin' Tales will be the Railroads of Crawford County. Railroads were central to the development of Crawford County and the United States. Railroad construction changed local topography, involved the use of local natural resources and changed human behavior patterns. Moderated by Jim Croneis, former publisher of the Telegraph Forum and local history buff. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

## Saturday, February 11, 2012

### Leesville History - Lowe-Volk Park, Crestline

3:15 PM - 2401 State Route 598 - The Crawford Park District invites anyone who has a connection to Leesville or is interested in the history of our area is welcome to participate in this discussion lead by local resident and Leesville promoter, Joe Everly. Bring pictures to be shared, stories to tell and a listen-

## I hurt.

It's something that is really hard to explain. Sometimes I am ok, but it is "normal" for me to hurt. Why do I hurt? The doctors do not know. No explanation found for what I have. Even the doctors still discuss and disagree about this condition.



Sometimes I guess it feels like I have the flu. Achy all over like someone has taken a baseball bat to me. When it gets really intense I have days that even my toes and fingers feel like they have been smashed.

I do not wear my rings that often anymore because they hurt where the metal of the ring lays upon the skin. Sometimes I can get away with wearing one, but only for a little while. With this I also have sensitivities to sounds, smells and medications. These senses have been drastically heightened for me. But the worst part is the muscle spasms and knots that develop mostly in my back. I cannot take muscle relaxers because of the medication sensitivity, with the medicine, all I do is sleep. I am tired a lot anyways, it is part of the issue.

Do I complain much?..no. Does no good. Do I cry?

Absolutely, when I am alone.



I hurt. Most of the time. Feels like the flu. Only a little worse. After many years of searching, going to different doctors, being misdiagnosed and mis-medicated I finally went to the Cleveland Clinic. I now have answers and hope of dealing with my condition. And now, I can give it a name.

## Fibromyalgia.

*Fibromyalgia is a controversial diagnosis which lacks scientific consensus. Some members of the medical community do not consider fibromyalgia a disease because of a lack of abnormalities on physical examination and the absence of objective diagnostic tests.*

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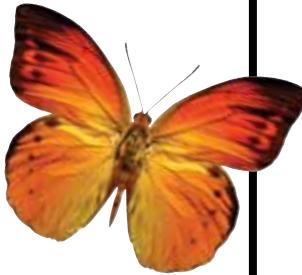
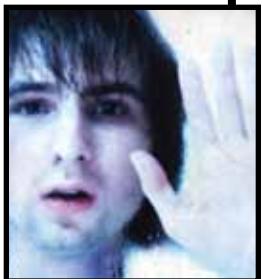
## Annie's Corner - **By Ann Bowling**

Mark 2:17 They that are whole have no need of the physician, but they that are sick; I came not to call the righteous, but sinners to repentance.

Do you tell anyone how great our Lord has been to you? Has he brought you through troubles, pain, sadness, healed your broken heart, wiped your tears as he put them in his bottle? When was the last time you told someone how he gave you Joy, Peace, Love? (Mark 5:19 Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.)

***We have an Awesome God.***

Mark 8:38—Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels.



ing ear. Leesville's rich history needs told, retold and updated! Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

### **Saturday, February 11, 2012**

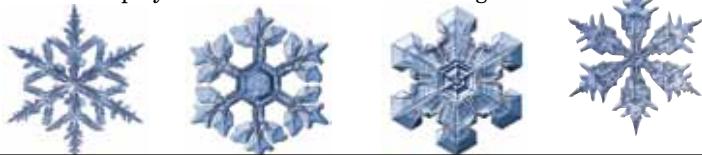
#### **Nature Movie and Popcorn Night - Lowe-Volk Park**

6:30 PM - 2401 State Route 598 - The Crawford Park District invites all to come and enjoy some family time together! Walk into the Nature Center and smell that wonderful aroma of popcorn. The free movie, The Fox and the Child, will begin at 6:45. This story is about a young girl who comes across a cute young fox on her way home from school. The girl lives in an isolated cottage in a valley. She and the fox become friends. One wildlife lesson concerns the girl's inability to domesticate the fox. The nature imagery is superior and is sure to please everyone of any age. Lowe-Volk Park is located 3 miles north of US Route 30. For more information contact the Crawford Park District office at 419-683-9000. Look for information on other programs offered by the Crawford Park District by visiting their web site at [www.crawfordparkdistrict.org](http://www.crawfordparkdistrict.org)

### **February 24-25, 2012**

#### **God's Favorite - The Mansfield Playhouse**

(comedy by Neil Simon) This play is a truly hilarious take on the Book of Job. A business tycoon's faith is put to the test through a series of mishaps such as tennis elbow, hemorrhoids, and kids who refuse to behave. Unwilling to renounce his faith the tycoon remains true to the Lord even as his home literally crashes around him. This play illustrates the importance of faith and laughter in the face of disaster. Performances on Fridays and Saturdays Feb. 24 & 25 and March 2 & 3 begin at 8:00 p.m. Our Sunday matinee March 4 begins at 2:30 p.m. Call the box office at 419-522-2883 for tickets or check our website at [www.mansfieldplayhouse.com](http://www.mansfieldplayhouse.com) for on-line ticketing!



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#### **Birdie - German Shepherd**

Birdie is a 2 year old German Shepard mix that was abandoned by her owner. She loves kids and is good with cats but needs to be the only dog in the home. The adoption fee for most of our dogs is \$175. They are spayed/neutered, vaccinated appropriate for their age, flea treated, dewormed, microchipped and heartworm tested (if old enough). All potential adopters will be screened. Our dogs are to be inside companion animals.



**For more info about Birdie or another animal in need or to donate time or funds call the Richland County Humane Society at 419-774-4795 or go online at <http://www.adoptourstrays.com>**

## Most people want to know...what Acupuncture is and how does Acupuncture work?

Acupuncture is an ancient health science which is used to successfully treat both pain and dysfunction in the body that dates back 5,000 to 7,000 years. Early Asian physicians discovered there is an energy network traversing on or just below the surface of the skin which communicates from the exterior to the internal organs and structure at over 1,000 "acupoints" on the body. This energy works in harmony with the body's circulation, nervous, muscular, digestive, genitourinary and all other systems of the body. Stimulation of one or a combination of key acupoints on the body may restore harmony of the affected area.



Although Acupuncture appears strange to most Westerners, using modern lasers or very slender painless needles placed at various locations to relieve pain or affect a body part or function is the new trend in complementary medicine. Fortunately, many physicians are now referring patients for an Acupuncture evaluation (sometimes as a last resort).

Historians have stated "more people have benefited from Acupuncture over the course of 50 centuries than the combined total of all other healing sciences both ancient and modern".

If we were to compare the body's 12 primary meridians flowing throughout the body to 12 radio stations in any major city, we will see each station airs at a particular frequency. If a station is broadcasting at 94.5 however if the listeners radio is picking up 94.4 there will be static heard. The same is true if the radio picks up 94.6. One frequency would be too high the other too low however the effect is the same... "static". There is nothing wrong with the radio, just something wrong with the fine tuning. This is precisely what may happen within the human body when it is not operating at the ideal level of frequency vibration.

Acupuncture's goal is to restore normalcy to the body's energy field by stimulating a combination of specific acupoints through a number of different applications, the needle is just one of them. Acupuncture Meridian Therapy should be considered as a complementary treatment for pain and many other conditions.

Dr. Rusty V. Whiteamire, D.C.,D.A.C.R.B., F.I.A.M.A., Dipl.Med.Ac.  
Director of The Disc Institute

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14 - Valentines Day

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 HOT CHOCOLATE WHITE  
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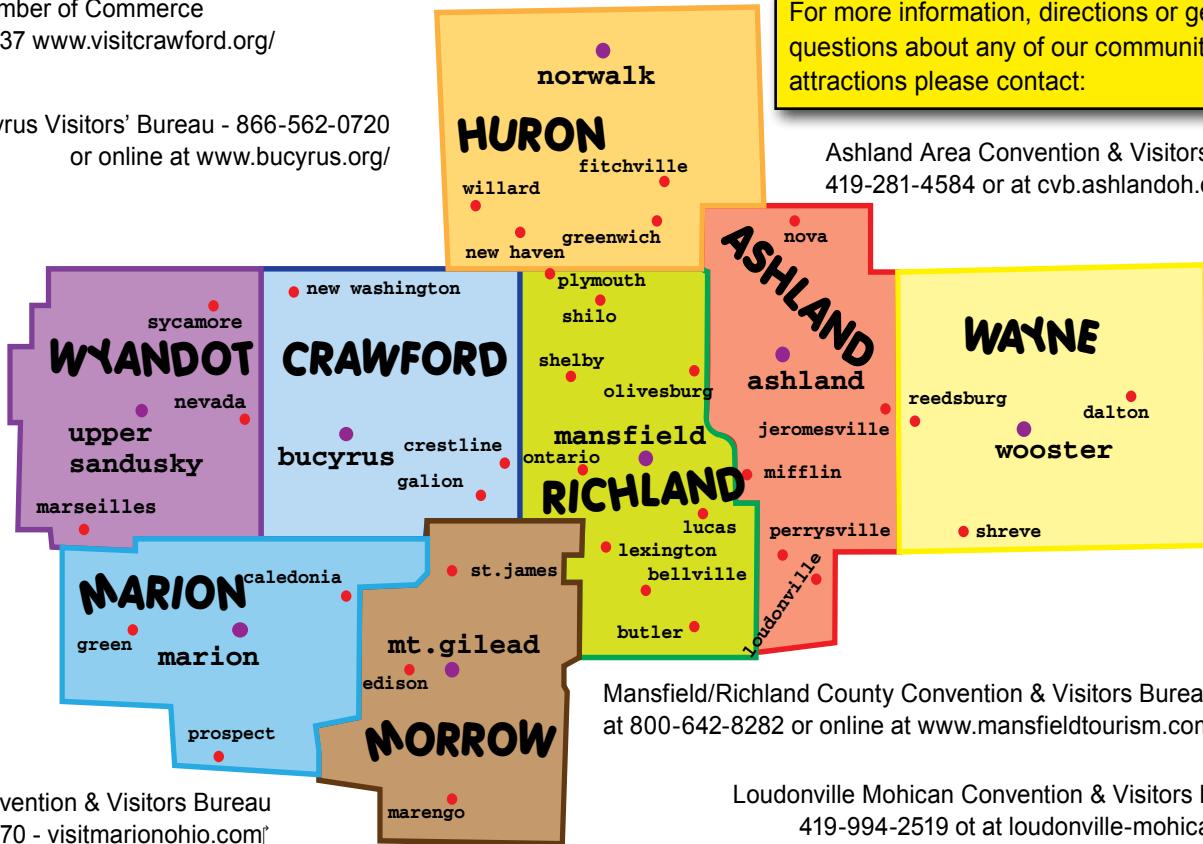
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 419-281-4584 or at [cvb.ashlandoh.com/](http://cvb.ashlandoh.com/)

Wayne County Convention Bureau<sup>1</sup>  
 330-264-1800 or at [waynecountycvb.org/](http://waynecountycvb.org/)

Upper Sandusky Chamber of Commerce<sup>1</sup>  
 419-294-3349 or at [uppersanduskychamber.com/](http://uppersanduskychamber.com/)



Marion Convention & Visitors Bureau  
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