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Ann Hosman Worden

Editor/Publisher

ann@buzzbookonline.com

VICKI SELHORST

Graphic Designer

graphics@buzzbookonline.com

MILTON & SUSAN DEANER

Benefactors

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CHRIS ALEXANDER
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### LETTER FROM THE EDITOR

Our theme for this summer issue is The Power of AWE. We can experience AWE almost every day: in a perfect sunrise or sunset, the face of a newborn child, the sound of crashing waves, a stunning meadow of flowers or sunlight streaming through stained glass church windows. When I close my eyes and think of an AWE moment, I picture a sand dune covered with tall grasses swaying with the wind.

I have also recently witnessed it in the love shown to my family as we robustly sang "When Irish Eyes are Smiling" at my mother's funeral luncheon. There is something magnificent about shared joy among friends. And we knew that my mom and dad were joining in from heaven!

Isn't it wonderful that there are majestic moments beyond our ability to manufacture? Whether you believe it is God-given or some miraculous power beyond our imagining, isn't it lovely to NOT always be in control and to be lifted spiritually in AWE? Such a sweet gift.

So take time to pause and truly appreciate these moments of AWE. It's a fine life, I say, for anyone who is open to its glorious adventures.

Peace to you!

Om





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### STAY THE NIGHT IN THE METROPARKS

By Kathy Chirdon

The fun doesn't have to stop after a full day of playing in the park. Metroparks Toledo offers a variety of campsites and cabins available for overnight rental. Don't expect hot tubs and room service, but if you're looking to nestle in for a snooze in the woods and wake up to birdsong, you'll be happy to find one of these rustic rentals at the end of the trail. For reservations, availability and complete terms and regulations, call 419.407.9700.

 Caretakers Cottage, Oak Openings; across from Mallard Lake. Has a kitchen, bathroom with shower, heating and air conditioning, and beds and pullout sofa to sleep eight. There's an outdoor fire ring plus a shelter with picnic tables, too.



- Pine Ridge Chalet, Oak Openings;
   5981 Jeffers Road. Amenities similar to Caretakers Cottage; sleeps five.
- Granger Island Cabin, Farnsworth; access is primarily by canoe or kayak. The rental season is June 1-Nov. 1. Features a woodstove and composting toilet; sleeps five.
- Granger Island Tent Platforms,
   Farnsworth; paddle in. There are two campsites; each accommodates two 12- by 12-ft. tents and eight people. Fire rings, picnic tables, and composting toilet are provided.
   Available Memorial Day-Nov. 1.
- Wiregrass Lake Campground; 201 N. Eber Road. A primitive campground around Wiregrass Lake with three sites for tent camping only. Sites offer fire rings and firewood. There are latrines at the parking area.

- Farnsworth Campground; 8801 S. River Road. A primitive with two individual and one group site for tents. Services include fire rings and fire wood. Open May through Nov. 15.
- White Oak Campground, Oak Openings; 11901 Oak Openings Pkwy. Eight individual and two group sites offer primitive tent camping. Individual sites accommodate two tents and eight people each; group campsites: five tents and 25 people. Two sites are horse-rider friendly and have their own corral. Well water is available, and there are restrooms nearby. Open year-round.
- Springbrook Campground, Oak
   Openings; 13833 Monclova Road.
   Horse friendly; site accommodations are similar to White Oak Campground.
   Camp area includes a vault toilet and a hand pump for water.
- Cannaley Treehouse Village, 0ak
  Openings Beach Ridge area; 3520
  Waterville-Swanton Road. Now under
  construction (rentals should start in
  the fall), the village will feature four
  private treehouses, three tent platforms, a common treehouse for group
  gatherings (seating 49), and a canopy
  walk. It's hoped the treehouses will
  become a destination for bikers
  using the new 12-mile single-track
  mountain bike trail.



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# AMPLIFY YOUR INTUITION

By Amy Lynn, Mystic Momma Tarot (see pg. 60)

Pull a single oracle/ tarot card for yourself every day. It is a beautiful way to connect with your intuition and grab a few minutes of me time. The messages you receive will inspire, guide, heal, nudge and lead you in the right direction.

### WE'RE BAREFOOTIN'

You may have laughed at that strange fellow who always walked around without shoes, but maybe he was on to something. According to a study published by the Developmental and Cell Biology Department at the University of California at Irvine, there's something to this! The practice of Earthing, also called Grounding, refers to the discovery that folks encounter better sleep and reduced pain from walking barefoot outside. Why? Because your body's conductive system transfers the Earth's electrons from the ground into the body, creating positive changes in your white blood cells. Yep, wrap your head around that as you go for a barefoot walk in the park!





### Summer and The Power of Awe!

# AMAZING GIFTS

By Margo Hertzfeld, Rosy Glow Wellness Therapies



While enjoying the great outdoors, take a moment to appreciate all the flora that surrounds us almost everywhere we go in our yard, at the office, growing wild at the side of the road! We can easily take for granted the awesomeness of nature. We are so closely linked to the plant world and gain so much from their existence—starting with oxygen! And let's not forget their specialized form of essential oils. So, as you go about your summer fun, be sure to notice the amazing gifts we get from the plant world in its many forms!



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### LAVENDER LORE

By Rebecca White-Schooner, Schooner Farms, (see pg. 31)

- 1. Lavender's common and scientific name originates from lavare, the Latin word for wash or bathe. Lavender was popular as a linen-washing herb in Europe, no doubt due to its pleasant aroma, but it also possesses antiseptic qualities.
- 2. During the Great Plague in London in the 17th century, it was suggested that a bunch of lavender fastened to each wrist would protect the wearer against the deadly disease.
- The historic use of lavender is almost as old as the history of man. As an herb, lavender has been in documented use for over 2,500 years. In ancient times, lavender was used for mummification and perfume by the Egyptians.



The secret of change is to focus all of your energy not on fighting the old but on building the new. ~ Socrates







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### "COOL" CAVES IN OHIO

By Laurie Pressel

Escape the heat of summer by exploring one of Ohio's famous caves. (But only if you're not claustrophobic, of course!) Did you know that many of Ohio's caves stay a constant 54 degrees?

Often called America's most colorful caverns, the **Ohio Caverns** in West Liberty is a must-see. The largest in the state, the caverns boast over two miles of explored passageways and feature stalactites and stalagmites galore!

At **Seneca Caverns** in Bellevue, you can walk and climb natural stone steps and view "Ole Mist'ry River"—the crystal-clear underground stream.

In the beautiful Hocking Hills State Park, the **Old Man's Cave** is one of the most popular attractions. The long complex of cave, inset grottoes, overlooks and gorges can take several hours to explore. Truly a natural wonder!

In Delaware, Ohio, the **Olentangy Indian Caverns** offer a maze of winding passages and underground rooms. The Wyandotte Indians would hide out in these caves from their enemies the Delaware Indians. Plan on about one hour for the cave tour.

**Perry's Cave** in South Bass Island (Put-in-Bay) is 208 feet long and 165 feet wide with stalactites and stalagmites and cave pearls on the walls, ceilings and floors. You can also see a rare, underground lake. Commodore Oliver Hazard Perry, the hero of the Battle of Lake Erie, discovered the cave in 1813.





# NOTHING TASTES MORE LIKE SUMMER THAN A SUN-RIPENED TOMATO

There are few things more abundant in summer than tomatoes and last-minute guests. Plump and delicious, tomatoes make an impressively beautiful dish in minutes. Slice them thick and layer or stack them in a glass dish or tray with fresh mozzarella and basil leaves—also abundant this time of year. Drizzle with balsamic, salt and pepper to taste. Serve immediately.



Did you know that Sunshine Communities, a Maumee-based nonprofit supporting people with developmental disabilities, has its own greenhouse? When tomatoes are abundant, they share with Georgette's Fair Trade Grounds & Gifts, where staff add flavor-filled Georgette's fresh vinaigrette and serve it up on cool, crisp greens.



# Summer Juns FOR KIDS

### Here's Your Game Plan

Summer is here, and we're all hunting for ways to keep the kids busy. Here are some free and low-cost outings and play ideas. Many are surprisingly simple, yet often "simple" is the best way to feel the refreshment and joy that comes with being present in the moment with your family.



Visit your branch or go to toledolibrary.org (where you'll find information on teen volunteer programs, too) or wcdpl.org in Wood County. Barnes & Noble also has an online summer reading program.

Rock Hunt. Sylvania Township's Fossil Park (olanderpark.com/olanderpark/fossil-park) is one of only two prime Devonian Era sites on the planet. When your work is done, take your fossils home, where you can continue to research your adventure. Read "Digging Up Dinosaurs," by Aliki for inspiration.

### Visit a Children's Garden.

Virginia Secor Stranahan preserved her riverfront property—577 Foundation (577foundation.org) from development "to keep a corner of Perrysburg green" and "to give people a way to get down to see the Maumee River." An adorable children's garden filled with imaginative hands-on activities is one of its many attractions. Register for kid and familyfriendly classes on their website.

### Challenge Your Taste Buds.

Try a new vegetable from a farmers market. Or buy ears of sweet corn from different vendors and compare at dinner. Kids can clean and prep.

Visit a Park. OK, that goes without saving, but has your family been to Blue Creek Metropark in Whitehouse? It's a quiet country retreat where you can hike a looped trail through a wetland, drop a fishing line, launch a kayak, or climb a rock wall. Farther east, the town of Oregon has linked all its parks with bike paths to Maumee Bay State Park, and it opens a new splash pad this summer.

Ride a Zip Line. There's one as part of Toledo Zoo's Aerial Adventure, but for the little guys, go to the playground at the Mallard Lake picnic area at Oak Openings Metropark. Wheee!













Do the Zoo. With the opening of the new ProMedica Museum of Natural History, a visit to the Toledo Zoo & Aguarium is like three day-trips in one! Learn more at *toledozoo.org*. Mondays are free for Lucas County residents from 10am-noon.

Watch Fireworks, Before you spread your blanket, go to rd.com/culture/canyou-quess-what-this-fireworks-display-is-called for a mini-lesson on the different types of displays. That way you'll know if you're seeing a Crossette or a Chrysanthemum.

**Stargaze.** All kids are captivated by shooting stars. And staying up way late. The two big meteor showers this summer are the Delta Aquarids, July 28-29, and the Perseids, Aug. 12-13. NASA has a neat site that helps you prepare for the viewing.

Make Ice Cream, Then make root-beer floats for an old-fashioned treat. PBS has a super-simple ice cream recipe using a zip-top freezer bag: pbs.org/parents/kitchen explorers/2014/07/15/ super-simple-ice-creamrecipe

Play Ball! Take a swing, or be a fan. Mud Hens. community league, or Wiffle Ball... it's our national summer pastime.

### Catch a Drive-in Movie

Drive-in theaters are still a thing! The Sundance Kid (areateasterntheatres.com). across from Pearson Park in Oregon, shows first-run movies and is free for those 4 and under.

Go Barefoot. Run through the lawn sprinkler, eat watermelon and spit the seeds, blow bubbles, climb a tree, roast marshmallows, watch a sunset on the beach... just make sure to make some memories!

### **LOVELY LAVENDER**

By Laurie Pressel

Lavender is one of the loveliest herbs you can grow in your garden. Possessing beautiful purple flowers and a wonderful fragrance, lavender also has many practical uses.

"As an herbalist, lavender is my absolute favorite medicinal and therapeutic herb," says Rebecca White-Schooner of **Schooner Farms** in Weston, Ohio. "We use the flowers and essential oils in soaps, lotions, creams, candles, sachets, and even cookies and cakes. Calming and antibacterial, lavender also has a host of medicinal properties."

With the right growing conditions, lavender can thrive in Northwest Ohio. The herb prefers dry, well-drained soil and will die if planted in a wet site with clay soil. Prepare 8-12 inches of well-drained soil for your lavender in a spot that gets at least eight hours of sun a day. Plant lavender in the spring for best results, because the herb has a better chance of surviving if it goes through a full growing season before winter.

English lavenders (*Lavandula angustifolia*) are the most cold-hardy but lavandin hybrids (*L. x intermedia*) also thrive, says White-Schooner. "The true lavenders we've had great success with are *Hidcote, Munstead*, and *Lady*. A few of my favorite Lavandin are *Grosso* and *Provence*. This year at the farm we are experimenting with about 12 varieties of lavender."

Schooner Farms is home to a beautiful lavender labyrinth that is approximately 75 feet in diameter with over 780 plants. On Saturday, June 29, from 10am-4pm, Schooner Farms will host its **2nd Annual Lavender Festival**. The event is free and open to the public. Guests can walk the labyrinth, purchase lavender products, visit artisan booths, and enjoy lavender demonstrations. (see pq. 31)



### LAVENDER LEMONADE RECIPE

- Lavender syrup
- Fresh squeezed lemon juice
- Water and ice

To make lavender lemonade, you start by making a lavender simple syrup. Combine equal parts sugar and water (1 cup sugar, 1 cup water) along with a 1/4 cup of fresh cut lavender in a medium saucepan. Bring to a boil over medium heat and boil for one minute to dissolve the sugar. Remove the saucepan from the heat and let steep for an hour. Meanwhile, slice and juice fresh lemons and remove the seeds. After your lavender simple syrup has steeped for an hour, strain out the lavender leaves and flowers until only the syrup remains. Combine the lavender syrup, lemon juice and chilled water in a large pitcher based on your taste.

### **TISANE WITH HERBS**

By Karla and Karrie, The Summer Kitchen Interiors, (see pg. 39)

Do you like cooking with herbs in the summer? We do and we enjoy holding mini cooking classes at the store with herbs like lavender, basil and rosemary! Here's a refreshing tisane that you can make with these three delicious herbs:

### Lavender & Mint Herbal Tea (serves 4-6)

4 teaspoons lavender

1/4 cup mint

1/2 teaspoon rosemary

4 cups boiling water

2 teaspoons honey to sweeten, optional

Put herbs in a pitcher. Pour the boiling water over top. Steep for 4 minutes, then strain tea and discard the herbs. Stir in honey if desired. Cool, then add ice. Enjoy!







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### BENEFITS OF LEGS-UP-THE-WALL

By Kathy Chirdon



Several recent studies suggest that yoga can enhance immunity by slowing the harmful physical effects of stress and chronic, low-grade inflammation. This legs-up-the-wall, or *viparita karani* — can be a powerful tool in counteracting prolonged stress and anxiety. *Yoga Journal* reports that *viparita karani* offsets the effects of gravity, quiets racing thoughts, and relieves the tension that builds up in your muscles and joints throughout the day.

Yoga instructor Kelly Milewski, RYT-200, says she likes to practice and teach this pose because "it's an accessible, gentle

inversion that benefits circulation and is suitable for all levels. It has a calming and restorative effect on me and my students."

Here's how to end up with your legs resting comfortably against the wall: Fold two blankets lengthwise. Stack one atop the other to create a support about 6 inches thick. Place your support near a wall, leaving a gap of a few inches between the support and the wall to allow space for your tailbone. Sit on the support with the left side of your body next to the wall and your feet on the floor. Sweep your legs up as you lower your shoulders and head down to your mat or the floor. If you need to move the support higher or lower on your back, press your feet into the wall and lift your hips to adjust.

Once comfortable, relax your arms out at your sides with palms open and facing the ceiling. Close your eyes. Draw your attention to your breath. Stay in the pose 5 to 15 minutes. When you're ready to come out, press your feet into the wall, lift your hips and remove the support from beneath you. Lower your hips to the floor. Gently roll to your side. Stay here for a few breaths and then slowly push yourself back up to a seated position.

Kelly says legs-up-the-wall can also be done without props. She adds: "Try these two variations for a deeper stretch in the groin area: legs opened in a wide V-formation or soles of the feet together in a butterfly position."

Although legs-up-the-wall is safe for most individuals, consult your doctor if you are pregnant or have been diagnosed with glaucoma, high blood pressure, or any serious problems with the neck or spine.

# TRY THIS COLORFUL SUMMER SALAD

It is a crowd pleaser and probably her most requested recipe, says Vicki Selhorst, graphic designer for the Buzz Book. "You can easily customize this to suit your family's likes and dislikes by swapping out vegetables and tossing in some chopped fresh herbs when you have them," she adds. "It always tastes better the next day, so I often make it the day before I need it." While she makes the recipe all year long, summer is when it is at its best with vegetables and herbs from her garden.



### **INGREDIENTS**

2 cucumbers

1 large tomato

1 small yellow pepper (any color will do)

1 small red onion

1/3 cup canola oil

2 tablespoons sugar

3 tablespoons red wine vinegar

3/4 teaspoon salt

1/8 teaspoon pepper

1 teaspoon dried herbs, such as oregano and basil. Or chop a handful of fresh herbs and toss with the vegetables.

### DIRECTIONS

Cut cucumbers and tomato in half. Remove seeds. Chop cucumbers, tomato, pepper and onion.

Whisk together oil, sugar, vinegar, salt, pepper and dried herbs in a large bowl until the sugar dissolves.

Add vegetables and chopped fresh herbs, tossing to coat. Cover and chill for at least 3 hours. The longer it sits, the better it gets!





### **NO CHURN VANILLA BEAN ICE CREAM**

Recipe from View from Great Island https://theviewfromgreatisland.com/no-churn-vanilla-bean-ice-cream

### **INGREDIENTS**

2 cups heavy cream 1 14-ounce can sweetened condensed milk 1 or 2 vanilla beans



### DIRECTIONS

Pour the cream into the bowl of a food processor. (You can also do this in a stand mixer, or with electric beaters)

Make a slit down the centers of both vanilla beans and scrape out all the seeds with the back of the knife into the cream. Try to get as many of the seeds into the cream as possible. Reserve the pods for future use.

Turn on the processor and whip the cream until it is stiff. This will only take a couple of minutes, so watch carefully. You will see ripples form in the cream as it firms up.

Pour the condensed milk in and process briefly to combine well.

Pour the mixture into a container, I use a metal loaf pan. Cover and put into the freezer for at least 4 hours, or until firm enough to scoop.



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### MOTHER EARTH URGES RECYCLING

By Chris Alexander



This isn't so much an article as it is a pep talk. This is your Mother speaking—yeah, Mother Earth. Come on people. Recycle.

You've got me on trash collection day, so I'll admit that I'm more than hot-under-the-collar. On our street in lovely Middleton Township where we must pay for trash pickup, there's an additional \$15 charge to get recycling picked up. And, sorry to squeal, but half

of our neighbors don't pay the nominal extra. Mind you, this isn't a neighborhood of struggling young workers, these are people in brand new homes! So Mother is guessing you can all pony up the extra \$15.

And here's the deal—almost everything you're pitching out into landfills could be recycled. Just Google recycling in your region and be mesmerized by the list. Old sneakers still usable? Take to Dave's Running, Second Sole or Planet Fitness.

Aluminum can pull tabs—the Ronald McDonald House would appreciate them. That lipstick or foundation half used? The Toledo Zoo partners with Terra Cycle to keep all kinds of household wastes out of landfills. Have an old bath tub still in usable condition? Habitat for Humanity says give them a call. Ditto on still usable air conditioners.

Books are welcome at Good Will, the 577 Foundation, Way Library, the BG Recycling Center. Nice magazines? See your nearby retirement home.

Dynalite Battery accepts all types of batteries.

Those ubiquitous plastic bags blanketing fruits and veggies can be returned to the local grocery stores for recycling. They are not accepted in curbside recyclers, but after all, you are going back to the market, so please take them with you.

OK, here's Mother again: read the signs. A giant bin I see overflowing in Port Clinton all summer long has a sign specifically warning NOT to put your recycling in a plastic bag. And, it's always filled with bottles and cans the thirsty have dutifully collected from their weekend of frolicking, and brought to the station in plastic bags!

Granted occasionally you need to pony up a bit of dough. Tires can be deposited at the Hoffman Road Landfill in Toledo for \$3 each. Old computers can find a safe place at Best Buy for \$25. OK, keeping the planet healthy does take a bit of work, but it's our home. Keep it lovely.

Thanks for listening.

~ Mother Earth

### Surnmer and The Power of Awe!



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## AWE IN

By Jamie Sands, Wood County Park District, (see pg. 42)

Experience the power of awe when you're in nature. Nature has the power to calm, awaken, inspire, and heal. With the Wood County Park District, you can experience outdoor recreation and discover a sense of awe in your own abilities. Choose Your Own Adventure at wcparks.org.





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### **NEW TO A NEIGHBORHOOD?**

Days after moving in to our new home on a very cold November day, my 5 year old, proclaimed: "Time to meet the new neighbors!" Well, how can you say no to that? I sheepishly started with two houses that seemed to have children about and by summer I was planning a block party.



Want to meet your new neighbors?

- Knock on their door to introduce yourself or start with a friendly wave and work up to chatting.
- Drop a note inviting them for coffee with a compliment on their stunning roses or adorable dog.
- Walk your kids to the school bus stop, you might meet other adults and be able to exchange contact information.
- Let your four-legged friend break the ice for you. Ask for tips on trails, vets and parks.
- Join your library book club or Welcome Wagon club.



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### **GOOSEBUMP EXPERIENCES ARE GOOD FOR US**

By Kathy Chirdon

"Awesome" must be the most overused word in the English language. What started out as a word to describe the overwhelming feeling of an encounter with the divine, has became an all-purpose descriptor of everyday goodness. Turns out, we really do need awesome experiences, in the real sense of the word.

The emotion of awe—when we feel we are in the presence of something vast that transcends our understanding of the world—makes us feel small and humbled, connects us with others, and helps us to be truly in the moment. Recent research shows that awe can make us happier and healthier in a number of significant ways.

Awe stimulates wonder and curiosity. It boosts our generosity and our willingness to behave in ethical ways. Awe slows our perception of time, eases depression and anxiety, and may even give us better immune health. As we focus on something greater than ourselves, we feel inspired and grateful and motivated to face new challenges.

All this, and yet our culture is becoming awe-deprived. We spend more time working and commuting, looking at our phones instead of the beauty of the natural world. This goes for kids, too. Video games provide their addictive dopamine. Recess is being eliminated along with arts and music programs.

Awe is important, so seek out what gives you goosebumps. We can't stand on the rim of the Grand Canyon every day, but we can listen to a moving piece of music, hike in the woods, visit a museum or cathedral, read poetry, attend a live performance, look up at the sky, laugh till we cry. All of us will be better off for it, and that's awesome.



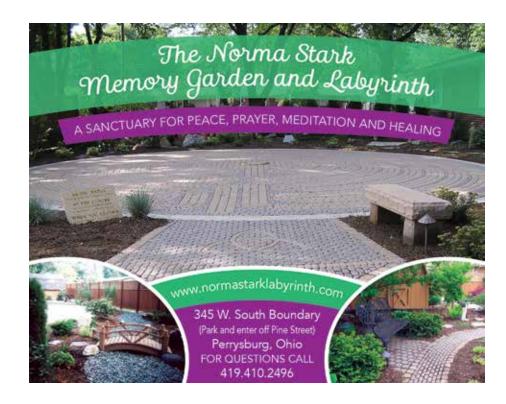


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When Nature resumes her loveliness, the human soul is apt to revive also.

Harriet Ann Jacobs





# OHIO'S SERPENT MOUND — VISIT AN ARCHEOLOGICAL MYSTERY

By Kathy Chirdon

The giant snake we learned about in 8th-grade Ohio History still slithers through the grass on a hilltop near Peebles, its origin and purpose wrapped in mystery. It is the U.S. equivalent of Stonehenge, and we have it right here in our backyard.



The internationally-recognized Serpent Mound is the largest effigy mound in the world (1,348 ft. long) and was built at least 1,000 years ago. Its construction is sophisticated: it is built in layers on the edge of Ohio's only meteor crater, with its head directly aligned with the setting sun on the summer solstice. It was not used as a burial mound, although there are burial mounds nearby.

Research by Harvard University beginning in the 1880s saved the mound from being plowed under by farmers. The site was donated in the 1890s to a society that is now the Ohio History Connection, which contracts with Arc of Appalachia to manage it. Debate continues among archeologists as to which American Indian culture built the mound, and for what purpose. One group of archeologists thinks the Fort Ancient culture built the mound in about A.D. 1070; another group believes the Adena peoples constructed it much earlier, in about 320 B.C. It has even been suggested that extraterrestrial visitors created it. The Serpent Mound is one of three sites in Ohio currently under consideration for UNESCO World Heritage status.

Open to the public since the early 1900s, today's visitors gain perspective on the mound by trekking a half-mile trail around it or by climbing a 35-foottall tower, from which they can view the entire Serpent. A small museum provides historical background.

In addition to the Serpent, the park—at 3850 Ohio State Route 73 in Adams County—preserves three burial mounds of the Adena and Fort Ancient Cultures, and ancient village sites. Open daily, it is about a 4-hour drive from Toledo, and admission is \$8/car. Lodging options—which include cabins, bed-and-breakfast retreats, and campgrounds—are listed at *arcofappalachia.org*.



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### GLUTEN FREE PEACH AND ALMOND CRISP

Recipe from View from Great Island

https://theviewfromgreatisland.com/peach-and-almond-crisp-gluten-free

### **INGREDIENTS**

5 or 6 ripe peaches juice of 1/2 lemon 1 cup almond flour 1/2 cup brown sugar 1/2 cup sliced almonds 6 Tbsp unsalted butter, room temperature

1 tsp almond extract

### **DIRECTIONS**

Set oven to 375F

Peel and slice the peaches. Toss them with the lemon juice and spread out in an oval gratin-style baking dish, or a 9x9 square.



Mix the almond flour, sugar, almonds, butter and almond extract with your fingers until well mixed and crumbly. Crumble over the peaches.

Bake for about 30 minutes until bubbling and browned on top. Cover with foil halfway through if the top is getting too brown.

Serve hot with creme fraiche, heavy cream, whipped cream or ice cream.



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### Summer and The Power of Awe!

Train people well enough so they can Treat them well enough so they don't want to. Richard

Branson







### **GREAT COLOR**

By Jenny Amstutz, Nature's Corner, (see pg. 25)

Make an impact by massing color on your front porch or patios with annuals. To make it simple, we have our One Step Smiles. They're premixed gallon annuals that are ready to plant. No more stressing about which plants to combine in your containers, it's already done for you! Perfect for pots, hanging baskets or in the ground!



### **HEATING THINGS UP**

By Tara Outten, Firenation, (see pg. 31)

This summer, learn about an art form that is as old as the Roman Empire. With working temperatures above 2,100 degrees, heat things up by watching the **Firenation** team blow glass in Holland, Ohio. **Join us July 26 from 6-8pm for our Jolly in July Open House.** Come shop all new holiday glass gifts.



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This year, Decorating Den Interiors celebrates 50 years of making the world more beautiful, one room at a time. Our mission since 1969 is to provide an incomparable design experience for every client. We do this through delivering outstanding design, quality products and exceptional service. Our goal is creating beautiful and unique living spaces that perfectly reflect the way our clients live in their home. A room makeover can make this year a milestone one for you, too.



### Carolyn Beyersdorf, IIDA Owner/Interior Designer 419.345.7069 cbeyers1@gmail.com carolyn.decoratingden.com

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### Surnmer and The Power of Awe!

### DARK DOOR BOOSTS HOME VALUE

By Kathy Chirdon

Looking to boost your home's resale value? It might be as simple and inexpensive as a can of paint. Last year, Zillow looked at 135,000 photos of sold homes across the country to see how paint colors affected sales. They found that color counts most on the front door. Homes with doors painted charcoal to smoky black to a rich jet black sold for \$6,271 more than



expected. "It's the least expensive investment for the biggest return," says Jennie Norris, chairwoman of the International Association of Home Staging Professionals.

But chose your bold colors wisely—it's best to stick with pops of color rather than committing to large rooms. A red kitchen decreased a home's value \$2,310; a yellow exterior dinged the value \$3,408; and a brown dining room set back sellers \$1,684.

Some profitable home-painting projects to consider are a "tuxedo" kitchen with white or light-colored upper cabinets paired with navy or black lower cabinets, a light blue-gray bathroom, or a taupe living room.

While the Internet and HGTV are helpful and entertaining, a full-service real estate professional knows your market and can translate the particulars for your situation. For personalized assistance on deciding which home updates will provide the best return, contact Maribeth Nitschke Phibbs (pg. 51) or Kathye Zaper (pg. 61) of **Sulphur Springs Realty**.





# Buckeye Broadband Gives Customers Control Over Their WiFi.

Home WiFi networks have transformed the way people get online, watch TV, shop, and keep in touch. While there are many advantages to using a home WiFi network, it can also cause anxiety about identity theft, viruses, and accidental misuse. For Buckeye Broadband subscribers, the answer to these worries is simple—SmartNet.

SmartNet blankets your home in fast, reliable WiFi with no dead spots, slow spots, drop-offs, or buffering. It provides complete control and visibility of home WiFi networks from one easy-to-use app. SmartNet allows users to manage devices, create family profiles, and monitor guest access. Users can also upgrade to utilize robust parental controls, antivirus software, ad blocking, and password management. All SmartNet subscribers receive 24/7 phone and remote support.

A SmartNet subscription includes professional installation and roomby-room network certification by the Buckeye Brainiacs. The Brainiacs are an elite team of knowledgeable technology experts who provide support for home networks and personal devices. Buckeye Brainiacs don't just fix technology problems; they take the time to explain the process and answer questions. The Brainiacs also offer free educational workshops so customers can learn how to make their technology work best for them.

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### **GIVE FOODSCAPING A TRY**

By Laurie Pressel



Forget straight rows and raised beds, "foodscaping" is the modern way to grow vegetables for your dinner table. Foodscaping involves mixing edibles with ornamentals throughout your landscape. Yes, this means you could have tomatoes growing next to your hydrangeas and cucumber vines rambling below your daylilies!

When done right, foodscaping enhances the beauty of your yard and provides a bounty of healthy and delicious vegetables, fruits, and herbs. Want to give it a try? Follow these tips:

- Try foodscaping in the sunniest parts of your yard, because most edible plants require full sun.
- Lettuce, eggplant, tomatoes, peppers, onions, garlic, cucumbers, strawberries, and herbs all work well mixed with flowers and shrubs. But only grow edibles that you enjoy eating!
- Follow the principles of garden design and consider color, shape and form when pairing plants next to each other and planning your overall landscape plan.
- Repeat plants and colors throughout your landscape for a uniform look.
- Try using shrubs like hydrangeas and forsythia as live stakes for your tomato plants.

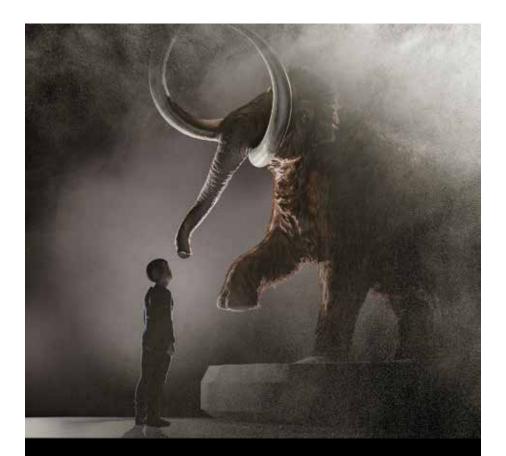
Check out these books for detailed information on how to foodscape: "The Foodscape Revolution" by Brie Arthur; "Edible Landscaping" by Rosalind Creasy; and "The Edible Front Yard" by Ivette Soler.

### **CLEAN GARDEN TOOLS JUST WORK BETTER**

Here's how to get them spiffy clean:

- Spray generously with vinegar and wrap with paper towels.
- Spray again with vinegar to soak the paper towels. Let sit for two hours.
- Remove and brush with an old toothbrush, rinse.
- Sprinkle with baking soda, brush again. Rinse and dry.
- Coat with mineral oil.

Storing garden tools in a bucket of sand and mineral oil helps keep them sharp throughout the season. Now get out there and garden!



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### **GIVE SMALL SPACES BREATHING ROOM**

By Kathy Chirdon

Smart styling can trick the eye and transform your cramped, cluttered room into a comfortable oasis where everyone wants to hang out.



First, let the light pour into your room. Mendy Parker, of **Hutchison Fine Furniture & Design** in Findlay (pg. 21), says, "Use light, airy window treatments, like a patterned sheer." Even if you don't have tons of natural light, stick to lighter colors to maximize the space you do have. Consider painting woodwork, trim and doors the same color as the walls to help them disappear.

Inches matter in small rooms, counsels Luella Smith of Perrysburg's **Colorful Living Interiors** (pg. 15): "A well-designed room with the right scale furniture is key to a happy space. Before purchasing furniture, do a floor plan to make sure it fits, and don't try to cram too much in!" Armless or slender-armed chairs and sofas make a big difference. Round tables and ottomans mean fewer bumped shins in tight areas, and glass or acrylic tables add minimal visual weight.

Luella also recommends using the same wall color and flooring throughout the house to prevent a choppy look. If possible, she says, remove soffits and door-arch headers, bringing the eye up to ceiling height. Another tip: Hang curtains higher than window height.

Christine Neuman, of **Avant Garde Designs** in Perrysburg (pg. 24), eschews the common practice of using small, fussy patterns in small spaces. "On tile floors for example," she says, "I think using larger tiles makes the room feel larger."

Strategically placed mirrors are a classic way to elongate a space. Try placing a mirror opposite your living room window to reflect natural light and expand the room with brightness.

Finally, there's nothing that makes a small space feel cramped more than having too much stuff. With things neatly arranged and out of sight, the space that is in view will feel orderly and open.

Need personalized decorating help? Contact one of our Buzz friends above, or Carolyn Beyersdorf, owner/designer of **Decorating Den Interiors** (pq. 30).

### Summer and The Power of Awe!

### LEARN GARDENING SKILLS FROM A ZOO PRO

By Kathy Chirdon

**Toledo Zoo** (pg. 35) horticulturists lead these tours and classes that give you information you can apply in your home yard and garden. Reservations are required (*toledozoo.org/garden-tours*); times are usually 10:30am—noon; cost, \$15 (includes zoo admittance, and zoo members receive \$5 discount).

- Tuesday, June 18: Root for Trees! Learn about the value of trees and how they benefit your finances and health. Find the correct tree for your yard; learn how to place and plant it.
- Tuesday, July 16: Stop and Smell the Roses. Tour of the Sarah A. Coley Rose Garden focuses on the cultural practices you need to know to keep your hybrid tea roses, climbers and heirlooms vigorous and blooming all season long.
- Tuesday, Aug. 20: Landscape Maintenance: Know All the Dirt. Your yard can
  be vigorous and beautiful throughout the year. Session covers pruning, watering,
  mulching, soil conditions, deadheading and more.
- Tuesday, Sept. 17: Shrubs Large to Small, Learn about Them All. Discover the standouts that will highlight your yard. Determine the right plant for the right place and how to grow it over time. Special emphasis on care of hydrangeas.



# WHO WILL RECEIVE YOUR LIFE INSURANCE AND RETIREMENT ACCOUNTS UPON YOUR DEATH?

By Sarah J. Corney, RCO Law, (see pg. 54)

When you signed up for your first retirement plan, you were likely presented with a "beneficiary designation" form. You examined your life circumstances at that moment in time and determined who was the most suitable beneficiary. Perhaps you listed your spouse, child, sibling, or friend. Maybe you even listed a "contingent beneficiary" (someone who would receive the benefit if the primary beneficiary died). You filled out additional "beneficiary designation" forms when you signed up for life insurance policies and when you started a new job with retirement benefits or a health savings account.

But did you update those forms when your life circumstances changed? Perhaps you got married or divorced, a loved one died, you had or adopted (more?) children or grandchildren, or a trusted friend or loved one fell out of your life by choice or circumstance. If you did not update those forms, your loved ones may be in for an unwelcome surprise. So, let this serve as a reminder to make those updates now.

If you have failed to review and update your beneficiary designations, you are not alone. In one recent Ohio case, a deceased husband's and father's retirement benefits were paid over to his parents because he failed to update the form after marriage and fatherhood. Though you might anticipate that the parents would use the funds to benefit their son's widow and children, there are several legal hurdles: (1) the parents will be personally subject to tax rules and penalties; (2) the transfer

into or out of the parents' names may affect the parents' eligibility for disability or nursing home benefits; and (3) the parents are not legally obligated to use the funds for the widow and children. So, let's not rely on the listed beneficiaries to graciously fix your omission.

State law has attempted to "cure" some of the most common omissions. For example, Ohio has a rule that a divorce or dissolution will automatically revoke a designation of the ex-spouse as a beneficiary, but there are several exceptions to when and how this rule is applied. Likewise, there is a law that will add an "after-born" child to your will, but that law does not apply to life insurance policies and retirement accounts. So, let's not rely on the "law" to fix your omission.

Your beneficiary designations should complement (work together with) your will, trust, and other estate planning documents, and should be reviewed and updated regularly. Ask your lawyer or financial advisor whether and how to update your beneficiary designations for all of your financial assets.









### A RENEWED MIND: BEHAVIORAL SERVICES PROVIDER

By Patti Robb

Approximately one year ago, behavioral health services provider A Renewed Mind and prenatal alcohol exposure organization Double ARC merged their services. Working together toward a single mission, the non-profit organizations have enhanced their ability to serve more clients and have a greater impact throughout northwest Ohio.

A Renewed Mind provides behavioral healthcare that renews the mind, body, and spirit for anyone struggling with mental health, addiction, or fetal alcohol exposure.

"So many people struggle with multiple issues of mental illness, FASD or addiction that it made sense to combine our services so that the clients would have one organization that could provide expert help," says Janet Bosserman, vice president of A Renewed Mind. "We are both faith-based, client-centered and our cultures were similar so the transition has been very smooth," she adds.

Serving children, adolescents, adults, and families, A Renewed Mind provides mental health counseling, substance use disorder treatment, and Fetal Alcohol Spectrum Disorder services in Lucas, Wood, and Hancock counties and in the Four County region (Fulton, Williams, Henry, and Defiance counties).

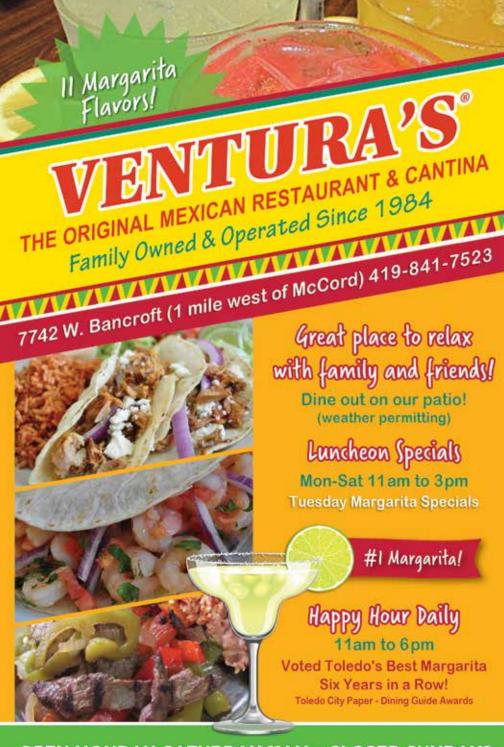
A Renewed Mind provides behavioral services in outpatient, inpatient, and residential settings throughout its nine-county service area. "Our multi-disciplinary team of health care professionals provides a wide range of treatments customized specifically to maximize a successful outcome."



Headquartered in Perrysburg, A Renewed Mind also recently became a subsidiary of OhioGuidestone, a large faith-based non-profit which provides services in northeast and central Ohio.

For more information about A Renewed Mind and the myriad services they offer, call 877.515.5505 or visit arenewedmindservices.org to schedule an appointment.





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# AWE YOUR GUESTS

By Holly Egan, Libbey Inc., (see pg. 57)

Your guests will be in awe when you serve your charcuterie and cheese board on Libbey's Urban Story serveware. This beautiful serveware is functional and fashionable with a timeless, clean design.







### Summer and The Power of Awe!

# PLANTS THAT ARE BEE-FRIENDLY:

- Fennel
- Buttercup
- Sunflower
- Calendula
- ·
- Geranium
- Dahlia
- Poppy
- Coneflower
- Borage
- Heliotrope
- Lavender
- Sage
- Wild Garlic
- Thyme
- Catnip

## Plants that repel pesky insects:

- Peppermint (spiders, mosquitoes, ants)
- Catnip (mosquitoes)
- Rosemary (fleas, ticks)
- Marigold (mosquitoes, aphids)
- Basil (mosquitoes, houseflies)
- Lavender (moths, fleas, houseflies, mosquitoes)

### **KEEP BEES HEALTHY**

You know we're all about keepin' those bees buzzin'! Want to help keep them healthy?

Plant native plants in your yard.
Check in with any local family
nursery for advice. Native
bees are most comfortable
pollinating native plants. And native
plants will do best in our environment.

Place a saucer or shallow pan of water in your yard so bees can drink. Make sweet landing spots by placing rocks, twigs or corks inside the dish.

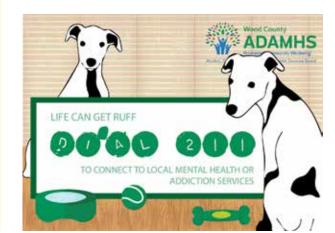
Buy locally-grown organic fruits and veggies.
Those grown with pesticides are killing the bees,
so support our farmers that are supporting the bees.

Make a bee hotel or buy one and put it in your yard. It can be as simple as a can filled with hollow reeds that is fixed snugly to a fence or a log drilled with holes.

Buy honey from local bee keepers.



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### Summer and The Power of Awe!

### **BOOST YOUR IMMUNITY WITH EXERCISE**

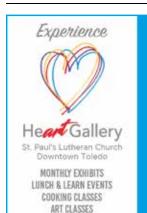
Now you have yet another reason to lace up your tennis shoes and walk around the block. Moderate exercise, such as a daily 20 to 30-minute walk, may boost your immune system and help you fight off viruses like the common cold.

Medical researchers are still exploring the link between exercise and the immune system, but here's what they believe:

- Exercise reduces stress, thus slowing down the body's release of stress hormones.
   Since stress increases the chance of illness, lower levels of stress hormone may help you stay well.
- When you exercise, your body temperature rises during and after, which may prevent bacteria from growing and help your body fight infection.
- Moderate physical exercise may help flush bacteria out of the lungs and airways.
- Your white blood cells—the immune system cells that fight disease—may change
  as a result of exercise. They may circulate more rapidly, so they can detect and
  fight illnesses earlier than without exercise.

So get walking!





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### **HUNGRY OR** THIRSTY?

Some symptoms of mild dehydration headache, fatique, lightheadedness and difficulty concentrating — can resemble symptoms of hunger. So we eat when we may actually be thirsty. Complicating the matter is our habit of all-day grazing: We rarely experience true hunger pains. We eat proactively because we might soon be hungry. But we do know that dehydration is problematic in hot, humid weather. Drink plenty of water not diet soda, which can trigger a higher intake of sweet or calorie-dense foods before reaching for a snack. Can't hurt, might help.



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### Summer and The Power of Awe!

### GOBA'S COASTING IN



More than a thousand bikers from 40 states and several foreign countries will pedal through Northwest Ohio this summer on the Great Ohio Bicycle Adventure. Their weeklong journey begins June 15 in Bowling Green, and they will traverse Fremont, Port Clinton and Oregon before returning to Bowling Green June 22. The visit to Oregon will be the first for GOBA, and its closest stay to a major city since GOBA began in 1989.

"Oregon's location and its trail network give participants a lot of options," says Jeff Pierron of Columbus Outdoor Pursuits, the nonprofit organization that organizes the ride. "Shuttle buses will transport riders to Toledo-area museums and attractions, or they can bike to the beach at Maumee Bay State Park, wildlife areas along the Lake Erie shore and recreational facilities in Oregon."

While some riders stay in hotels, many will camp on the lawn of Clay High School, which has welcomed the riders and opened the building for indoor activities. Volunteers and school boosters will feed riders, provide entertainment, shuttle luggage, and help organize visitors.









### **BROWSE AND READ**

By Laurie Pressel

Make time for two simple pleasures this summer: bookstore browsing and reading. Spend a lazy summer afternoon in the aisles of a bookstore breathing in the scent of ink and paper and scanning the spines of hundreds of books that promise romance, mystery, adventure or enlightenment inside. Take your selections home and head outdoors with a glass of lemonade or iced tea. A front porch swing, tree hammock or lounge chair by the pool are perfect spots to lose yourself in the pages.

### Northwest Ohio is home to some wonderfully quaint bookstores:



### Gathering Volumes, Perrysburg (pg. 52)

You'll discover lots of books that appeal to you at this locally-owned, independent bookstore. The books on the shelves are carefully chosen by buyers who live in Perrysburg. Their aim is to choose the very best books in all genres that will connect and appeal to customers in the local area. Gathering Volume also has a selection of used books.

196 East South Boundary, Perrysburg. Visit *gatheringvolumes.com* for store hours.

### **Nevermore Used Bookstore**

A great selection of used books and friendly, knowledgeable staff to help you find the perfect books. Don't be surprised to see posters of ravens in the store— the store's name comes from the famous poem by Edgar Allen Poe.

2856 W. Sylvania Ave., Toledo. Visit *nevermore-used-bookstore.business.site* for store hours.

### Grounds for Thought, Bowling Green

Coffee, delicious pastries and books—that's a winning combination. Grounds for Thought has thousands of used books in all genres and even a regularly rotating selection of comic books and records. With a chill atmosphere, you can spend hours here just relaxing.

174 S. Main Street, Bowling Green. Visit *groundsforthought.com* for store hours.

### Happy Historian Book Shop Grand Rapids, Ohio

If you're a history buff, this is the used bookstore for you. You'll find a wide assortment of history books or historyrelated books. Remember, those who don't learn history are doomed to repeat it!

24168 Front Street, Grand Rapids. Visit *facebook.com/thehappyhistoriangr* for store hours.

### **Book ReViews, Bluffton**

Find a nice selection of used books in this charming shop in downtown Bluffton. All the books are donated to the shop and it is run by volunteers. Profits help fund the worldwide relief work of the Mennonite Central Committee.

123 S. Main Street, Bluffton. Visit facebook.com/BookReviewsBlufftonOhio for store hours.

### Summer and The Power of Awe!

### ENGAGING SYLVANIA

By Andi Erksborn, Heritage Sylvania, (see pg. 46)

Heritage Sylvania is a multi-site destination located in the heart of downtown Sylvania. From the 1830s Lathrop House to the 1930s Cooke Home to the engaging Historical Village, there's something for everyone. Events, classes, and more. Visit heritagesylvania.org for details.

### MOTHERHOOD AWE

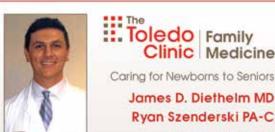
By Carolyn Haney, House Market of Maumee, (see pg. 10)

My awe moments in life were every time I gave birth. Those sweeties are now 35, 33, 21 and 19!





Maribeth Nitschke Phibbs
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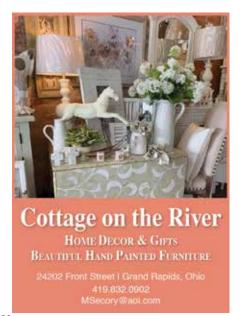








Ralph Waldo Emerson





### Summer and The Power of Awe!

### PLANTS TO AVOID!

Hmmm.... What does Poising Ivy look like? Are you planning a romp through the woods near or far? Take note of this map of plants to avoid in different states.

Wearing lightweight pants to keep your legs covered is recommended.

The oil from the leaves, stems and roots of poison ivy, oak and sumac can cause irritation. A rash can be very itchy and last for weeks. The Mayo Clinic recommends washing infected skin right away. Cool baths and soothing lotions may help with mild cases. A prescription medication may be needed for more severe cases.

### U.S. DISTRIBUTION OF POISON IVY, OAK & SUMAC



Source: United States Department of Agriculture Plants Database, http://plants.usda.gov/

# Western Poison Ivy

- non-climbing shrub, three pointed leaves
- red in the fall, green spring berries spring turn white

# Eastern Poison Ivy

- small shrub/climbing vine with three pointed leaves
- red in the fall, green spring berries that turn white



- grows as a high or low shrub
- three oak-like leaves, whitish flowers – Aug. to Nov.



- 3 multi-lobed hairy leaflets
- Yellow or orange in the Fall



- swampy area shrub or small tree
- white berries between leaf & branch
- 7-13 leaflets per leaf

Map, pictures and information provided with permission from Zanfel Poison Ivy, Oak & Sumac Wash.

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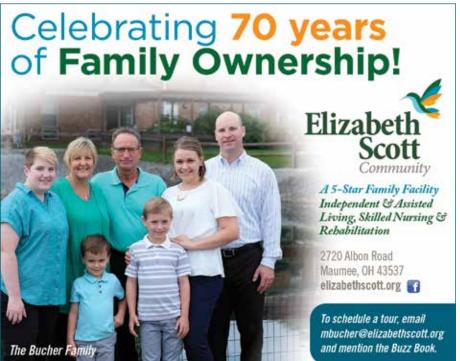
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### Surnmer and The Power of Awe!

# EASY HOMEMADE PANCAKES

### **INGREDIENTS**

- 2 cups flour
- 1 3/4 cups milk
- 2 Tbsp baking powder
- 2 eggs, beat them separately before adding to mixture
- 1/4 cup butter, melted
- 3 Tbsp sugar
- 1 tsp salt

### **DIRECTIONS**

Mix the dry items first.

Combine eggs and melted butter to the milk and slowly stir in the flour.

Let sit at least 10 minutes while heating the pan or griddle.

These will be high, light and fluffy.

# LEAVE PANCAKE BATTER LUMPY

This advice comes from Cooks Illustrated. They set up two bowls for pancake batter using the exact same ingredients. One bowl was beat smooth and the other left lumpy. Pancakes made from the lumpy bowl of batter were better able to hold the air bubbles, forming a higher, fluffier rise. So, there you go, a perfect Sunday morning tip!







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### WHEN THE BOUGH BREAKS, WHO PAYS?

By Kathy Chirdon



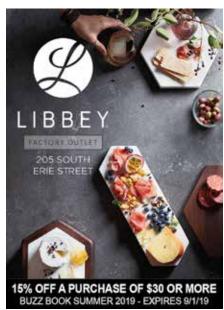
It's a question many homeowners ask in this season of awe-inspiring thunder and windstorms. While you may have been drawn by the curb appeal of a house or neighborhood filled with magnificent trees, those wonders of nature present one of your home's biggest threats. An uprooted tree or large branch toppling onto your property means somebody has to pay for damage and cleanup. Whether insurance covers at least some of the cost of removing the tree comes down to the insurer and the policy the homeowner has. Policies can vary considerably from one company to the next, but Denise Martin of Martin & Martin Insurance (pg. 57) provides some sample scenarios and results you may generally expect:

- If a tree crashes onto the house or some other structure covered by the policy, such as a garage, because of wind, hail or ice, the insurer typically will cover the cost to remove the tree, minus the homeowner's deductible. This is the case regardless of whether the tree stood in your yard or your neighbor's.
- Typically, coverage will also pay for the removal of the tree if it obstructs the
  driveway or damages a fence that is attached to the house or garage.
   The typical maximum coverage is \$1,000 or \$500 per tree, although higher limits
  may be offered.
- If a tree falls on a car parked in a driveway, the homeowner's policy would cover the removal of the tree. Auto insurance, if applicable, would pay for any repairs to the vehicle.
- If, however, the tree falls harmlessly in the yard, many homeowners will find
  that they will be footing that bill. Remember, liability is for the structure —
  the building and its contents. It is important to communicate with your agent,
  taking the time to understand the contractual differences and customize your
  policy according to your individual needs.

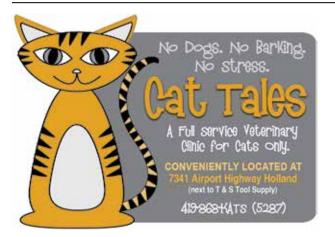
How do you know if a tree may be hazardous to your property? Arborists cite poor branch attachment as one of the biggest tree disorders. Branches that grow at sharp angles to the trunk hold moisture and debris, leading to rot. A tree with two trunks is inherently less stable than a single-trunked tree because the trunks always bow out from each other. Trees don't live forever, and a tree may be well past its prime when you buy your house. (An arborist can determine the approximate age of a tree based on its species and size.) Finally, the roots of large trees are almost always damaged by construction, but it may take several years for the tree to fail and die. The root system of a tree needs about twice the area of its canopy.

### Surnmer and The Power of Awe!











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# STROLL FREMONT

By Kristie Bigler, Downtown Fremont (see pg. 39)

Stroll the streets of Downtown Fremont and visit the unique shops that offer summer specials and the eateries that serve up refreshing drinks and food that capture the essence of the warm summertime. Make your time in Downtown Fremont memorable! Cherish the lamp post banners and flowering planters that bring AWE as you escape from your busy lifestyle and settle in to a sweet piece of summer from our special events to our Farmers Markets. Think Fremont!

"The meaning of life is to find your gift.
The purpose of life is to give it away."

Pablo Picasso

### ~ JUNE ~

Community Days at the Historic Village in Sylvania. Enjoy hands-on activities and a special demonstration by Sauder Village. Free and open to the public! 5717 N. Main St., Sylvania. 1-4pm. heritagesylvania.org

### 1 & 2

Don't miss the **48th Annual Historic Old West End Festival!**House tours, King Wamba parade, entertainment, yard sales, art fair, 5K stampede, food vendors and more. *toledooldwestend.com* 

The 8th Annual Maple & Main Art Fair in the historic Red Bird Arts district in downtown Sylvania is a free weekend of fun. Enjoy fine art, music, food trucks, local brews and more. Saturday from 11am-7:30pm; Sunday 10am-4pm, sylvaniaarts.org

### 2

Masterworks Chorale Toledo presents the final concert in its nature series: Collage Concert: Flora and Fauna, featuring music that spans from the Renaissance era to the present day. Franciscan Center at Lourdes University in Sylvania. 3pm. Tickets \$20/25 adults, \$12 children. masterworkstoledo.com

### 6

The **Defiance Community Band** performs at Kingsbury Park as part of the Music In Your Parks series sponsored by the Defiance Community Cultural Council. 7:30pm. Free and open to the public. *defiancearts.org* 

### 7

Violinist Hannah White will join the Toledo Symphony Orchestra for a light classics program. She will perform Beatles Fantasy, a gorgeous classical arrangement that features the British rock group's most famous songs. Toledo Museum of Art Peristyle. 8pm. For tickets, visit toledosymphony.com

### 8

Your furry friend will love participating in the Toledo Area Humane Society's 34th Annual Bark in the Park! The petfriendly, one-mile walk takes place at The Shops at Fallen Timbers in Maumee. Games, food, and live entertainment for humans of all ages and pets! toledohumane.org

The **Put-in-Bay Music Festival** on South Bass Island will feature live music performed all day from bluegrass to folk, zydeco to rhythm and blues. Event starts at 11am, bring a lawn chair or blanket for this free and family-friendly event. *visitputinbay.org* 

### 8 & 9

Take a trip down memory lane to the by-gone era of farming at the **Power of Yesteryear Tractor Show** on the Wood County Historical Center Grounds in Bowling Green. The free event features tractor displays, demonstrations of corn shelling, plowing, tillage and planting, blacksmith demonstrations, kiddie pedal pulls and more! Saturday from 10am-5pm; Sunday 10am-3pm. woodcountyhistory.org

### 15

Time for a little jazz! Take Me to the Rivers—Defiance Jazz Festival takes place in Kingsbury Park, Defiance, starting at 4pm. The headliner is Defiance native Nate Boff, a blues/jazz guitarist and singer who has opened for Ted Nugent and George Thorogood. Children's activities, food and beverages including wine and beer. Adults, \$5, children/students, free. Bring a lawn chair!

### June 16 – August 11 Check out the National Endowment

for the Humanities traveling exhibit at the Wood County Historical Center and Museum, "Jacob A. Riis: How the Other Half **Lives"** features the photos of an American reporter, social reformer and photographer who shocked people with his vivid photos of slum conditions for immigrants and workers in New York City during The Gilded Age, especially in contrast to the growing wealth of millionaires such as Carnegie and Rockefeller. His work inspired reform to housing conditions. woodcountyhistory.org

### 15 & 16

At Muster on the Maumee at Fort Meigs, you can see the evolution of the common soldier. Soldiers, artisans and civilians will give demonstrations and period military camps are open for visiting. More info at fortmeigs.org/muster.

### 20

Retro Party: Paint by the Number exhibit and vintage cars at the HeART Gallery at St. Paul's Lutheran Church during the Toledo Art Loop. Enjoy a vintage paintby-number exhibit honoring the late Dan Robbins, whose freehand drawings provided the template for paint-by-number kits, promising to turn World War II housewives into Rembrandts. Mr. Robbins recently died in Sylvania at age 93. The evening also includes vintage cars in the parking lot and favorite desserts from the 50s, 60s and 70s. 428 N. Erie St. Toledo. stpaulstoledo.ora/heart-aallerv



### What's Buzzin' this Summer

21

Brace yourself for forked tongues. fierce fangs and a fabulous fundraiser at the Toledo Zoo's Z00toD0 2019. Event includes 50+ restaurants and caterers, train rides, live entertainment and specialty drink bars throughout the zoo. Dress is black tie and tennis shoes. 6pm-midnight. Tickets at toledozoo.org/zootodo

22

The special little girl in your life (and her American Girl doll) will love the Victorian Front Porch Tea at the Hancock Historical Museum in Findlay. Enjoy tea and treats and learn proper tea etiquette from Victorian-costumed ladies. For children ages 6-12 accompanied by an adult. Dress for the occasion and bring your American Girl doll. \$25 per pair for members, \$30 per pair for non-members. 11am-1pm. hancockhistoricalmuseum.org



22

Elmore's Portage River Festival is an all-day event that features a flea market, craft show, food vendors, cupcake baking contest, car show, 5K run/walk and more. Ory Park in downtown Elmore. facebook.com/ElmorePRF

2019 SOUL PURPOSE

The Friends of the **Pemberville** Public Library Garden Tour will feature several beautiful gardens in town. Get your tickets at the Pemberville Library or at featured gardens the day of the tour. Cost: \$10. Contact the library at 419.287.4012 for more info.

23

The Old Orchard Garden Tour sponsored by the Old Orchard Neighborhoods Association will feature eight unique gardens with different design styles, plants and beautiful outdoor spaces both large and small. Tickets are \$10. 10am-5pm. oldorchardgardens.com

22 & 23

MS Bike to the Bay takes riders through the Northwest Ohio countryside. Start at Perrysburg High School and ride back roads toward Port Clinton, Routes from 35 to 100 miles. Buses on hand to transport riders and bikes back to Perrysburg. The ride is fully supported with rest stops, bike mechanics, medical and safety volunteers and support vehicles. A fantastic finish awaits with great food, music and massages. nationalmssociety.org

27

Grab your running shoes and head to Oak Openings Metropark between Whitehouse and Swanton for the first of this year's series of Under the Moon 5K runs sponsored by Metroparks Toledo. Other nighttime run/walk events in the series will be July 11 at Side Cut, July 25 at Wildwood and August 10 at Secor. All begin at 9:30pm. metroparkstoledo.com

mysticmommatarot.simdif.com

Instagram @mysticmomma.tarot

Mystic Momma Tarot Amy Lynn, Tarot Advisor

27

Rumours, a tribute band for Fleetwood Mac, performs at Riverside Park in Defiance as part of the Music In Your Parks series sponsored by the Defiance Community Cultural Council. 7:30pm. Free and open to the public. defiancearts.org

28

Before the Mud Hens game, treat your taste buds to a Rooftop Bourbon and Brisket Tasting. The event takes place on Fleetwood's Rooftop and the Armory will include bourbon tastings and delicious bourbon-inspired cocktails. Stick around for the best view in town of the postgame fireworks show. Tickets are \$45 and include your rooftop ticket, a BBQ buffet, four bourbon samples and one specialty cocktail. *milb.com/toledo/* tickets/pregame-tastings

28 - 30

The beauty of nature and art converge at the Crosby Festival of the Arts at the Toledo Botanical Garden, Ohio's oldest outdoor iuried arts festival, the three-day show is packed with beautiful artwork, great food, drinks, live music and activities for children. Friday, 6-9pm; Saturday, 10am-5pm: Sunday, 10am-4pm. toledogrows.org/events

Lavender is in bloom and Schooner Farms is a purple haze! Don't miss the farm's 2nd Annual Lavender **Fest** where you can walk the farm's lavender labyrinth, encounter some amazing local artisans and learn all about lavender. Schooner Farms is located in Weston, Ohio, 10am-4pm. Free and open to the public. schoonerberries.com

### ~ JULY ~

Check your local newspaper or google search for the date, location and time of your city's Fourth of July Fireworks display. Scope out a prime viewing location, grab a blanket or lawn chairs, pack a picnic and celebrate summer and our nation's independence!



Celebrate our nation's birthday with a community reading of the **Declaration of Independence** at Lathrop House in Harroun Park, Sylvania. Bring a lawn chair or blanket. Free and open to the public. 10am. heritagesylvania.org

Community Days at the Historic Village in Sylvania. Enjoy handson activities, kids' crafts, and demonstrations by area craftsmen. Special quest Toledo Area Metroparks. Free and open to the public! 5717 N. Main St., Sylvania. 1-4pm. heritagesylvania.org

6 & 7

Find treasures at the Tiffin Flea Market at the Seneca County Fairgrounds—one of the largest in the state! Rain or shine Saturday 9am-4pm; Sunday 9am-3pm. For more flea market dates, visit tiffinfleamarket.com

11

The Diana Chittester Band performs at Triangle Park as part of the Music In Your Parks series sponsored by the Defiance Community Cultural Council. 7:30pm. Free and open to the public. defiancearts.org

### 11, 18, 25

What's Buzzin' this Summer

Jazz in the Gardens at Toledo Botanical Garden, another Toledo Region favorite. 6:30-8:30pm. Tickets can be purchased at the door or in advance. toledogrows.org/events

### 12-14

Davlilies are one of the easiest flowers to grow, and they come in an array of shapes, sizes and colors See hundreds of these beautiful flowers at the Flag City Daylily Tour in Findlay. Friday-Saturday, 10am-6pm; Sunday, noon-6pm. facebook.com/flaq.city.daylily.tour

13

Celebrate summer at the TMA Block Party at the Toledo Museum of Art. Enjoy entertainment, food and music. 6-10pm. toledomuseum.org

Experience Summer on the Farm at Sauder Village in Archbold. Special activities planned all day for children, and there's even a corn-on-the-cob eating contest and a fiddle playing contest! 10am-5pm. Visit saudervillage.org for ticket information and event details.

13 & 14

The always spectacular **Toledo** Air Show at the Toledo Airport will feature jets to barnstormers. Tickets range from \$20-50. toledoairshow.com

8 - 14

The LPGA Marathon Classic at Highland Meadows Golf Club has provided hours of fun and made the hopes and dreams come true for many children. Always a favorite! marathonclassic.com

19 & 20

A dream come true for pizza lovers! Pizza Palooza at Centennial Terrace in Sylvania features lots of local pizza and dessert vendors, a pizza eating contest, and entertainment. Vote for the highly coveted People's Choice Award. sylvaniachamber.org

### 20 & 21

The Oak Ridge Festival in Attica (the intersection of US Route 224 and State Route 4) features 40 acres of fun, including 130 vendors, antique farm equipment, living history displays, delicious "country vittles" and music. oakridgefestival.com

### 20

The Toledo Water Lantern Festival at Maumee Bay State Park is filled with happiness, hope and great memories. 5-10pm. Ticket info at waterlanternfestival.com

### 28

Check out Art on the Mall from 10am-5pm at Centennial Mall on The University of Toledo's main campus. More than 100 artists will have work on display.

### JULY 28 - AUGUST 3

Hailed as "Michigan's Finest Fair," the Monroe County Fair on the Monroe County Fairgrounds features a parade, midway, animals, stellar entertainment, food, rides, you name it! monroecountyfair.com

### **JULY 29-AUGUST 5**

The 146th Annual Wood County Fair in Bowling Green is eight days of exhibitions, rides, food and fun! woodcounty-fair.com



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### What's Buzzin' this Summer

### ~ AUGUST ~

1, 8, 15, 22, 29

Nothing better than enjoying the strains of great music on a sultry summer evening. Jazz in the Garden at the Toledo Botanical Garden, 6:30-8:30pm. Tickets can be purchased in advance or at the gate. toledogrows.org/events

\_1

The **Bud Widmer's Rube Band** performs at the UAW Park in Defiance as part of the Music In Your Parks series sponsored by the Defiance Community Cultural Council. 6pm, free and open to the public. *defiancearts.org* 



2 - 11

Get in your car and explore yarn shops in Michigan and Ohio.
The **I-75 Yarn Crawl** features over 50 shops, including Crafty Needle Yarns & Threads in Elmore. For details, visit facebook.com/ i75yarncrawl.

**.** 

It's a **Celebration of Freedom** at the Lathrop House, Sylvania's link to the Underground Railroad. Reenactors, museum theatre presentations, old-fashioned games, and tours of the Lathrop House. Harroun Park, Sylvania. 1-5p.m. Free and open to the public. heritagesylvania.org

3 & 4

Feel the roar and rush at **Wild About Art** at the Toledo Zoo. Set among the wild beauty of the zoo, this two-day event will feature local and regional artists, entertainment, interactive activities and more. 10am-5pm. toledozoo.org

9 & 10

Summer fun at its best! The Maumee Summer Fair, held on the beautiful tree-lined streets in the historic uptown district, features around 150 arts and crafts booths, a kid's zone of inflatables, classic car show and more. Regional rock bands and a beer tent in the evening for the 21-and-older crowd. maumeesummerfair.com

9 – 11

The Toledo Jeep® Fest is a fun, family-friendly event that includes a Jeep parade through downtown Toledo and an all-Jeep car show at the SeaGate Centre. Head downtown for the fun and celebrate Jeep's partnership with the city of Toledo!

Don't miss the brilliant display of hot air balloons at the **20th Annual Flag City Balloon Festival**in Emory Adams Park in Findlay.
You can fly in one or stay grounded with the many fun activities offered on land.
flagcityballoonfest.com



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15

Emerging Artists and Tattoo Art at the HeART Gallery at St. Paul's Lutheran Church during the Toledo Art Loop. An exhibit of various mediums by local art students who are in the early stages of their careers. Included is a "walking art exhibit" of all ages, with an opportunity to view body art and hear stories behind each tattoo. The event includes Sips and Dips with free parking adjacent to the building. 428 N. Erie St. Toledo. stpaulstoledo.org/heart-gallery

17

Celebrate Port Clinton's maritime heritage at the **Port Clinton Lighthouse & Maritime Festival.**Event includes lighthouse tours, art and education programs, food and merchant vendors, music and stunning views of Lake Erie.
10:45am-5pm. Lighthouse Park in Port Clinton.

22 - 25

The **German American Festival** in Oregon is Toledo's oldest, largest and greatest ethnic festival. Come enjoy traditional German food and beer, music, folk dancing and entertainment.

germanamericanfestival.net

25

The **Wood County Living History Day** is a free event you won't want to miss! Enjoy first person interpretations of those buried in the Wood County Paupers' Cemetery. 2-4pm. 13660 County Home Road, Bowling Green. *woodcountyhistory.org* 

 $\sim$  SEPTEMBER  $\sim$ 

The **Hidden Garden Party** is one of the area's premier gala charity events. It's held under white tent at the lovely Schedel Arboretum & Gardens in Elmore. Champagne check-in, cocktails, live music, fine dining, silent and live auctions. *schedel-gardens.org* 

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