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#### IT'S THE LITTLE THINGS IN LIFE

It truly is the little things in life that make our time on this earth wonderful. And sometimes, it is a matter of perspective—maybe a glass half-full, half-empty way of looking at life.

On a recent trip, a tire popped on a boat trailer that we were pulling. It was a beautiful summer evening, no kids, no rush. We changed it and got on our way. On the way home, another tire popped. Folks offered to assist and we were on our way. We were lucky—no storm, still daylight out and friendly folks.

My sister-in-law was very ill and passed away after a quick three months. We were stunned and barely able to process what was happening. She was surrounded by dear friends who came to cheer her, tell stories, bring flowers and share a glass of wine. All got to tell her that she was cherished. What a gift for her and for us!

Funny texts from my children—make my day. Locked myself out of my car as I arrived at the Toledo Zoo for a fun morning with my 3-year-old grand-nephew—no worries, my husband came to my rescue.

We scampered home for lunch and a nap without a meltdown (after the train ride, of course).

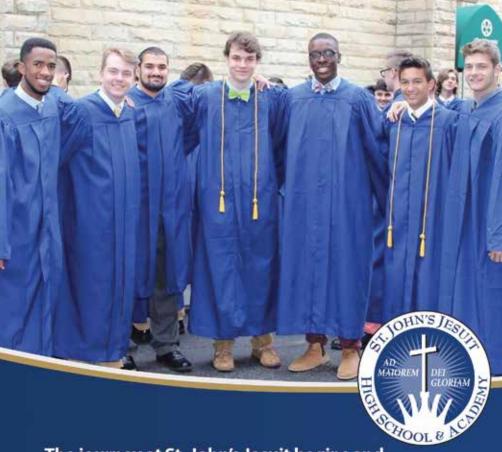
I am not glossing over the fact that life can be very, very difficult sometimes, but keeping perspective and finding gratitude in the gift of drifting clouds, a sweet note from a friend, a smile from a stranger, certainly brighten my life.

Here's hoping that you are finding the little things in life to celebrate!

Blessings!







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#### **AUTUMN... IT'S GOOD FOR YOU!**

By Judy White

As if the cool, crisp air and vivid colors aren't enough to make us fall in love with fall, be prepared to experience some definite health benefits.

#### **TIS THE SEASON TO:**



#### Establish (or Reestablish) Health Routines

After too much eating, drinking, and traveling over summer vacation, it's time to return to the set routine of work or school. Adhering to a set rhythm that revolves around nutritious, regular meals and adequate sleep can lead to better health.

#### **Enjoy Improved Moods**

Take in the breathtaking beauty of the season. When the leaves begin to fall and cooler temperatures arrive, simply relax, breathe deeply, and reawaken the "good mood" parts of your brain.

#### **Boost Energy**

With their vivid colors, fall produce is more than a "pretty face." Pumpkins, apples, sweet potatoes, and pears are not only low in calories, they are rich in fiber and vitamin E to support your immune system and enhance energy.

#### **Fall Back for Daylight Savings**

As temperatures cool down, the temptation to go to sleep earlier and to sleep longer affects many of us. This is, as Martha Stewart would say, "a good thing." Research indicates that the time change not only has a positive effect on cardiovascular health, the rates of traffic accidents and heart attacks actually decrease.

#### Get Outside and Get Moving!

Spending time outside has a positive impact on our physical and mental health, and studies indicate that hiking with friends and family leads to higher positivity and less stress. It's also time to enjoy all kinds of outdoor activities. Walk, run, bike, or drive to the nearest harvest festival, pumpkin patch, or apple orchard. Did you know that a few hours of apple-picking can burn roughly 300 calories? (Then treat yourself and your family to a home-baked apple pie. This might not be a recommended health tip, but it may do wonders for your soul.)

#### Adapted from:

www.activebeat.com/your-health/6-reasons-to-embrace-the-health-benefits-of-fall/6/



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#### **6 REASONS TO SHOP SMALL**

By Laurie Pressel

1. Personalized service.
Locally-owned shops
get to know their
customers by name
and go above and
beyond to provide
friendly, personalized
service.



#### 2. Unique products.

Find one-of-a-kind items and an interesting variety of products because local shop owners know what local customers like. They also make a special effort to sell products that are made locally.

- 3. Tax dollars stay local. When you shop locally, your tax dollars stay in the community and benefit the local schools, police, library, roads and more. For every \$100 you spend at a local small shop, about \$68 stays locally. For every \$100 you spend on-line, zero stays locally.
- **4. Local businesses give back.** They support the youth baseball teams, give donations to non-profits, buy ads in high school yearbooks, and so much more.
- **5. Help neighbors.** The owners and employees of local shops are your neighbors who live in your community and contribute to its success and growth.
- **6. Add flair and flavor.** Your community is a better place with a variety of locally-owned shops. They make your community an interesting and pleasant place to live and they attract out-of-town visitors.



## TIME FOR FALL PLANTING

By Laurie Pressel

While fall is typically associated with harvesting, it's actually an ideal time to plant. Trees, shrubs, turf grass, perennials and bulbs can thrive next spring if they are planted in September or October. Just aim to finish your planting 5-6 weeks before the first expected frost of the season.

What are the benefits of planting in the fall? The soil is warmer in the fall than in the spring, giving plants a kick start. Cooler daytime and evening temperatures mean less stress on plants as they adjust to their new home, Rainfall is generally more plentiful in the fall, which means you can spend less time watering. And, for bargain hunters, plants are generally available at discounted prices from garden centers that want to clear out their stock before winter.

#### **AUTUMN'S SMALL MOMENTS**

By Holly Egan, Libbey Factory Outlet (pg. 28)

The small moments that make us happy involve the use of Libbey products:

- Enjoying a hot cup of coffee or warm cider outdoors while taking in the crisp autumn breeze along with the sound of leaves crunching beneath your boots.
- Baking an apple pie with apples freshly picked from the orchard.
- Drinking a tall cold beer while watching your favorite football team.
- Sipping a glass of wine in front of a cozy fire.



You can find coffee mugs, pie baking dishes, beer mugs and wine glasses plus so much more at the Libbey Factory Outlet.



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#### TAKE TIME TO BE CREATIVE

By Laurie Pressel

Pablo Picasso once said: "Every child is an artist, the problem is staying an artist when we grow up." Nurture the artist inside you by taking art and craft classes this fall.

**Sunshine Studios in Maumee** offers art classes in hand-building, wheel throwing, surface decorating, and canvas painting. Classes vary in length and class prices are all inclusive. For example, wheel throwing is a 3-hour class one day a week for 4-5 weeks. Other classes are one-time only and last 2-3 hours. A seasonal favorite for the fall is a pinch-pot pumpkin class that costs just \$15 to make three pumpkins. *sunshinestudios.org* 

**Coyote Beads** (pg. 35) in Bowling Green will host a private event for you and your friends to create a unique jewelry piece. You'll learn the basics of jewelry design and complete a simple project with time to talk and relax! *coyotebeadsbg.com* 

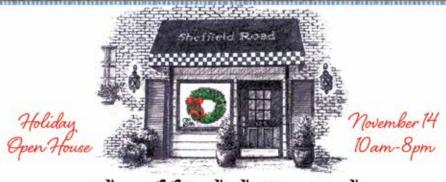
This fall **Crafty Needle** (pg. 38) in Elmore has classes planned for knitters, crocheters and punch needlers of all levels—from beginning to advanced. Every Thursday the store has "open needle" time until 8pm. "Stop in if you need guidance or just want to see what other people are doing," said owner Joanne Price. "Many great needlers are here and they love to share their expertise." Check out *craftyneedleyarns.com* in late September for class schedules and details.

The **Art Supply Depo** in downtown Toledo and Bowling Green sponsors a wide-variety of art workshops—from beginning drawing to oil painting, screen printing to calligraphy. *artsupplydepo.com* 

Other places that offer art or craft classes: **Bonita Bead Boutique** (beaded jewelry); **Firenation** (glass blowing) (pg.28); **Fuller Art House** (painting) (pg. 31); and the **Toledo Botanical Garden's Hands-On Studio**.







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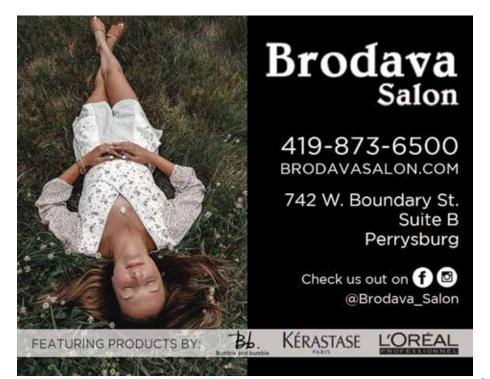
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#### PACKING LUNCHES WITH PIZAZZ

By Laurie Pressel

Packing a lunch every day may benefit your health and wallet, but it can sure get tedious. Cadie Jardin, a registered dietitian at Shared Legacy Farms in Elmore, Ohio, offers these tips to keep the pizazz in your packing.

#### How can I simplify lunch packing?

- Don't over think it. Use dinner leftovers when you need to. Throw a few random items into your lunch box, it doesn't always need to be a "planned meal."
- Always make more when prepping food. Cutting up one cucumber? Cut up two or three for the next several days. Grilling chicken for dinner? Grill a few extra pieces for lunches that week.
- Get a thermos and heat up chili or soup before leaving the house. It can be a game changer.
- Keep your expectations realistic. If you don't pack your lunch now, start small. Plan for packing just two days a week until that becomes your new normal and go from there. If you fall off the lunch packing wagon, just get back on.

#### How can I avoid unhealthy but convenient options?

- Include one fruit and one veggie in each packed lunch. Making sure you have the better choices in your lunch will start to weed out the not-so-good stuff.
- Keep expectations real because processed snacks are everywhere. The best way
  to avoid them is to keep them out of your grocery cart. But in the meantime,
  take the small successes where you can. Keep track of how much you spend on
  them or how many you buy per week/month and celebrate your improvements.
  Maybe you used to pack two processed items every day, but now you get down
  to just two per week.

#### What are the elements of a healthy—but filling—packed lunch?

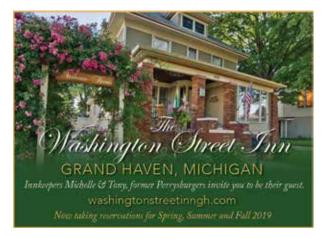
- Protein. Don't skip this important component because it not only helps to keep you full, but is so important to fuel your day both physically and mentally.
   Choose protein sources like chicken, turkey, lean beef or opt for eggs, nut butters, seeds or beans.
- Fiber. This one also keeps us full, along with supporting healthy blood sugars and promoting gut health. Choose whole grains, fruits and vegetables.
- Color. Make sure you've got some version of the rainbow most days. Fruits and vegetables have so many nutrients that are important for our health, lunch is a main meal and you can't be missing out.

## It's the Little Things in Life

#### SCHOOL LUNCHBOX SUGGESTIONS. YOU'RE WELCOME!

- 1. Food on sticks: chicken satays, beef skewers, sausage kebabs (because everything is more fun on a stick)
- 2. Quesadillas (don't have to be piping hot to be delicious
- 3. Sliced meat rollups – try wrapping around cheese sticks, cream cheese, greens...
- Cold noodle salads or bean salads – great way to sneak in veggies
- 5. Hummus and pita with salami, olives, carrots, baby tomatoes...
- Quinoa salad with meats, cheeses, veggies and vinaigrette
- 7. Hard boiled eggs, leftover pancakes and sausages...
- 8. Hot dog (kept warm in a thermos of hot water) my son was so jealous when his buddy brought this for lunch.









#### **FULLER ART HOUSE: PROVIDING THE** "FULL" CREATIVE EXPERIENCE

By Judy Lang

As an artist, gallery owner, instructorand the co-creator of Sylvania's Red Bird Art District—Dani Fuller's philosophy is to enjoy life's experiences to the fullest. So, it was much more than the "obvious" choice when she named her gallery Fuller Art House (pg. 31).

"I think all people need to pursue what they are passionate about," she says, "and to experience everything more fully. I happen to be a creative soul, but everyone is different and should make an effort to do more of whatever fulfills them as a person."



#### **Returning to Her Roots**

Fuller, who grew up in this area, received her BFA in Illustration from The American Academy of Art in Chicago. She lived there for 12 years, until a career opportunity lured her back to Toledo. In early 2018, she opened the Fuller Art House, which most recently had been known as the River Center Gallery. Under her visionary eye, it has become a hub for creative exploration and learning.

It features a cheerful, eclectic collection of paintings, pottery, glass, original notecards and gifts created by well-known area artists. It also offers adult classes and private instruction in painting, pastels and water color. While Fuller does much of the teaching herself, she brings in other artists who instruct on special techniques.

#### **Promoting Red Bird to the Fullest**

Fuller also is one of the creative minds behind the diverse "First Friday" events held monthly in what is now known as the Red Bird Art District in downtown Sylvania. She teams up with Barb and Scott Hudson, owners of the Hudson Gallery, and Rae Betz, from Flanders Creatives, to develop ideas, design promotional materials and then market the events.

"Our goal," she says, "is to bring people to downtown Sylvania so they are exposed to all the wonderful businesses here. We really do believe that whatever is good for the community is good for our galleries, too."

The Fuller Art House is located at 5679 Main Street and is open Tuesday through Friday, 10am to 6pm and Saturdays 10am to 3pm. To learn more about special exhibits and classes, go to fullerarthouse.com.

## ANNUAL PERRYSBURG HOLIDAY penHOUSE THURDAY, NOVEMBER 14 • 10AM-8PM Lots of sweet surprises, drawings, in-store specials and refreshments! Alice-Louise Press Maddie & Bella 107 Louisiana Ave. 117 Louisiana Ave. Angel 101 Meig 101 Louisiana Ave. The Bard's Coffee 120 Louisiana Ave. Pottery

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**Vintage Groves** 116 Louisiana Ave.

Zingo's 106 Louisiana Ave.



#### SIMPLE STRETCHES TO REDUCE STRESS

By Laurie Pressel

Relieve the tension and stress in your muscles by pausing for a few minutes throughout the day to stretch. Heidi Locknane, LMT, from **Body & Sole Massage Therapy** (see below) in Perrysburg offers these tips.

"People tend to hold their tension in their neck and upper back, especially those who work at a computer for hours," says Heidi. She adds that you should also stretch your legs and lower back before and after any walk—even if it's a short one.



**Neck:** Start by looking straight ahead. Then roll your head slowly in a circular motion (side, back, side, front) in both a counter clockwise and clockwise direction feeling the stretch.

**Upper back:** Keeping your elbows straight, hold your arms out in front of you at shoulder height. Face your palms inward and touch your hands together. Then stretch your arms forward, slightly rounding your upper back. Feel the stretch and hold.

**Legs:** Sit on the floor with both your legs together and straight out in front of you. Reach to try and touch your toes. Feel the stretch and hold.

**Lower back:** Start by standing, legs together. Lean from the waist to one side. Put your arm over your head and reach until you feel the stretch. Repeat on the other side.





#### REMEMBER THE SIMPLE GESTURES

By Laurie Pressel

Our lives keep us so busy that it's easy to overlook the kind and considerate gestures that are so important in a polite society. We asked Buzz Book readers to share rules of etiquette that we should all remember to practice.



Be polite, say hello, offer help, smile, pay a compliment, use please and thank you. – Lisa

Please keep your cell phone in your purse or pocket and refrain from checking it every few minutes. – Barb

When conversing, especially with a new acquaintance, be sure not only to talk but to engage the other person by LISTENING! – Doris

Have your coupons and payment in hand when you are in the checkout line. It's a simple way to be considerate of the time of the clerk and the people waiting in line behind you. – Rose

Wave to neighbors in the neighborhood and say hello to them when you are out walking. – Kendra

Men: take your hat off at the table. Actually, take your hat off as soon as you enter the building. – Linda

When eating, keep your elbows off the table. Raise your fork or spoon to your mouth instead of lowering your head to your plate. – Peg

Slow down in the grocery store parking lot so the elderly and parents with small children can get into the store without rushing. Leave coupons you aren't going to use right next to the item in the grocery store so that someone else can save the money. – Christine

A handwritten card or note is still a memorable way to let someone know you appreciate them or that you are thinking about them. Always send a handwritten thank you note when you receive a gift. – Deb

Help neighbors or friends who are going through a difficult or busy time with kind gestures like providing a meal, baking cookies, or mowing their lawn. – Pat

Let other people go through the door first. Say excuse me when reaching around someone. And show respect by using Mr. and Mrs. if you don't know someone very well.

- Kim

# 8 SOCIAL MANNERS EVERY CHILD SHOULD KNOW



- 1. Say "please" and "thank you"
- 2. Look people in the eye when talking
- 3. Say "excuse me" when bumping into someone
- 4. Open doors for others
- 5. Put down electronic media and converse with others
- 6. Don't interrupt conversations
- 7. Don't comment on physical appearance, unless it's a compliment
- 8. Greet people with a friendly smile and a "hello"

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#### UNIQUE LITTLE THINGS

By Heather, Ten Thousand Villages (pg. 66)

A unique coffee cup for your favorite hot drink. A beautiful sari hot pad to brighten up your supper table. A bicycle pizza cutter to cut your frozen pizza. Those little things in life can make the mundane new again!









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#### STYLISH KITCHEN HELPER

By Kathleen A. Jones, Jones & Company (pg. 14)

It's the little things that can give us such pleasure. It was fun to create this apron and chef hat for my oldest granddaughter. I love to watch her

help in the kitchen. Of course, it takes longer and is a lot messier, but the look on her face when a cake comes out of the oven is truly priceless.





#### APPLE A DAY

By Laurie Pressel

You can not only pick your own apples at MacQueen's Orchards in Holland, you can purchase a variety of apple products—from apple pie to apple fritters, cider slush to caramel apples. MacQueen's also recently teamed up with the Maumee Bay Brewery Company to produce an alcoholic beverage. MacQueen's Hard Cider, described as more like a wine than a beer with a refreshing dry/sweet apple flavor, can be purchased at local Kroger stores.

For information visit macqueenorchards.com



#### **BLOW YOUR WAY TO HAPPINESS**

By Tara Outten, Firenation (pg. 28)



Create your own happy moment by learning a new hobby, like glass-blowing! Come take one of our many Glass Experiences offered this winter. Don't worry if one is booked up, you can always have a private event with friends and family! firenation.com





## It's the Little Things in Life



#### **AUTUMN TRANQUILITY**

By Norma Stark Memory Garden and Labyrinth (pg. 61)

Come to the garden and labyrinth during these cooler days of autumn. Take some time for yourself to sit on our patio to relax and refresh. You are welcome, free of charge, during daylight hours to enjoy this special place.





#### SIMPLE PLEASURES

By Amy Lynn, Momma Tarot (pg. 69)

The gifts that Mother Nature provides us are what feeds my soul. The smell of spring rain, the sound of a crackling fire, feeling the wind blow through my hair and caress my cheek. The simple pleasures of the changing seasons is what makes my heart sing! One the benefits of living in northwest Ohio.

"Autumn... the year's last, loveliest smile."



William Cullen Bryant



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## **SHOPPING FOR A CAUSE**HOLIDAY TRUNK SHOW ADDS NEW BOUTIQUES TO TRADITIONAL MIX

By Judy Lang

Over the past 33 years, the **Country Garden Club's Holiday Trunk Show** (pg. 21) has raised more than \$650,000 for beautification, conservation and historical preservation projects in northern Wood County. This year's show—to be held October 8 and 9 at Carranor Hunt and Polo Club in Perrysburg—will feature 16 new vendors plus many returning favorites.



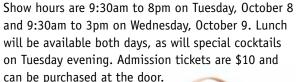
#### Something for Everyone

"Our goal this year is to offer something for everyone, in a variety of price ranges," says Country Garden Club President Luella Smith. "There will be 24 unique boutiques, with proprietors traveling here from as far away as California, Massachusetts and Texas." Items sold will include clothing, jewelry and accessories for both women and men, unique housewares, fun eyewear, fine-art holiday ornaments, natural skin care products, stationery, books, hostess gifts and edibles.



#### **Enjoy the Show - Enjoy Perrysburg**

"The trunk show provides a wonderful opportunity for shoppers to visit Perrysburg, not only for our event," says Smith, "but also to experience the many great stores and restaurants in town."











#### MAKE IT PERSONALIZED

By Laurie Pressel

Give a gift that will be cherished for years to come—personalize it!

Kathleen Jones of **Jones & Company Custom Embroidery** (pg. 14) in Perrysburg has been turning ordinary items into extraordinary gifts for 28 years. "I still love what I get to do every day," she says.

You can order products through Kathleen (she has preferred suppliers and can direct you to websites or catalogs) or bring in products you purchased and she will custom embroidery on it a name, monogram, address, company logo or whatever you desire.

No matter the occasion—baby shower, wedding, birthday, graduation or Christmas—a personalized item shows someone you put time and thought into their gift, says Kathleen. "It makes them feel special."



A monogrammed sheet set, wine bag or set of towels would make an excellent wedding or shower gift. Young adults in college would appreciate a personalized pillowcase or a duffel bag for laundry. For Moms, you can't go wrong with a personalized market bag, apron, cosmetic bag, bathrobe or throw pillow. For Dad, consider a weekend duffel bag, tie or golf towel. Little children love receiving a personalized blanket or pillowcase or a child-sized backpack, bag or apron. Special gifts at the holidays include personalized Christmas stockings and tree skirts. "These can become family heirlooms," says Kathleen.

Several of Kathleen's clients bring her their Christmas list and she helps them figure out a special, personalized gift for each person on the list. "I even gift bag each gift at no extra charge," she said.

To learn more about Kathleen's custom embroidery, call 419-874-9604.

"The kinder and more thoughtful a person is, the more kindness they can find in other people." — Leo Tolstoy







## DECORATING DEN

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#### **FALL FUN AT HERITAGE SYLVANIA**

By Laurie Pressel

Develop a deeper appreciation for your hometown by exploring local history. **Heritage Sylvania** is gearing up for a fun-packed fall!

The last **History Walking Tour** of the year will take place Friday, September 6, at 6pm. Participants can meet at the Sylvania Public Library and walk in downtown Sylvania with a quide who will explain the area's commercial history.

On September 28, Heritage Sylvania will be on the road, participating in the family event "STEM in the Park" at the Perry Field House at Bowling Green State University from 9:30am-2pm.

The Historical Village will be open for the **34th annual Sylvania Fall Festival** on Saturday, October 20. Also, you can call anytime to book a private tour of the Historical Village for a school or community group.

If you have little ones, you will a appreciate Heritage Sylvania's new program for preschoolers called **History Half Pints**. Taking place every 2nd Monday of every month, History Half Pints includes fun programming such as music, story times, hands-on projects and field trips. Registration is required.

Heritage Sylvania also hosts the **NorMa Makers Market** once a month at the Carriage House. Featuring all local artisans, NorMa (which stands for North Main) showcases items for purchase like handmade soaps, plant terrariums, hair bows, and more.

**The Lathrop House**—a Greek Revival home built in 1850 and a stop on the Underground Railroad—will remain open for tours every Sunday until mid-November from 1-4pm. The **Heritage Center Museum** is open every Saturday and Sunday from 1-4pm. The home of Dr. Cooke's medical office from 1897 to 1942, the museum recently restored two rooms—the doctor's office and parlor—to the time period using old family photos.



5735 N MAIN ST, SYLVANIA, OHIO 1 419.517.1104

For more information about any of these events, visit *heritagesylvania.org*.



## It's the Little Things in Life

#### FALL DECORATING TIPS

By Carolyn Beyersdorf, Decorating Den Interiors (pg. 25)

It's the little things like accessorizing that bring happiness to the heart. This fall, look to the outdoors for inspiration. Gourds are an easy fit for fall. Warm colors and a variety of shapes make for easy pairing with a plethora of decorative finishes and styles from woven baskets to pewter luster to traditional or



rustic. Arranging accessories in a series of peaks and valleys that transition the eye from one item to the next creates a sense of order while combining unusual and unlike finishes, shiny with matte or smooth with texture creates added interest.



### Surnmer and The Power of Awe!

#### **WEDDING TIPS**

By Lee Liebetreau Welling, Blush Bridal Boutique (pg. 31)

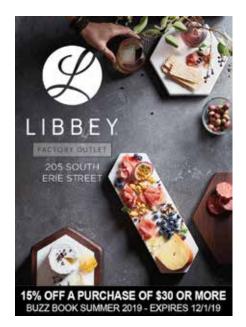
1. You DON'T have to bring everyone you know dress shopping. Take you mother, a trusted friend, someone who's opinion TRULY matters. Once you've narrowed it down THEN you can have an entourage. If you bring all those opinions when you're



just figuring out what you like, you won't hear the voices in your own head. This could lead to a decision you're not really happy with.

- 2. If you're trying to save money, consider a Friday or Sunday wedding. They usually save you about 30%.
- 3. Download *The Knot* all-in-one wedding planner app to keep all of your planning info digitally on-hand at all times.





## toin us

September 6
Make and Take Autumn/Fall
Cards - \$10.00
1-3 PM

September 13 Make and Take Paper Bead Pendant - \$15.00 1-3 PM

October 4
Make and Take Hammered Wire
Earrings- \$10.00
1-3 PM

October 11 Make and Take Halloween/ Fall Cards - \$10.00 1-3 PM

November 1 Make and Take Thanksgiving/ Christmas Cards - \$10.00 1-3 PM

Good Good

Things-

Art & Gifts

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#### REDUCE, REUSE, RECYCLE - AND CREATE AT THE TOLEDO MUSEUM OF ART

By Patti Robb

At The Toledo Museum of Art (TMA) Family Center, creating art and recycling go hand-in-hand. "Our hands-on art studio and play space is a perfect way to introduce the museum to young children in a family-friendly way," says Regina Jankowski, Family Center Manager.



Programs at the TMA Family Center may revolve around a special exhibit or work of art, or they may feature art projects inspired by a visiting artist. "It's the perfect place for kids to create memories with their parents or caregivers," says Regina.



The TMA Family Center is free, fun, and open to everyone on Tuesday and Thursday from 10am to 3pm, Fridays from 3:30 to 8pm, and Saturdays and Sundays from noon to 5pm. There is no advance registration or call ahead and all materials are supplied.



Designed to spark imagination, creativity, and a lifelong connection with art, the TMA Family Center believes strongly in 'reduce, reuse, recycle - and create.'

"It's not necessary to purchase fancy art materials. Ordinary items you might throw in your recycle bin can make

the coolest art. We have a DIY (do it yourself) table loaded with interesting items where kids and adults can use their imaginations to create their own types of art," adds Regina.

The TMA Family Center accepts all types of material donations, including bottle caps, magnet tape, scissors, paper towel tubes, ribbon, buttons, pipe cleaners, sea shells, tape, wood spools, and much more. "We also love more unusual items like old or new matchbox cars, scrapbook paper, and other craft materials," says Regina.

If you are interested in donating to the TMA Family Center, please contact Regina directly at 419-255-8000, ext. 7411. Donations can only be accepted when the Family Center is open.

## It's the Little Things in Life

#### COMING THIS FALL

By Katherine Stark. Bella River Boutique (pg. 19)

Dress with less and free-up space in your world for what matters most. At Bella River Boutique, we know that quality basics are your go-toitems. They help you feel beautiful and confident without adding unnecessary clutter to your life.

Look for our Grand Opening this Fall and help us celebrate the simple things.



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#### PAMPER YOURSELF

By Crissy George, Owner/Master Stylist, Brodava Salon (pg. 9)

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#### WHAT TO DO WITH "STUFF"

By Laurie Pressel

Has fall cleaning left you with a mound of household items that you no longer want or need? Now what? Should you recycle, ditch, donate or sell?

**Recycle or ditch items when** they are broken beyond repair, very worn or used, or they are unsafe or toxic. Check the website of your local municipality. Most provide guidelines on what can be recycled or taken to the landfill. Some cities even have special collection days for items like paint containers, garden chemicals and electronics.

**Donate items when** you are short on time, you want to get rid of the items quickly, or you want to help those in need. Goodwill and the Salvation Army aren't the only options to put your donations to good use! Habitat for Humanity ReStores accept donations of household items, furniture and construction items. They sell the items at discounted price and profits are used to repair and build homes for those in need. Homeless shelters and women's crisis centers often need clothes and household items for clients who need help establishing a new home. Donate books to your local library for their annual book sale, or to a bookstore like **Gathering Volumes** (pg. 6) in Perrysburg that will give you store credit in return. Some local non-profits hold huge garage sales as fundraisers every year and they'll take all your donations if you can wait until their sale.

**Sell items when** you could use the extra cash and you have many lightly-used items in excellent condition. Selling options include second-hand stores, a yard or garage sale, or on-line through Facebook Marketplace or Craigslist. Each option has its pros and cons.

Second-hand stores offer a no-hassle way to turn your items into cash. These stores either buy your items outright for cash or store credit, or they take your items on consignment. However, these stores tend to only accept items that are in-demand (fashionable and name brand) and in like-new condition. Also, you likely won't receive as much money for your items as you could make selling them yourself.

With a yard or garage sale, you can try and sell all your items at one time. After the sale, you can donate what's left. However, these sales require a lot of preparation and planning. Also, the weather is outside of your control. Don't forget to advertise in advance and put out signs and balloons to direct people to your house!

Selling on-line gives you access to a huge base of potential customers. You can take pictures and post items on your own timeframe. However, be prepared to deal with a lot of less-than-serious inquiries. It's best to adopt a policy of no holds! Just be upfront that you'll sell the item to the person who can meet you the soonest and bring payment. Also, because you're dealing with strangers, make sure you meet buyers in a public, safe place. Many local police stations and sheriff offices now offers space for buyers to meet.

## It's the Little Things in Life

#### IT'S THE LITTLE THINGS IN LIFE

By Denise Martin, Martin & Martin Insurance (pg. 40)

A napping grandchild in my arms, a workday walk with my doggy at lunch, transforming a potential client into a trusted friend—these are the moments in life that bring a smile to my face!





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#### **EXPLORE ELMORE, OHIO**

By Laurie Pressel

When the trees blaze with color and the temperatures cool, take a road trip to the charming village of Elmore, Ohio along the banks of the Portage River.

Explore the grounds of the **Schedel Arboretum and Gardens** which feature a peaceful Japanese garden; many exotic and unusual trees including a grove of Dawn Redwoods; rose, vegetable and perennials beds; and a bonsai shelter. You'll leave inspired to redesign your own garden, so head straight to **Bench's Greenhouse & Nursery** where you will find a wide selection of plants to add to your collection.

Elmore's downtown streets are lined with quaint little shops that you'll want visit. Crafty Needle Yarns and Threads is filled with high-end yarns, needles, patterns and notions for knitters, crocheters, and anyone who enjoys needle crafts. Stores like Whimsy & Blue Boutique and Once Upon a Tyme Antiques are great places to browse and pick up treasures.

After a busy afternoon of shopping, you may want to visit **Wine Flight**, a bar/retail shop that offers specialty wines and craft beers.

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## It's the Little Things in Life

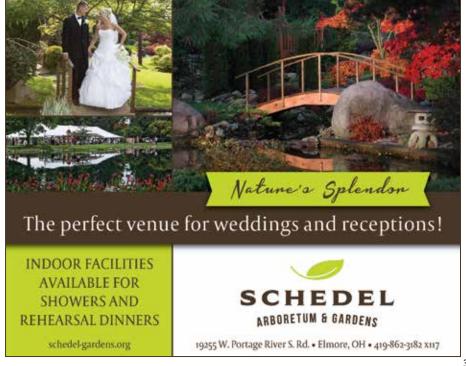
Love the trees until their leaves fall off, then encourage them to try again next year.



Chad Shug







#### MAKE A SCARECROW

Bring your sweet self and friends, your Scout Troop, your Book Club, your Soccer team... to Perrysburg. Purchase a \$15 kit (wood frame, burlap head, straw stuffing and twine), add your own fun creative additions (clothes, accessories) and make a Scarecrow!

It will be hung in downtown Perrysburg by the Perrysburg Garden Club beginning September 27 for admirers to vote, and at Angel 101 and Gathering Volumes October 1-16.

**Purchase kits at:** scarecrows.com.fwscart.com, Angel 101 and Gathering Volumes.

**Kit pick-up:** Woodland Shelter House, September 11 & 15 from 6-8pm, and September 26 from 5-8pm.

**Scarecrow drop-off:** Woodland Park Shelter House, September 26 from 5-8pm, and September 29 from 10am-2pm.







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#### ROASTED OLIVES WITH GARLIC

By Vicki Selhorst

#### **INGREDIENTS**

- 1 can each of any 3 types of olives, drained (ex. green, black and pitted Kalamata)
- 1 pint cherry tomatoes
- 1 1/2 tablespoons Herbs de Provence
- · 8 garlic cloves
- 1/4 cup olive oil
- 1/4 tsp. cracked black pepper

#### **DIRECTIONS**

Preheat oven to 425°F

Lay all ingredients on a sheet pan covered in foil. Toss to combine.

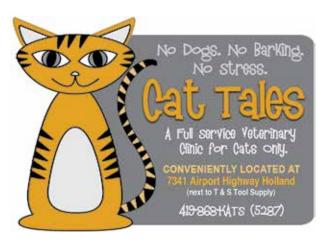
Roast mixture in oven for 15-20 minutes or until tomatoes are shriveled and garlic is soft.

Place them in a bowl and serve at room temperature.

#### Note:

The Herbs de Provence makes your kitchen smell amazing! But, if you don't have it on hand you can use other herbs such as rosemary, thyme and basil.





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#### **NEVER TOO OLD TO LEARN**

By Laurie Pressel

Growing up, I remember feeling a sense of excitement and anticipation at the start of each new school year. Of course, I was a little sad to see the lazy days of summer ending, but still eager to head back to school to see friends and tackle new subjects.

Although the regiment of school is far behind me, I'm still excited to learn. Learning stimulates curiosity, sparks creativity, provides new perspectives, and helps you become a well-rounded, interesting person. If you would like to expand your brain power this year, I've gathered some ideas for how adults of all ages can "go back to school."



#### Attend Lectures, Workshops, Classes

Set a goal to attend 2-3 per month. Check out the public offerings at local universities, community colleges, museums, libraries, community centers and public gardens that sponsor programs featuring local, regional and national experts often for free or low cost. In addition, some universities allow senior citizens to "audit" any university course for free.

#### Read, Read, Read

As Dr. Seuss said, "The more you read, the more you will know." Pick a topic that's always interested you and read 3-5 books on that topic. Or, find a list that appeals to you, like the New York Public Library's "Books of the Century" or Goodreads "100 Books you Should Read in Your Lifetime" and start reading your way through.

#### Start A Book Club

Form a book club with your friends, neighbors and acquaintances (5-7 is an ideal number). You'll appreciate the motivation to read a variety of books and the insights and opinions of different people. The socialization and food are bonus benefits!

#### Learn A New Skill

Get creative and learn a craft, art medium or hobby. Crocheting, knitting, pottery, glass blowing, watercolor painting and more can be both relaxing and stimulating. You'll never stop learning as you perfect your skills and master new techniques. Local stores offer a variety of classes for all ability levels (see pg. 8) and YouTube videos can also be instructive. - continues next page

## It's the Little Things in Life

#### Learn A New Language

French, Spanish, Chinese? Challenge yourself to become conversant in another language. Check on-line for program options or videos. Motivate yourself with a future vacation where you can put your language skills to use.

#### Immerse Yourself In Music

Take up music by joining a community or church choir, learning an instrument or attending concerts regularly. Music provides a whole host of benefits to our brains and emotional health.

#### **Get Involved In The Community**

Become a regular volunteer at a local non-profit and take the time to learn about the organization. Seek as much information as you can about the complex challenges facing your local community.

#### Stay Relevant

Keep tuned into the world around you. Purchase a new subscription to 1 or 2 newspapers or news or science magazines and become a regular reader. Or, tune into a few worthy podcasts (see pg. 46).

I hope these ideas keep you happily learning this fall!





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## WHIPPED KABOCHA SQUASH WITH VANILLA BEAN AND NUTMEG (Serves 4-6)

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#### **DIRECTIONS**

Set oven to 375F.

Pierce the skin of the squash with the tip of a sharp knife a few times and put on a baking sheet. Bake for 60 minutes or until the flesh is soft when pierced with the tip of the sharp knife. Let cool slightly and then slice the squash in half. Scoop out the seeds, and then scoop out all the flesh with a large spoon.

Put the kabocha in the bowl of a food processor fitted with the metal blade. Add the butter, half and half, vanilla seeds, and nutmeg.

Process until completely smooth. Add salt and pepper to taste and pulse to combine. Add more half and half if you'd like a thinner puree.

Spoon the squash into a serving bowl and serve with more butter and snipped chives.



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#### **INGREDIENTS**

- 1 kabocha squash, about 3 pounds
- 2 Tbsp butter
- 1/3 cup half & half (more as needed)
- seeds from 1 vanilla bean
- 1/4 tsp freshly grated nutmeg
- salt and fresh cracked black pepper to taste

#### **GARNISH**

chopped chives

Fall has always been my favorite season.

The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.



Lauren DeStefano



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#### POPULAR PODCASTS: WHAT ARE YOU LISTENING TO?

By Laurie Pressel

Podcasts are digital audio files available on the internet that you can listen to from any digital device while commuting, working out, walking or just relaxing at home. Podcasts can be educational, entertaining and inspiring. Whether you're already plugged into the podcast craze, or interested in getting started, here are 15 podcasts that may pique your interest.

- Sorta Awesome: a women's lifestyle podcast that covers topics ranging from what books to read to how to deal with family over Thanksgiving.
- 2. **Crime Junkie:** named one of the best true crime podcasts by *Rolling Stones* magazine.
- Armchair Expert: host Dax Shepard talks to people about their truths, struggles and vulnerabilities.
- 4. For the Love (Jen Hatmaker):
  the host and her friends laugh and
  share on a variety of topics: home,
  family, shoes, community, television
  shows, and Jesus.
- White Lies: produced by NPR, journalists expose the lies that covered up the murder of a black pastor in Selma, Alabama in 1965.
- 6. **Homecoming:** hearkens back to old time radio shows and features fictional thrillers.
- 7. **Broken Harts:** produced by *Glamour* magazine, it explores the story of Sarah and Jennifer Hart who adopted six black children, then drove the family's vehicle over a 100-foot cliff in California in a murder-suicide.

- 8. **Will Kill You:** Erin and Erin (two young scientists with Ph.D.'s in disease ecology) discuss weird medical mysteries, epidemics and other things that can kill you.
- We Feel Super Nourished:

   an uplifting nutritional podcast
   that takes a holistic approach to
   healthy eating.
- Good Life Project: inspirational podcast about living a "fullyengaged, fiercely-connected and purpose-drenched life."
- 11. *Oprah's Super Soul Sunday:*Oprah's hand-selected interviews with thought-leaders, bestselling authors, spiritual luminaries and more, all meant to uplift and inspire.
- 12. **Root of Evil:** this documentary podcast by TNT explores the 1947 murder of Elizabeth Short also known as the Black Dahlia.
- 13. *The Robcast:* a religious and spirituality podcast by *New York Times* bestselling author Rob Bell.
- 14. **StarTalk:** astronomy, physics and more with astrophysicist and Hayden Planetarium director Neil deGrasse Tyson.
- 15. First Day Back: the stories of people who find themselves after experiencing a life-changing event.







#### WARM WITH WINE

By Laurie Pressel

Looking for a warming drink on a chilly evening or a crowd-pleasing refreshment for a holiday gathering? Try this recipe from The **Chateau Tebeau Winery** in Helena. It calls for two bottles of the winery's Harvey Schwartz, a sweet Concord wine that can be purchased at their retail outlets listed on their website (www.chateautebeauwinery.com). They also sell the mulling spices used in this recipe.

#### Chateau Tebeau Winery - Hot Spiced Wine

2 bottles of Harvey Schwartz

2 cups of apple juice

1 cup sugar

3 tablespoons mulling spices

Bring to a boil then reduce and simmer for 15 minutes. Remove the mulling spices. Serve warm.





#### FREMONT FUN

By Kristie Bigler,
Downtown Fremont Inc.
(pg. 47)



Downtown Fremont has many different things that make people happy. In every season, visitors appreciate the delicious restaurants, the amazing shops and the overall aura. The downtown area is filled with unique merchandise, scrumptious food and special effects that are captivating. They allow all to appreciate the little things in life. Enjoy Downtown Fremont!

#### **GIGGLING IN THE AISLE**

By Judy Lang

Have you ever laughed so hard in the greeting card aisle that your shopping companion snuck away in embarrassment? If so, make sure you travel with a like-minded friend when checking out the humorous cards available in three downtown Perrysburg shops.

At Alice-Louise Press and Retail Store, there are hand-made options by the dozen that find the funny in a variety of life situations. While there's something for everyone, the cards that focus on motherhood especially hit the mark. Now sold nationally, the cards made at Alice-Louise Press are simple and elegant, but pack an unexpected, humorous punch. In addition, the shop features oven mitts, napkins, wine bags and socks that are adorned with funny, and often irreverent, prose.

#### Gotcha! Cards

If you are specifically seeking cards to razz people of a certain age, check out the unrepentant Auntie Acid cards hidden away in **The Baker's Kitchen**. Available at both their Perrysburg and Monclova locations, the cards are so fun you won't be able to choose just one. While you're at the store, also take a look at the dish towels with sassy sentiments.

#### Vintage Humor

At **Sheffield Road** (pg. 9), in addition to exquisite gifts and elegant housewares, shoppers can find Shannon Martin cards, which use vintage family photographs to make a modern point. Whether celebrating special occasions, or just observing life, the sepia-toned photos garner the initial laugh, and the text completes the joke.





#### **GOOD VIBES**

By Karla and Karrie, Summer Kitchen Interiors (pg. 49)

Our Mini Signs will make our day.
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through our shop to find your favorite







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#### TAKE A PASS ON PLASTIC

By Laurie Pressel

Plastic usage is a hard habit to break even though we all know that plastic is bad for the environment. If you want to live a more sustainable lifestyle, start by incorporating just two or three of the ideas below.



- Switch from plastic to bamboo toothbrushes.
- Bring reusable market bags with you on every shopping trip and say no to one-use plastic shopping bags.
- Buy powdered laundry detergent in cardboard boxes instead of liquid detergent in plastic jugs. Powdered detergent will get your clothes just as clean and cardboard is a more environmentally-friendly material.
- Bathe with bar soap instead of buying liquid gel in plastic containers. You can purchase handmade, moisturizing bar soap at many specialty stores or make your own. Shampoo is also available in bar form.
- Skip the plastic straws and lids in fast food restaurants and drink straight from the cup. If you can't do without a straw, buy a pack of metal straws.
- Drink from glass or metal water bottles filled with tap water and kept cold in your refrigerator instead of buying cases of single-use bottled water.
- Reusable cloth produce bags are a great alternative for packaging fruit and vegetables instead of the rolls of plastic bags in the produce aisle.
- Bring your own clean, reusable plastic containers to use as doggie bags when bringing home leftovers from restaurants, and to use at the deli counter for your salads and meats.
- Pack your lunch items in reusable containers every day instead of using plastic sandwich bags. Also, pack real cutlery instead of plastic.
- Buy reusable hand soap dispensers for your kitchen and bathrooms and make your own hand soap. Here is a simple recipe:
  - 1/8 cup of Castile soap
  - 2 ½ cups of distilled water
  - 10-15 drops of essential oil (your favorite scent)
  - A splash of vitamin E oil or liquid coconut oil

## It's the Little Things in Life

#### SOUPS ON!

By Ellen Wisniewski, Nedley's (pg. 61)

I've always craved soup in the fall and look forward to trying a variety of recipes. Look for Nedley's "Soup and a Scoop" as the weather cools off.







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#### **CARROT CAKE JAM**

Submitted By Toni Pendleton

Preserving Method: Water Bath Canning Makes about 6 (8 oz) half pints

#### **DIRECTIONS**

- PREPARE boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- 2. COMBINE carrots, pears, crushed pineapple, lemon juice, vanilla extract, cinnamon, nutmeg, and cloves in a 6- or 8-quart saucepan. Bring mixture to a boil over high heat, stirring frequently. Reduce heat, cover and boil gently for 20 minutes, stirring occasionally. Remove from heat and whisk in pectin until dissolved. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.
- ADD sugar all at once and return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
- 4. LADLE hot carrot cake jam into hot jars leaving 1/4 inch head space. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
- PROCESS jars for 10 minutes, adjusting for altitude.
   Turn off heat; remove lid and let jars stand for
   5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

#### **INGREDIENTS**

- 1-1/2 cups finely grated peeled carrots
- 1-1/2 cups chopped cored peeled pears (about 3-4 pears)
- 1- 20 oz can crushed pineapple, undrained
- 3 Tbsp bottled lemon juice (do not use the juice from a real lemon)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cloves
- 6 Tbsp Ball® RealFruit™ Classic Pectin
- 6-1/2 cups white granulated sugar
- 6 (8 oz) half pint glass preserving jars with lids and bands



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## CHEESY CORN CASSEROLE WITH JALAPEÑOS (Serves 12)

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#### **DIRECTIONS**

Preheat oven to 350 degrees.

Lightly grease or spray a 13x9 inch baking dish.

In a large mixing bowl, whisk together the flour, cornmeal, baking powder, salt, pepper, sugar and cayenne.

In the bowl of a food processor, add 1/2 the corn and the scallion whites. Pulse 8-10 times to make a coarse puree. Add the pureed corn and scallion mixture to the flour mixture.

Fold in the sour cream, 1/4 cup of Parmesan cheese, eggs, melted butter, the remaining corn, 1/2 the shredded cheddar cheese, all of the cubed Monterey Jack cheese, and the minced jalapeños.

Pour the corn mixture into the prepared baking pan. Sprinkle the remaining Parmesan and cheddar cheese on top.

Bake until the casserole is puffy and golden brown, about 45 minutes. Cool for about 15 minutes before serving. Garnish with the scallion greens and fresh sliced jalapeños if desired.

#### Notes:

You can skip the cayenne pepper and Jalapeños, if you wish. Inspired by a recipe in Cook's Country Magazine.



#### **INGREDIENTS**

- 4 ounces Monterey Jack Cheese cut into 1/2" cubes
- 4 ounces Sharp Cheddar Cheese grated divided
- 1/3 cup cornmeal
- 2/3 cup unbleached all-purpose flour
- 2 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon fresh ground black pepper
- 1/2 teaspoon cayenne pepper
- 1 tablespoon granulated sugar
- 5 1/2 to 6 cups fresh or frozen sweet corn thawed (about 8-10 cobs)
- 4 scallions sliced thin, white and green parts separated
- 1 Jalapeño pepper seeds removed then minced (more or less to taste)
- 1 cup sour cream
- 1/2 cup grated Parmesan cheese divided
- 3 large eggs lightly whisked
- 4 tablespoons unsalted butter melted





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#### ESTATE PLANNING SUPPORTS FAMILIES THROUGH LIFE STAGES

By Robinson, Curphey & O'Connell - RCO Law (pg. 32)

What moments make RCO Attorney Paul E. Croy happy? "Helping my clients to work out stressful family problems that they thought they could not solve," he said. Paul advises families on estate planning primarily representing families that own farms and businesses, or families dealing with difficult situations.

He lists four areas that can confound all families.



#### **Confronting Your Mortality**

Paul tells clients, "there is no scientific evidence that suggests that if you do make an estate plan that you are more likely to die. Some people just can't face it and it is a roadblock for them. Having a current estate plan provides peace of mind for you - making for an easier life!"

#### Who Will Take Care of the Children?

"This is a tough one that requires serious discussion between parents. The consequences of not having named a quardian for your children can be devastating. If you don't plan, then the court will make the decision and it may not be the best choice. Parents should be specific about who will care for the children and who will manage the money. There are solutions that can work well providing peace of mind if the unthinkable happens," Paul said.

#### Children Requiring a Lifetime of Care

Some families face caring for children with disabilities or substance abuse issues.

"Planning for the future of children with needs is very important. The worst situation would be to turn over assets to a surviving child who is unable to manage assets. If an adult child with an addiction comes into money, the outcome is never good. My advice is to establish a trust that protects the children from themselves," he explained.

#### **Parents Require Special Care**

Finally, adult children taking care of aging parents need good legal advice.

"As our parents age, they may have a lesser capacity to manage their financial affairs and basic needs. As adult children we realize very quickly that there is a delicate balance in helping our parents maintain financial stability and meet changing health care needs. These matters can get complicated, requiring specific considerations and arrangements. The best outcome is for adult children to honor and respect their parents, while allowing them to keep their dignity as they age."

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#### PAMPER YOURSELF!

By Judy White

For Buzz Book readers in need of some serious pampering, the options are endless. Here in Ohio, you'll find sweet treats designed to feed your body, lift your spirits, and nourish your soul.

**Clara J's Tea Room** (pg. 21) in Maumee, for example, offers seasonal gournet lunch selections. And have I mentioned tea, the beverage that has sustained Great Britain for centuries? Notes owner Gretchen Fayerweather, "Our Proper Tea, which features scones topped with Devonshire cream and lemon curd, is definitely a pampering experience."

For head-to-toe pampering, Heidi Locknane of **Body & Sole** (pg.14) in Perrysburg recommends the Signature Massage. In addition to a variety of massage options, this comprehensive service includes calming aromatherapy, warm booties, hot packs for sore muscles and cold packs for tired eyes. Facials may be added or requested separately.

For another way to relax and unwind, Tiffany of **Georgette's Grounds & Gifts** in Maumee recommends "soft jazz, a fresh-baked muffin and a big caramel latte—crowned with whipped cream, of course!" She adds that the gift shop features lots of pamper-worthy soaps, soothing lotions, and unique finds from all over the world.

With the fall season upon us, Cindi Britt at **Salvatore Capelli e Estetica** (pg. 16) in Perrysburg suggests some special pampering services. Not to be confused with the beverage, the "Red-Hot Toddy" is the name of a mani-pedi option while the "Hot-Buttered Rum" is a treat for your feet. For those who want it all, there's the "Apple Harvest Moon" facial featuring the "Bubbly Bliss Mask."

All this pampering, so little time. So get out there—you deserve it all!



#### **TREASURE**

By Carolyn Haney, The House Market of Maumee (pg. 20)

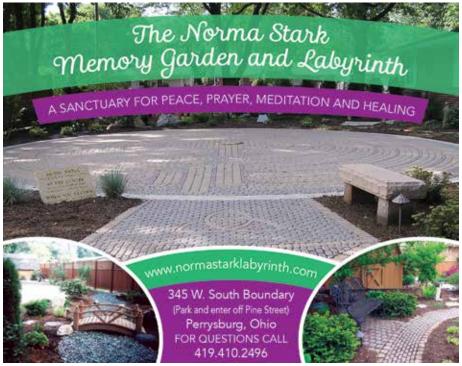
When you find a special treasure, even one that needs some fixing up, you take it home knowing the piece you found has a history and it will become part of your own story.



*Fitzgerald* 







#### **ANCIENT GRAIN SALAD**

Printed with permission from The View from Great Island. theviewfromgreatisland.com/ancient-grain-salad-recipe

#### **DIRECTIONS**

Toss all the salad ingredients together in a large bowl.



Whisk the dressing ingredients together and add enough to the salad to moisten everything. Reserve any unused dressing for adding right before serving if needed.

Cover and refrigerate until serving. The salad can be made up to a day ahead. Sprinkle with more pomegranate seeds just before serving.



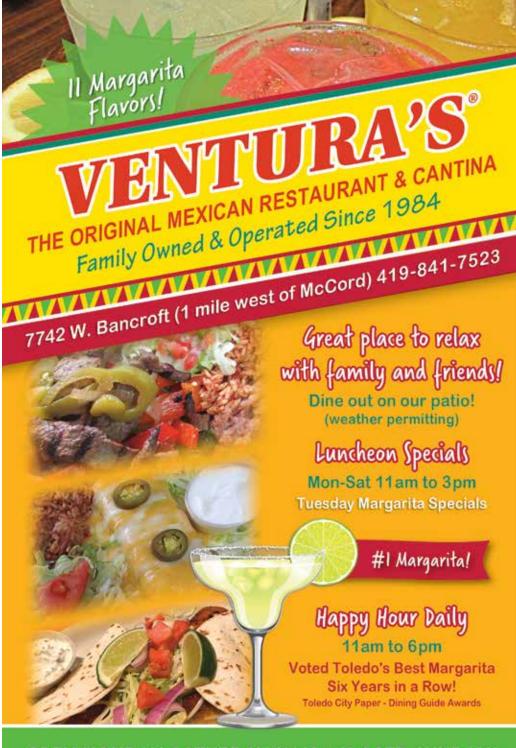


#### **INGREDIENTS**

- 1 cup cooked wild rice
- 1 cup cooked red guinoa
- · 1 cup cooked farro
- 1/4 cup toasted chopped walnuts
- 1/4 cup toasted chopped pecans
- 1/4 cup pistachios, rough chopped
- 1/4 cup dried cranberries
- 1/4 cup dried apricots, finely chopped
- 1/4 cup golden raisins
- 1/4 cup brown raisins
- 1/4 cup fresh pomegranate seeds, plus extra for garnish
- 4 scallions, thinly sliced, green and white parts
- 1/4 large red onion, minced
- several small inner stalks of celery, finely diced, with the green leafy parts

#### **DRESSING**

- 1/2 cup olive oil
- 5 Tbsp apple cider vinegar
- · 1 tsp sweet mustard
- salt and pepper to taste



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## BUTTERNUT BISQUE WITH BROWN BUTTER SAGE PINE NUTS

Printed with permission from The View from Great Island. thecafesucrefarine.com/butternut-bisque-with-brown-butter-sage-pine-nuts

#### **DIRECTIONS**

Preheat oven to 400°F. Line a sheet pan with foil.

Cut butternut squash\* in half and scoop out seeds. Rub each half all over with olive oil and place, cut side down, on the prepared sheet pan. Bake for 30-40 minutes or until tender and easily pierced with a small sharp knife. Set aside to cool.

While the squash is cooling, heat 1 tablespoon oil and 1 tablespoon butter in a medium-large pot over medium heat. When butter is melted, add onion and salute for 4-5 minutes or until onion is softened and translucent. Add garlic and sauté for another 30 seconds.

Add chicken broth and bay leaves and bring to a boil. Reduce to a steady simmer and cook, covered, for 20 minutes. Remove bay leaves.

Carefully scoop out roasted squash and add to the pot along with the Greek yogurt, rosemary, sage, salt and pepper. Using and immersion blender, or a regular blender, blend until silky smooth.

For the pine nuts, melt butter in a small saute pan. Continue cooking until butter starts to foam and turn golden. Swirl pan occasionally to prevent burning. When butter starts to turn pale golden brown, add sage, kosher salt and freshly ground black pepper. Stir to combine, add pine nuts and cook for another 2-3 minutes, stirring continuously until pine nuts turn golden brown. Transfer to a plate lined with several thicknesses of paper towels to cool.

Ladle hot soup into serving bowls. Top with a small dollop of Greek yogurt. Swirl yogurt slightly with a toothpick or the pointed end of a skewer and scatter with a small spoonful of the pine nuts. Garnish with small sage sprigs and more finely chopped herbs, if desired.

#### Recipe Notes

\* Butternut squash are really hard to cut. To simplify cutting process, place squash in microwave on high power for 1-2 minutes before cutting. Squash will not cook but will soften slightly and will be much easier to cut.

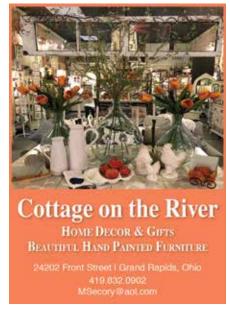
## INGREDIENTS For the soup:

- 1 large butternut squash
- 1 tablespoon extra virgin olive oil
- · 1 tablespoon butter
- 1 medium sweet yellow onion diced
- 2 medium cloves garlic finely minced
- 3 cups low sodium chicken broth or vegetable broth to make it vegetarian
- · 2 medium bay leaf
- ½ cup Greek yogurt
- 1 teaspoon fine chopped fresh rosemary
- 1 teaspoon finely ground fresh sage
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

#### For the pine nuts:

- · 2 teaspoons butter
- 3 tablespoons pine nuts
- 2 teaspoons finely ground fresh sage
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- tiny sage sprigs and/or finely chopped rosemary and sage for garnish, if desired







## Chic Boutique

#### HOSTESS GIFT IDEAS



Buzz on over to
Martha's Gifts & Boutique
for this happy little sign.
(pg. 42)



Thank the cook with this marble salt keeper from **Ten Thousand Villages.** (pq. 65)



These uniquely displayed plants are called Mary's Mini's. Find them at **Vintage Groves.** (pg. 24)



It's called a Boa! Wear this towel and hot pad around your neck for convenience. Three Girlz Urban Living



Love the rich colors of these velvet pumpkins! **Hutchinson Fine Furniture** (pg. 43)



What a clever way to display this great smelling and beautiful soap! Miss Mercedes (pq. 24)



Bring the host American Spoon drink mixes to jazz up cocktail hour. Angel 101 (pg. 23)



Who wouldn't love receiving a MacKenzie-Childs Courtly Check Platter with a towel? Sheffield Road (pg. 9)



Help your host diffuse the air with a pleasant fragrance. **Cottage on the River** (pq. 23)

## It's the Little Things in Life

#### SMALL GIFTS TO THANK THE HOST OR HOSTESS

The season of holiday parties is nearly upon us, so now is the time to stock up on a few hostess gifts. A little preparation now will ensure you don't arrive empty handed later. In addition to the gift ideas listed below, see our Chic Boutique page for some fabulous gifts from our advertisers.

- Fancy wrapped soap or lotion
- Mug with tea or cocoa inside
- Box of chocolates or truffles
- Cute or clever kitchen towel
- Scented candle
- Jar of uniquely flavored jam or jelly
- Wine or Craft Beer
- Small potted plant
- Interesting wine stopper





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#### ~ SEPTEMBER ~

HeART Gallery in the historic Toledo St. Paul's Lutheran Church hosts "Sacred Threads," an exhibit of 40 quilted pieces during the month of September. The traveling juried exhibit focuses on themes of joy, spirituality, inspiration, grief, healing and peace. Visitors can use their cell phones to hear each artist talk about the inspiration behind their piece. heartgalleryandstudios.com or contact kate@stpaulstoledo.org.

#### 6-8

Bowling Green's **Black Swamp Arts Festival**. If you like art and music, this festival is for you! More than 150 booths, free concerts, food and lots of fun activities for children. *blackswampfest.org* 

Opa! Feast and fun at the **49th Annual Greek American Festival**near Holy Trinity Greek Orthodox
Cathedral (downtown Toledo).
Greek food, pastries, dancing and
more. *toledogreekfest.com* 

Don't miss the Fall Open House at Summer Kitchen Interiors, 4702 W. US. Hwy. 6 in Helena, on Friday, 10am-8pm, Saturday, 10am-5pm, and Sunday, 1-5pm. summerkitcheninteriors.blogspot.com

#### 7

The Napoleon Fall Festival & Car Show features a judged car and truck show, kid activities including pedal tractor pulls, bounce houses and petting zoos, food vendors and flea market. Shop for baked goods, fall décor and crafts. 821 S. Perry Street, Napoleon. 10am-3pm.

#### 7

Show your love for fur babies at the Toledo Area Humane Society's PawVillion. Enjoy delectable food and a live auction. Chef Scott Pierce (Tree City Catering) is the featured celebrity chef. Tickets are \$250. toledohumanesociety.org

Find your way to Depot Park in Elmore for the **Grub 'n Suds Motorcycle Rally**. Poker run, bike judging, games, food & live music. Facebook@GrubnSuds

#### 8

Learn about monarchs, bees, birds, composting and more with hands-on demonstrations at Sauder Village's Monarchs & More Family Fun Day. The event is planned in collaboration with Fulton County Soil and Water Conservation. Noon-4pm. Free admission! saudervillage.org

#### 10

Don't miss the wonderful opera soprano voice of Maria Callas in concert with the Toledo Symphony Orchestra at the Stranahan Theater. 8pm. toledosymphony.com.

#### 13

Enjoy bluegrass music from The Barefoot Movement at the Stroede Center for the Arts in Defiance, 319 Wayne Ave. 7:30pm. \$10 tickets. defiancearts.org

#### 14

Don't miss the Hancock Historical Museum's Historic Barn Tour. The self-guided tour with showcase six century-old barns. Each location will feature heritage items such as quilts, antique machinery, timber framing, food vendors and live music. Tickets cost \$10 for members, \$15 non-members. hancockhistoricalmuseum.org

#### 15

Sunday at the Stroede with accomplished cellist Philip Bergman. 319 Wayne Ave, Defiance. 7pm. \$10 tickets. defiancearts.org

#### 20-22

Celebrate the olden days at **Tiffin-Seneca Heritage Days**. Explore a "living village" from Civil War times in the Hedges Boyer Park in Tiffin and enjoy music, rides, carnival games, food, a German heritage tent and more in downtown Tiffin. *tiffinfestival.com* 

#### 21

**Learning Science is Fun** for youngsters at the **Stroede Center for the Arts**, 319 Wayne Ave., Defiance. 7pm. Free and open to the public.

Harrison Rally Day presented by Mercy Health is an outdoor festival in historic downtown Perrysburg. Enjoy food trucks, family-friendly entertainment, activities and a parade. 9:30am-4pm (parade starts at 10am). perrysburgchamber.com

#### 28

Roche de Boeuf Parade & Festival in Waterville has something for all ages! The celebration kicks off with a parade at Farnsworth Road/ Michigan Street at 10am, followed by an art show, Pioneer village, car show and music. 9am-5pm. watervillechamber.com

Oktoberfest in Findlay, sponsored by the Hancock Historical Museum, is a fun-filled event featuring German music and food, polka dancing, kids' activities and more. Admission \$5 adults, \$3 ages 20 and under. hancockhistoricalmuseum.org

#### 29

2019 Komen Toledo Race for the Cure® takes place in downtown Toledo. Show your support to help eradicate breast cancer as a life-threatening disease. info-komen.ora

### ~ OCTOBER ~

The Ability Center's Style show IMAGINE! takes place at The Pinnacle in Maumee. Sashem Brey, 13abc news anchor, will emcee the event. Guests can shop local vendors, participate in raffles and a silent auction, enjoy a delicious lunch, and experience fashions from many local stores. Money raised supports The Ability Center that serves people with disabilities. Event starts at 10:15am. General seating \$40, sponsor-level seating \$55. abilitycenter.org

#### 4

Firenation Pumpkin Bash Open House. 6-10 pm. 7166 Front St., Holland. *firenation.com* 

5

Island Wine Festival at the Put-in-Bay Winery at Dollar Estate on Bayview Avenue. \$10 admission fee includes a souvenir glass and \$4 in tickets. Additional tickets can be purchased for \$1, and wine samples are available for 2-5 tickets. Includes a silent auction to benefit the Lake Erie Islands Historical Society. 11am-5pm. putinbay.com

#### 5-6

MacQueen's Apple Butter Stir Festival. Pick your own apples, enjoy horse-drawn carriage rides, crafts, live entertainment and a pie-baking contest. 10am-6pm. MacQueen's Apple Orchard, Holland. macqueensappleorchard.org

Christmas in October at the Hancock County Fairgrounds. Shop early for Christmas at this large arts and crafts fair featuring over 300 exhibitors. Saturday 10am-5pm, Sunday 11am-4pm. \$4-5 admission. cloudsshows.biz

#### 8-9

Country Garden Club Holiday Trunk Show. Designer boutique shopping and lunch; what a terrific way to start your holiday shopping. Go with friends. Carranor Hunt and Polo Club, Perrysburg. cacperrysburg.com

#### 11

Enjoy traditional country and honky tonk music from **The Shootouts** at the **Stroede Center for the Arts in Defiance**, 319 Wayne Ave. 7:30pm. \$10 tickets. *defiancearts.org* 

Friday's in the 419! Begin the weekend on a cocktail caravan and journey to three unique NW Ohio area code "419" locations from the comfort of a deluxe motorcoach. With beverage samples included at every stop, explore Schedel Gardens 17 acre garden estate, discover Toledo's first distillery at the Toledo Spirits Company, and kick back at Black Cloister Brewing Company. 6-11pm. \$59.00 per person. MUST be 21 years of age. For reservations visit schedel-gardens.org/calendar.

## A STATE OF THE STA

#### 13

Applebutter Fest in downtown Grand Rapids features historical reenactments, pioneer demonstrations, crafts, music, food and of course, applebutter making demonstrations. 7am-5pm.

An inspirational evening that raises funds for research and support for people battling cancer. Light the Night at the Promenade Park in Toledo includes ceremonies, music, food, and a walk. Participants carry illuminated lanterns. Sponsored by the Leukemia Lymphona Society of Northern Ohio. *lls.org/northern-ohio* 

Sunday at the Stroede with Seraph Brass, an all-female brass quintet. 319 Wayne Ave, Defiance. 7pm. \$10 tickets. defiancearts.org

#### 17

Book lovers, book club members and those who love to cook should attend "Foodie Fiction" at the HeART Gallery in the historic Toledo St. Paul's Lutheran Church. Twenty-five novels where food takes a starring role will be displayed with accompanying food grazing, recipes or stunning table décor. heartgalleryandstudios.com.

#### 17-18

Little Boo at the Zoo. No fright, just Halloween delight. Activities include games, pumpkin carvings, puppet shows, story times and more. Costumes are encouraged. Bring a bag or plastic pumpkin for treats. Sponsored by Meijer at the Toledo Zoo. 10am-3pm. Ticket information at toledozoo.ora/boo.

#### 18-19 & 24-25

The Garrison Ghost Walk at Fort Meigs is a frightfully good time. Tour the fort after dark with an 1812 guide hearing ghost tales from the past. 29100 W. River Road, Perrysburg. Advance tickets required. fortmeigs.org

#### 18-19

It's **Fall Family Fun Night** at **Sauder Village** in Archbold. Take a trolley ride, learn about Native American life, decorate a pumpkin and more. 6-8pm. Space is limited so pre-registration is required. *saudervillage.org* 

#### 19

Celebrate autumn at the Halloween Folklore & Funfest at the Wood County Historical Center. Enjoy horse-drawn carriage rides, activities in Boo-ville, apple cider press and fund for all ages. 13660 County Home Road, Bowling Green. 4-9pm. woodcountyhistorical.org



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## What's Buzzin' this Fall

20

The 34th annual **Sylvania Fall Festival** promises a good time with a craft show, farmer's market and parade. 10am-4pm. *sylvaniachamber.org* 

Postmodern Jukebox takes today's songs and reimagines them as songs from bygone eras. Hugely popular, they've sold out concerts on six continents. Catch their show at the Marathon Center for the Performing Arts in Findlay. 7:30pm. Ticket information at

25

mcpa.org.

Friday Night Folklore Trick, Treat & Tour takes place at the Wood County Historical Center & Museum (formerly an infirmary). Dress for the weather and bring a flashlight. \$15 tickets. 7-10pm. woodcountyhistorical.org



### ~ NOVEMBER ~

Epworth United Methodist Church is hosting its annual **Arts & Crafts Bazaar**. Over 60 vendors offer unique hand-crafted items and there's also a silent auction, pantry and coffee bar. 4855 West Central Ave. in Toledo. 9am-5pm. Free admission and parking.

2-3

Homespun Holiday Art & Craft Show sponsored by the Toledo Craftsmans Guild at the Stranahan Great Hall. Shop for handmade crafts and gifts. 4645 Heatherdowns Blvd. 10am-5pm Saturday, 11am-4pm Sunday. Free admission and parking. toledocraftsmansguild.org

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**Duke Otherwise** for young adults at the **Stroede Center for the Arts**, 319 Wayne Ave., Defiance, 7pm. Free and open to the public.

#### 8-10

The holidays are right around the corner, get a head start on finding unique gifts at the Christmas Open House at Summer Kitchen Interiors, 4702 W. US. Hwy. 6 in Helena. Shop Friday, 10am-8pm, Saturday, 10am-5pm, and Sunday, 1-5pm. summerkitcheninteriors. blogspot.com

12

Don't miss world renowned violinist Itzak Perlman in concert with the Toledo Symphony Orchestra at the Peristyle in the Toledo Museum of Art. 8pm. For ticket information visit toledosymphony.org.

14

Annual Perrysburg Downtown Holiday Open House. Lots of sweet surprises, drawings, in-store specials and refreshments. 10am-8pm. See page 13 for participating businesses.

15-17

Don't miss the Holiday Open House at Packer Creek Pottery. Genoa and Perrysburg galleries. packercreekpottery.com

17

Sunday at the Stroede with the North Coast Winds, a woodwind quintet composed of graduates from the Cleveland Institute of Music. 319 Wayne Ave, Defiance. 7pm. \$10 tickets. defiancearts.org

21

Get in the holiday spirit with a Holiday Wreath Exhibit at HeART Gallery in the historic Toledo St. Paul's Lutheran Church. A wide variety of holiday styles will be represented with workshops held throughout the month. heartgalleryandstudios.com or contact kate@stpaulstoledo.ora

23

Annual Holiday Parade in downtown Bowling Green. One of Northwest Ohio's biggest and best parades will feature over 100 units—marching bands, floats, dance groups, sports teams, scouts and more! 10am-noon. bgchamber.net

30

Small Business Saturday. Shop local this holiday season! Frequent the shops of our small business advertisers and many others who offer unique gift items and more.

Participate in Sauder Village's first Tree Lighting Ceremony— a 1920s Christmas. Join in the celebration for the lighting of the tree on Main Street. Visit select buildings, mail a letter to Santa, make a tree ornament, enjoy cookies and hot cocoa and more. \$5 per person or \$10 for the entire family. saudervillage.org

29

Fremont Holly Jolly Downtown Holiday Open House. Participating store events, activities and Santa's House. Holiday tree lighting on Friday. downtownfremontohio.org

The Holiday Model Train Display opens at the Rutherford B. Hayes Presidential Library and Museum in Fremont. The train runs through an intricate Victorian scene decked out for the holidays. 9am-5pm. Exhibit ends January 5. rbhayes.org

Nov. 30 & Dec. 1

Crafts for Christmas is the largest free holiday craft show in the area. Shop for handmade and juried gifts, crafts and holiday decor. Lucas County Recreation Center, 2901 Key Street, Maumee. toledocraftsmansguild.org

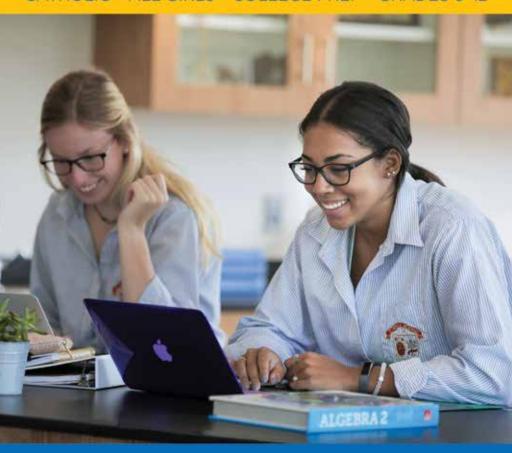


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