

TRIBUNE-COURIER

RICHLAND COUNTY'S ONLY LOCALLY-OWNED NEWSPAPER • SINCE 1961



news@tribune-courier.com

06.23.22



THE CITY OF ONTARIO RECREATION DEPARTMENT held a new lifeguarding class the first week in June. Ontario students who are are now lifeguards are front, Olivia Thoman and Brooklyn Swain; and back, Duncan McLean, Brooklyn Schunatz, Haley Damron and Kaitlynn Barnett.

Ontario festival moved to park

The Ontario 4th of July Festival will welcome back the Friday night car show on Friday, July 1, from 6–8:30 pm.

All years, makes and models are welcome.

The show will be held at Marshall Park (enter off of Milligan Rd. and follow signs).

Dash plaques will be given to the first 50 registrations and a gas card will be given away every 30 minutes.

There will be concessions, the Ontario Regatta, a beer garden, music, raffle, 50/50, eating contests abnd cornhole tournament.

For information visit https://ontario4thofjulyfestival.com

The Ontario 4th of July Festival will be held Saturday, July 2 (rain date July 3), noon to 11 pm. The festival has been moved to Marshall Park, in the area of the baseball/softball complex.

Those who would like to volunteer for the 4th of July Committee can send an email to mayor@ontarioohio.org

Bellville welcomes back fireworks

The Clear Fork Valley will see its first local fireworks since the 1990s on Sunday, July 3. Numerous generous business and resident donors are sponsoring the "Light Up the Valley" Festival.

Ten food trucks will start serving at noon at the Bellville Ballfields, 128 Hines Ave., Bellville, and then live music will start on the stage at 5 pm. Fireworks will begin at dark.

For more information visit the Light Up the Valley Facebook page.

Liberty Festival accepting parade entries

The Sons of American Legion Post 535 will host a Liberty Festival on Monday, July 4, in Bellville. A parade will begin at 11 am.

Organizations wishing to participate should contact Alec Kuhn at 419-989-7024 or Bellville Village Hall at 419-886-2245 ext. 1 or utilityclerk@bellvilleohio.net by June 30.

Participants should be lined up at 10 am.

Voter registration deadline is July 5 for August primary

The deadline to register to vote or change an address and/or name for the Aug. 2, 2022 Primary Election is Tuesday, July 5. The Board of Elections office will be open that evening until 9 pm and is located at 1495 W. Longview Ave., Suite 101 in the Longview Center. After 4 pm visitors must use the entrance at the lower level back parking area at the southwest corner of the building.

Qualifications for registering to vote include:

- •must be either a native U. S. citizen, or a naturalized citizen of the U.S.
- •must be a resident of Richland County and Ohio 30 days prior to an election
- •must be a minimum of 18 years of age on or before the date of the General Election on Nov. 8, 2022.

Registered voters who have moved or changed their name must notify the board office in writing or in person. Voters who are currently registered in Ohio may change their address online at VoteOhio.gov but must do it by the July 5 deadline. Online registration is also now available at VoteOhio.gov

In addition to the Board of Elections office, citizens may register or complete a change of address/name at the following locations in Richland County:

- Any library branch
- •All city and village hall offices
- •The Bureau of Motor Vehicles office
- •The Department of Human Services
- •The Richland County Courthouse (Recorder or Treasurer Offices)
- •All area high school offices

Registration forms may also be obtained from the Board of Elections' website at www.boe.ohio.gov/richland or requested by mail. Contact the board office at 419-774-5530 to have a form sent by mail. Completed voter registration forms must be postmarked 30 days prior to Election Day.

Richland County Foundation gives \$2,277,575 worth of grants

The Richland County Foundation Board of Trustees approved \$2,277,575 in grants to nonprofit organizations during its June meeting.

Projects at area nonprofit organizations that received grants from a combination of unrestricted, donor-advised and field of interest funds include:

- •A new security camera system for Mansfield Memorial Homes. The system will enhance existing security measures which include other cameras and guards patrolling the campus.
- •The Ohio State University at Mansfield will fully implement its Bachelor of Science in Engineering Technology degree to meet emerging workforce needs for mechanical, electrical, industrial and robotics engineers. The grant will support the creation of a Connected Smart Manufacturing Lab at OSU-Mansfield.
- •Richland Community Development Group received a grant for advertising and marketing of the newly created Richland County brand.
- Raemelton Therapeutic Equestrian Center received a grant for equine-based therapy scholarships.
- •Richland County Soil and Water Conservation District received a grant to help farmers implement nutrient management plans. The plans are an integral part of the H2Ohio program which seeks to limit the amount of fertilizer and livestock waste in rivers and lakes.
- •Richland Public Health received a grant for a Pediatric AED Equipment and Education program. Automated external defibrillators (AED machines) will be placed in Richland County schools and

(Continued on Page 8)

Epidemic hit Sandusky in 1849

By Bob Carter

Sandusky was always viewed as a busy port and business center. Two railroads and hundreds of ships docked there. It was one of the commerce centers of northern Ohio.

Passenger and freight increased every year until the summer of 1849. Suddenly all that ground to a virtual halt.

A cholera epidemic hit in late June and lasted thru July and August. It was estimated that over 400 people died that summer. An accurate figure may never be known.

The town, with a population of 5,000, saw half (some believe closer to 2/3) of the population flee to other areas. Many were not welcome and, in some cases, were turned away. Some never returned, some became orphans and businesses ground to a halt. The situation struck fear beyond imagination.

The editor of the *Daily Sanduskian* commented, "This shutting up and flying has a bad effect at home and must be disastrous abroad. It creates unnecessary panic among those we leave, and we should think the deserters would be unwelcome visitors where they go."

"At the onset the city had seven doctors. Two died, two left town and the remaining three were worked to exhaustion. Help came when two doctors arrived from Cleveland and later two more from Mansfield. It was difficult to find laborers to dig graves and on the weekend of July 28 and 29, seventy people were buried. Earlier in the week fifty more had been buried. Most were buried in mass graves in what became known as the "Cholera Cemetery."

The newspapers published quack cures, from burning sulfur to exploding gunpowder in the streets to purify the air. One cure, due to a misprint, was down right poison. Sandusky was in an unbeliveable panic. Freight ground to a halt on the SM&N railroad and what passengers were arriving, went straight on board of boats who departed as quickly as possible.

But the sought after end of the epidemic is found in the Aug. 20, 1849, issue of the Sandusky paper, "We again hear the sound of the caulker's hammer and the sailors cheerful voice, as they re-rig the vessels laid up during the prevalence of the cholera. The rumbling of other wheels than the dead cart and other voices than those of lamentation, break upon our ears.

"Travel upon the railroads, has vastly increased the past few days, cars and steamers come and go, freighted with heavy loads of merchandise for the prosecution of active fall trade."

"Produce which was in store, has mostly shipped abroad, and leaves the market bare. Wheat, however, may be quoted at 93 cents a bushel from teams and 95 cents on board. We hear of 1,000 bushels of corn at 44 cents, although we hear that the best would command 48 cents on board. Flour – none in market, no activity in other articles."

("Teams" means arriving by wagon; and "on board" is loaded on the ship).

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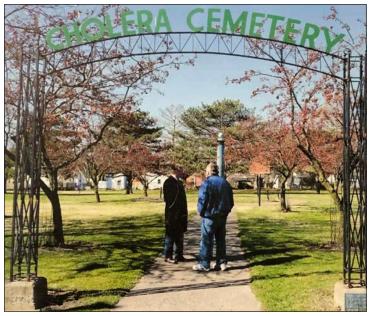
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THE SANDUSKY CHOLERA CEMETERY on Harrison St. was neglected until 1924 when cleared and a monument to Cholera mass grave victims was erected.

Summer Crisis Program begins July 1 in Richland County

The Ohio Department of Development and Ohio District 5 Area Agency on Aging, Inc. will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1 until Sept. 30, 2022.

To apply for the program, clients are required to schedule an appointment with the Community Action Commission of Richland and Huron by calling 419-901-9539.

Clients need to bring copies of the following documents to their appointment:

•Copies of their most recent energy bills;

•A list of all household members and proof of income for the last 30 days or 12 months for each member;

 Proof of U.S. citizenship or legal residency for all household members:

Proof of disability (if applicable);

•Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

The Ohio District 5 Area Agency on Aging, Inc. (AAA) is a non-profit agency that serves Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca, and Wyandot Counties. We have programs for all ages and income levels; however, we specialize in services and programs for older adults and anyone with disabilities. If you need assistance applying for programs such as HEAP, Medicare, Medicaid, Extra Help or other programs please contact our office at 419-524-4144 or 800-860-5799.

The Summer Crisis Program assists low-income households with an older household member (60 years or older), that can provide physician documentation that cooling assistance is needed for a household member's health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP) who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information call 419-901-9539.

News Briefs

The Mansfield Area Community Hymnsing will be held July 1. Participants will be emphasizing the patriotic hymns and songs of the faith. The hymnsing will be held at 7 pm at New Liberty Baptist Church, 1/2 mile south of Hanley Rd. on Lexington Ave., Lexington. This is a community hymnsing, free to all, where the congregation calls out the hymn number from a hymnal, and everyone joins in to sing. All are welcome.

Ontario Concerts in the Park will be held at the band shelter in Marshall Park from 6–8 pm on Tuesdays this summer.

Admission is free and those attending are encouraged to bring chairs or blankets. Snacks and picnic dinners are welcome.

Concerts are scheduled for June 28, Oolong Gurus, country/alternative; July 12, Kickin Grass, bluegrass; July 26, The Return, progressive classic rock; Aug. 9, Red Ball Jets, rock; Aug. 23, Sweet Beats, Beatles Tribute; Sept. 13, Sobos, classic rock; and Sept. 27, Departure, Journey Tribute.

In case of rain, concerts are generally rescheduled for a later date.

NECIC along with Regional Manufacturing Coalition and EPIK, will host the 5th annual Summer Manufacturing Institute Camp as part of Senator Brown's call to engage Ohio's youth with local manufacturing activities and opportunities in their home county. The week-long camp will be held at the NECIC Community Outreach Center, 486 Springmill St. Mansfield, from July 18–22, from 8:30 am to 4 pm. This is a free camp that is open to all Richland County fifth through eighth grade students.

Students will tour companies and complete hands-on projects. This year the camp will focus on local supply chains and how they have been affected by the pandemic and the current economy. Registration is open at www.necic-ohio.org. For more information, contact Nyasha Oden at 419-522-1611 ext.122 or nyasha@necic-ohio.org

The Lexington Area Senior Citizens Inc., invites those 55 and older to attend meetings the third Wednesday of every month at Der Dutchman Restaurant. Lunch begins at 11:30 am, followed by the meeting at 12:30 pm. Cost is \$13 for the meal.

Each month there are speakers and entertainment and members take several trips throughout the year.

The meal on July 20 will be roast beef. Those attending are asked to wear red, white and blue for a National Patriotic program.

Dues are \$5 per year. Guests are welcome to attend.

On July 6, the group will meet for lunch at O'Charley's in Ontario.

A recycling trailer will not be in the parking lot at Ontario United Methodist Church for the months of June and July due to construction work on the parking lot.

The Mansfield Men's Garden Club, in its annual effort to promote civic beautification, is accepting nominations for beautification awards. The awards are sponsored by Haring Realty.

Nominations will be accepted for properties in Richland County in one of the following categories: 1) Residential; 2) Commercial/ Civic. Beautification elements to be considered include: lawn care; planting of annuals, perennials and vegetables; appropriate shrubs and trees for lot location and size; front entrance/curb appeal; containers; etc. Applicants are eligible to win only once every five years. A separate contest is held for members of the Mansfield Men's Garden Club.

Winners in each category will receive an award recognition sign, a beautiful potted mum plant, and an invitation to attend the Club's Annual Corn Roast/Awards Presentation. To obtain a nominatioin form contact Doug Versaw at 419-565-5073 or dpversaw@gmail.com.

Avenue Church in Ontario will host Party in the Park events this summer. Events will be held from 10 am to noon on July 16 at Marshall Park, Ontario; July 23, North Lake Park, Mansfield; and July 30, Bicentennial Park, Lexington.

A hearing on zoning application for parcel #0482715603000 will be held Thursday, June 23, at 6 pm at Lexington Depot, 15 E. Main St., Lexington.

All Souls Unitarian Universalist Church of Bellville, 25 Church St., Bellville will welcome Dr. Walter Kania on Sunday, June 26, at 10:30 am. he will speak on "You Can't Make This Stuff Up!"

For more information visit www.allsoulsuuohio.org



Photo by Mass Communication Specialist 3rd Class Theoplis Stewart II GAS TURBINE SYSTEMS TECHNICIAN (electrical) 3rd Class Chaise Lunsford, left, from Mansfield,, and Gas Turbine Systems Technician (mechanical) 3rd Class Leandria Ray, from Valsosta, GA, review an emergency operational casualty control manual during an in-port emergency team drill aboard the Arleigh Burke-class guided-missile destroyer USS Jason Dunham (DDG 109) in the Atlantic Ocean, June 11. Jason Dunham is on a scheduled deployment in the U.S. Naval Forces Europe area of operations, employed by U.S. Sixth Fleet, to defend U.S., allied and partner interests.









PASTOR MIKE MACK retired from Trinity United Methodist Church, 1592 Grace St., Madison area, on Sunday June 12. He served the congreagation for three years. Rev. Paul Turner has been named the new pastor, effective July 1.

University Hospitals Samaritan will host remembrance on June 27

University Hospitals Samaritan Medical Center is hosting a Day of Remembrance & Resilience on June 27 at 7 pm to remember those who lost their lives to COVID-19 while also uplifting those who have recovered from the virus and honoring first responders and essential workers who helped their communities during the pandemic.

Everyone is invited to join togetehr. June 27 marks the date of the first recorded death from COVID in Ashland County in 2020. 218 Ashland County residents have lost their lives to COVID-19 and there have been more than 12,165 cases.

The half-hour ceremony will take place in the west parking lot of the hospital, 1025 Center St. Those attending should look for the white tent and park in the Dale Roy parking lot, 1256 Center St. Only handicapped individuals will be permitted to park in the main hospital parking lot to ensure our patients' visitors and families have adequate parking.

Visitors are asked not to park on surrounding streets as that space will be reserved for EMS, fire and law enforcement.

A candle lighting ceremony will be held.

CHURCH DIRECTORY

Clear Fork Alliance Church

1008 State Route 97, Bellville 419-886-4333 • www.clearforkalliance.org Rev. Matt Merendino Rev. Mike Stine, Associate Pastor 9 am Sunday School • 10 am Sunday Worship Wednesday evenings: 6 pm Prayer Meeting 6:30 pm TeamKID and Youth Group

Community Bible Church

1043 Springmill St., Mansfield 567-560-8011 www.DiscoverCommunity.org Pastor Sam Belsterling 10:30 am Sunday Worship Live stream at https://www.facebook.com/ CommunityBibleChurchMansfield

Lexington Presbyterian Church

35 Church St. West, Lexington 419-884-1330 Rev. James Randas 10:30 am Sunday Worship https://www.facebook.com/Lexington-Presbyterian-Church-117768414915815

McElroy Road Church of Christ

297 N. McElroy Rd., Mansfield (Madison area) 419-589-2661 • mcelroyroad.org Minister Dean Jackson 9:30 am Sunday School 10:30 am Sunday Worship 6 pm Sunday Night • 7 pm Wednesday www.facebook.com/mrccgrace

Email advertising@tribune-courier.com to learn how to be added to this list

Ontario Christian Church

1029 Lewis Rd., Ontario 419-529-5684 • ontariochristian.org Minister Steve Broughton 9 am Sunday School 10 am Sunday Worship

Ontario United Methodist Church

3540 Park Avenue West, Ontario 419-529-4345 • www.ontarioumc.com Rev. Christine Bell 10:15 am Sunday Worship Bible Study: Check website for schedule

Ridgeway Church of God

1380 Park Avenue East, Mansfield 419-589-5385 • www.ridgewaycog.cggc.org/ Pastor John Dodds Associate Pastor Billy Saunders 9:30 am Sunday School 6 pm Sunday Family Events 10:40 am Sunday Worship with live stream at www.facebook.com/ridgewayfcog 2 pm Wednesday Bible Study 9 am Men's Breakfast 2nd & 4th Sunday



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1689 West Fourth St., Ontario 419-529-2747

Risen Savior Lutheran Church

1685 Lexington Ave., Mansfield 419-775-1175 • risensaviormansfield.com Pastor Brad Wright 9 am Sunday Family Bible Time 10 am Sunday Worship

St. Mary of the Snows Catholic Church

1630 Ashland Rd., Mansfield (Madison) 419-589-2114 • www.mansfieldstmarys.org Father Matthew Frisbee Worship: 4 pm Saturday & 11 am Sunday 5:30 pm Tuesday Worship 9 am Friday Worship • Faith Instruction & Bible Study on Sunday Mornings

St. Paul Lutheran

2010 Park Avenue West • 419-529-4351 www.stpaulmansfield.org Pastor Jonathan Stufft 9 am Sunday Worship 10:15 am Monday Weekly Bible Study

St. Timothy Lutheran Church
1262 Ashland Rd., Mansfield (Madison area)
• 419-589-5252 • sttimmansfield.org Pastor Jonathan Stufft 10:45 am Sunday Worship 10:15 am Monday Bible Study Email: secretary@sttimmansfield.org

Trinity United Methodist Church

1592 Grace St., Mansfield (Madison area) 419-589-5890 • trinityumcmansfield.org Pastor Micahel W. Mack 9:30 am Sunday Worship

Wappner Funeral Home

Mansfield • Ontario • Ashland 419-522-5211



Ariel Foundation Park, Mt. Vernon Photo By Brandon Chambers

Hospice of NCO welcomes new board member Sabrina Pugh

Hospice of North Central Ohio (HNCO) welcomed Sabrina Pugh to its board of directors.

Pugh said, "I am looking forward to serving on the HNCO board and giving back to an organization that has helped our family through some difficult times.

Pugh has been teaching at Mount Vernon Middle School since 1990. She received both her undergrad and graduate degrees from The Ohio State University. She is certified as a Family and Consumer Sciences teacher. She teaches important life skills that you can't live without, nutrition, communication, food preparation, career search and soft skills.

Family, Career and Community Leaders of America (FCCLA) is the student organization that accompanies the FCS curriculum — it is a part of the regular classroom.

In Pugh's spare time she enjoys reading, sewing and exercise. She is on the 4-H Planning Committee, a member of Soroptimist International and a Knox County OSU Alumni Club board member. Sabrina's daughter is a Public Health Educator for Wyandot County Public Health. She has a cat named Pumpkin.

Chris Laux, President HNCO Board of Directors, said, "Sabrina is an excellent addition to the HNCO Board. She not only brings career and life skills that will benefit our organization, but more importantly a passion to serve the HNCO mission.

Headquartered at 1021 Dauch Dr., in Ashland, Hospice of North Central Ohio serves more than 200 patients daily. Additionally, free continuous bereavement services are provided for hundreds of families of hospice patients and to anyone in the community experiencing grief. HNCO also operates the What Goes 'Round Thrift Shoppe located in downtown Mansfield.

Call 800-952-2207 for more information.

SnagaDJ provides special discounts to military and first responders

SnagaDJ is a local-based mobile DJ service that is dedicated to giving back to our military and first responders.

They offer multiple wedding and party packages which can include DJ servies with microphones, lighting and lasers, smoke machines and a photo booth with props.

Special discounts are offered to military, veterans and first responders.

Above the discounts, \$200 is donated to the first response unit of the customer's choice on behalf of SnagaDJ and the client.

Owner Bryan Gifford is a disabled Navy Veteran. For information on packages and pricing, call 419-571-0949, email SnagaDJ@yahoo. com or visit www.SnagaDJ.com.

Choir will present Patriotic Muscial

The Madison Community Choir will present "I love This Land," a Patriotic Musical on Sunday, July 3 at 3 pm at Madison Middle School, Grace St. This powerful presentation takes the time to remember what a privilege it is to be part of this sweet land of liberty!

Come hear patriotic favorites such as "Battle Hymn of the Republic," "My Country, 'Tis of Thee" and "The Armed Forces Medley."

The concert is free and open to the public. St. Timothy Lutheran Church sponsors the event as part of their on-going outreach ministry.

Obituary Listings for Wappner Funeral Directors

William Glenn Gutshall, June 7
Timothy Michael Clingan, June 8
Carrie Bigler, June 9
John Richard Harding, June 9
Eva M. Bell, June 13
Cynthia "Cindy" Anne Hupp, June 13
Barbara Jean Volz, June 13
Carolyn JoAnne Shook, June 14
Paula Timko, June 16
Marion J. Peterson, June 17
Martha Ruth Pendleton, June 18
Daun Marie Shanks, June 18
Lily Hunter, June 20
Christopher Jeffery, June 20
James Jordan, June 20

View Full Obituaries at www.dignitymemorial.com

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MISS ONTARIO PAGEANT CONTESTANTS 2022

The City of Ontario, in collaboration with the Ontario Fourth of July Festival Committee, is hosting this year's Miss Ontario Pageant sponsored by Spherion. The pageant will be held Saturday, June 25, at 7 pm in the Ontario Middle School Auditorium.

Admission is free and donations will be accepted for the Miss Ontario Scholarship Fund.

The Miss Ontario Committee would like to thank the following businesses for their support: Spherion, Brian and Michelle Gates/State Farm Insurance Agency, Ontario Lions Club, Beyond Esthetics, Studio 19, Sutton Bank and Cori Kreger/State Farm Insurance Agency.



Anzaya Estep

Anzaya Estep will be a junior at Ontario High School. Anzaya is involved in golf, cheer and youth group.

She plans to attend college where she will pursue Dentistry. She is the daughter of Jessica and Doug Estep.



Abigail Kern

Abigail Kern will be a sophomore at Ontario High School. She is involved in dance, is a member of the Royal Guard, Golden Girl, and JV cheerleader. She wants to go to college and become a counselor. Her parents are Barbara and Scott Kern.



Jocelyn LeHew

Jocelyn LeHew will be a junior at Ontario High School. She plays JV tennis, is involved in her church, and is on the honor roll. She wants to go to college and become a veterinarian technician. She is the daughter of Shanna and Jason LeHew.



Jaslyn Lopez

Jaslyn Lopez will be a junior at Ontario High School. Jaslyn is on the honor roll, involved in show choir, FCCLA, and Warrior Leadership. She wants to attend college and medical school to become a surgeon. Her parents are April and Lupe Monroy.



Destanee Narvaez

Destanee Narvaez will be a freshman at Ontario High School.

Destanee is involved in baton, loves science and math, and wants to go to school to become a child therapist. Her parent is Deedra Clinage.



Autumn Taylor

Autumn Taylor will be a junior at Ontario High School. Autumn is involved in student leadership, softball and volunteering. She wants to go to college to become a dentist. She is the daughter of Mike and Carol Taylor.

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SIMPLE TOMATO SAUCE

Wondering what to do with all those tomatoes that will be ripening on your vines soon? Or do you just want a fresh idea for a quick sauce for your pasta?

Our original recipe calls for canned tomatoes, which you can still use, but here we are going to convert it to fresh tomatoes.

Cut all your tomatoes, season with olive oil, salt and pepper and toss them in a roasting pan. Make sure and add some garlic and if you



have some Stock + Spice Tuscan seasoning that would be the perfect blend to sprinkle on top, if not use some Italian Seasoning.

Roast tomatoes in a 350 degree oven until they begin to get a bit crispy, at least 40-50 minutes. The tomato skins should be a little bit blackened. Transfer tomatoes to a blender or bowl (use immersion blender) but be careful with hot liquid. Blend and pour over your favorite plain pasta, ravioli or gnocchi.

LIKE Kimmy's Cucina on Facebook & Instagram



By Mátiece Thomas

Let's talk about the one thing that everyone wants to blame for their weight gain but no one wants to control. That's right, carbohydrates, the macro that gets the bad rap. Yes, it is the one macro that can sabotage you, but it is also one that we need for energy.

There are good carbs and there are some not-so-good carbs, then there are totally bad carbs. It is important not to lump them all together as bad and cut carbs altogether.

Yes, there are diets that totally cut carbs and yes, you can lose weight with them, but ask yourself is it a lifestyle you can sustain? If not, then it is temporary, and yo-yo dieting can destroy your metabolism.

Carbohydrates are our main source of energy. Let me share some other reasons why you should not totally cut your carbs.

They fuel our brain, kidneys, heart muscles and central nervous system. The fiber we find in carbohydrates help our digestion, helps us feel fuller longer and also keeps blood cholesterol in check.

So, as you can see, we should

not 100% cut our carbs. It's important to fuel our bodies with the right carbs and our body will work for us not against us.

Let's start with the bad carbs food like cookies, chips, breads, ice cream, most cereals to name a few. Cutting these bad carbs will be a good thing for your body and weight loss.

Next, our not-so-bad carbs - rice, corn, potatoes, squash, sweet potatoes, beans and any fruit that's not a berry. When you are eating these, remember to eat them in moderation and not to pair two of them in the same meal. For ladies, limit to a half cup and for men, a full cup.

Finally, our good carbs — vegetables (except corn), any berries, grapefruit and apricots. You can have 2–3 servings of these nutrition packed carbohydrates with lean protein and get amazing weight loss results.

For my readers that work out a lot, it is important to fuel your muscles. A great meal example is 3–5 oz of lean protein, half cup of cooked rice and one cup of vegetables.

I hope I have helped you have a better relationship with your carbs and in the future you can use them for the good food sources they are, but remember to stay away from the ones that sabotage you.

Follow me at Instagram-5ptsfitness_trainergirl for nutrition and workout tips.

Lifestyle Inspiration

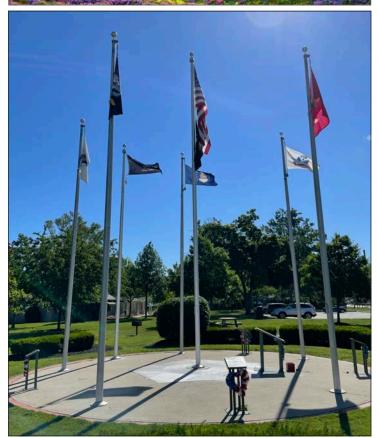




Photo by Damon Callis

Day Trippin' With Damon - Veterans' Memorial Park, Avon, OH, encompasses 98 acres and includes four baseball, three softball and six multi-use fields, a playgound, picnic tables, grills, restrooms and two pavilions. The park is located at 3701 Veterans Memorial Parkway, Avon. The park is also home to the annual Avon Heritage Duct Tape Festival, which was held last weekend. For more information visit https://www.cityofavon.com/638/Veterans-Memorial-Park.

Foundation distributes\$2,277,575 worth of grants

(Continued from Front Page)

athletic fields. Health Department staff will provide CPR training. According to Health Department data, sudden cardiac arrest is one of the leading causes of death in the United States for youth and adults.

•Third Street Family Health Services received a grant to purchase a mobile unit to provide Medication Assisted Treatment (MAT) and therapy for Substance Use Disorder to people where transportation is a barrier to access. The mobile unit will offer other health care services such as dental care and vaccinations.

The Board of Trustees approved \$708,300 in college scholarships to 231 Richland County students. Scholarships are awarded based on a student's financial need and grade point average. The average scholarship amount was \$3,066.

In addition, the Board of Trustees awarded \$11,500 to students attending a career technical education school. The Scholarship Committee implemented a rolling deadline for CTE scholarships to meet various enrollment deadlines. In aligning with Ohio's Attainment Goal, the Foundation wants to help fill the gap between job openings and certified employees as well as lead the way to support workforce development through CTE scholarships.

The Board of Trustees approved grants from donor advised funds which allows individuals and families the opportunity to make grant suggestions to favorite charities. Donor Advised Funds are a flexible and convenient alternative to a private foundation. It is also a way to keep charitable contributions anonymous, at the preference of the donor.

The Board of Trustees approved grants from donor-advised funds to meet emerging needs for Akron Children's Hospital, American Red Cross, Area Agency on Aging, Buckeye Council Boy Scouts of America, Catholic Charities, Cleveland Clinic Foundation, Crawford Partnership Education/Economic, Denison University, Domestic Violence Shelter, Downtown Mansfield Inc., Forgotten Felines, Friends of the Richland County Park District, Grace Episcopal Church, Hospice of North Central Ohio, Humane Society of Richland County, Loudonville-Perrysville School Foundation, Lucas Community Center, Mansfield Art Center, Mansfield City Schools, Mansfield Memorial Homes, Mansfield Rotary Club Foundation, Mid-Ohio Civic Opera, North Central Ohio Industrial Museum, North Central Ohio Land Conservancy, North Central State College, Ohio Bird Sanctuary, OSU Foundation on behalf of OSU-Mansfield, Pioneer Career & Technology Center, Renaissance Theatre, Richland Academy of the Arts, Richland Community Development Group, Richland County Soil & Water Conservation District, Richland Newhope Industries, Richland Public Health, Ronald McDonald House, Salvation Army - Mansfield, SoundWaters, The Downtown Arts Theater, The Trust for Public Land, Third Street Family Health Services, United Way of North Central Ohio and Village of Bellville.

The Board of Trustees voted to modify its gift acceptance policy to accept cryptocurrency.

Alzheimer's programs coming to Ontario Monday, June 27

The Alzheimer's Association Northwest Ohio Chapter is hosting two consecutive in-person educational programs in Ontario about warning signs of Alzheimer's disease and dementia, and healthy lifestyle choices to protect the brain and body.

The programs, being offered free to the community, will be held at the Area Agency on Aging at Hawkins Corner, located at 2131 Park Ave. W. in Ontario, on Monday, June 27.

The programs are "10 Warning Signs of Alzheimer's," from

The programs are "10 Warning Signs of Alzheimer's," from 10–10:30 am and "Healthy Living for Your Brain and Body," from 10:30–11 am.

During the first program, 10 Warning Signs of Alzheimer's, participants will learn how to recognize common signs of the disease, including memory loss, challenges with problem-solving, confusion with time or place and withdrawal from social activities.

Learn how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process; and Alzheimer's Association resources.

Immediately following will be the Healthy Living for Your Brain and Body program, which will teach participants about the latest research regarding the connection between body health and brain health. Attendees will learn about diet and nutrition, exercise, cognitive activity and social engagement and how to use hands-on tools to help incorporate the latest recommendations into a plan for healthy aging.

Pre-registration is required by calling 800-272-3900.

Those who are concerned about themselves or a loved one can contact the Alzheimer's Association Northwest Ohio Chapter at 419-537-1999 to schedule a care consultation and be connected with local resources that can help.

Stout receives \$10,000 scholarship

In recognition of her academic achievement, Kylie Stout, a 2022 graduate of Madison Comprehensive High School, was recently awarded a \$10,000 scholarship from Medical Mutual, an insurer in Ohio for nearly 90 years.

Stout plans to attend the University of Akron and major in criminal justice. She was among six recipients statewide of a \$10,000 scholarship based on academic achievement and financial need. The scholarships, as well as 140 scholarships of \$1,000 each, went to students in school districts across Ohio that are customers of Cleveland-based Medical Mutual. The Columbus Foundation administers the program and received more than 525 applications for the scholarships.

"Kylie is an impressive student in the classroom and in her extracurricular activities," said Amber Hulme, Regional Vice President of Sales. "Medical Mutual is proud to support her as she looks to make an impact in her chosen field of criminal justice."



Oak Hill Cottage

Historic 1847 Gothic Mansion

Guided Tours Sundays 2pm - 5pm April through December For weekday or Saturday Tours, visit the websiteto request a tour time.

Group and bus tours; call 419-524-1765

oakhillcottage.org

310 Springmill St. Mansfield, OH 44903

Henley joins Richland Academy

Richland Academy of the Arts has announced the addition of Cleveland Institute of Music graduate, Colin Henley, to its team of music instructors.

Colin Henley is a rising violist who aims to achieve excellence in his craft. Colin graduated with a Master's degree in Viola Per-

formance from the Čleveland Institute of Music. He also obtained his Bachelor's in Viola Performance from Baldwin Wallace University.

He was the winner of Baldwin Wallace University's 2020 Lauria Concerto Competition. Colin has also had the opportunity to work with some of the premiere musicians in the United States, performing in masterclasses and workshops with Robert Vernon, Masumi Rostad, Lynne Ramsey, Stanley Konopka, Mark Jackobs, Phillip Ying, and Takako Masume.

During his study at Baldwin Wallace University, Henley was featured at the annual Viola Day Masterclass. He has also had an enriching cham-



ber music experience playing with dozens of chamber groups in his career, including being selected through audition to play Shostakovich's Piano Quintet with the resident chamber group of Baldwin Wallace Elysian.

Throughout his summers, he has studied at the Zodiac, Miami Classical, and Green Mountain Chamber Music Festivals. Colin has held principal positions in the Mansfield Symphony Youth Orchestra and the Cleveland Youth Orchestra, as well as the Baldwin Wallace Symphony Orchestra.

Off the stage, he teaches violin and viola lessons both privately and through Richland Academy of the Arts and Westlake Music Academy. Henley is an enthusiastic collaborator with other freelance and amateur musicians.

For more information on registering for lessons with Henley, call 419-522-8224 or visit www.richlandacademy.com.

Mansfield festival returns July 30 with new name

The Mansfield Children's Festival returns, this year with a new name, the Mansfield Family Festival on Saturday, July 30.

The name change comes with a focus on engaging the whole family. This summer's festival will have something for every member of the family to enjoy.

Like previous years, the free family festival will be held on the last Saturday in July, this year July 30, from 10 am to 2 pm.

The Mansfield Family Festival will be located on Walnut Street and Third Street in downtown Mansfield near family destinations such as the Richland Carrousel Park, the Mansfield/Richland County Public Library, the Renaissance Theatre and the new home of Little Buckeye Children's Museum. This is the same location as last September's pop-up park, Imagination Park. The location also allows the festival to use the new food truck hook-ups at Idea Works Kitchen on Third Street.

The Mansfield Family Festival will include free games, prizes, bouncy houses, food trucks, live entertainment, animals, carousel rides, family movie screenings and much more. There is no cost to attend the festival, and no tickets needed. Parking can be found at the Municipal Lot on Fourth Street between Main Street and Diamond Street.

Vendors interested in participating in the festival should submit a Vendor Registration Form to Katie Gatten at kgatten@mrcpl.org, or contact Katie with questions at 419-521-3148. For more information, follow Mansfield Family Festival on Facebook.

Ontario Board hires King as high school assistant principal

The Ontario Board of Ecuation met June 14.

Fifth grade student, Ava Julian was awarded the 2022 AAA School Safety Patrol Hall of Fame Award.

The board approved the employment of Jonathan King as the Ontario High School Assistant Principal on a two-year contract, effective Aug. 1, 2022–July 31, 2024, \$86,123. The board also approved the employment of Elijah Henkel, high school instrumental music teacher and band director, \$47,705, effective with the next school year.

A three-year agreement was reached with the Ontario Federation of Teachers (OFT) from July 1, 2022–June 30, 2025.

A three-year agreement with the Ohio Association of Public School Employees (OAPSE) Local #256 was approved from July 1, 2022–June 30, 2025.

The five-year forecast was approved, as submitted by the treasurer. Resignations, effective at the end of the 2021–'22 school year, were accepted from Krista Carver, Stingel second grade teacher; Emily Hynek, Stingel kindergarten teacher; and Kayla Zingale, Stingel third grade teacher. Jeff Fisher resigned as the athletic director, effective July 31, 2022. An amendment was made to Fisher's contract that reflects his resignation and he will be employed as the 7th–12th grade athletic director for the remainder of his contract. Fisher was granted a new five-year contract for this position, \$87,300.

Kari Tarvin resigned as the secretary to the director of education, effective at the end of the 2021–'22 school year. She was then employed as the assistant superintendent's secretary on a three-year contract, effective July 1, 2022–June 30, 2025, \$46,375.

The board approved the 2022-'23 salary notices.

Employment was granted for the 2022–'23 school year to Anna Whittaker, middle school lead cook, \$22,124; Stephanie Hall, middle school six-hour cook, \$19,278; and Stephanie Barabani, high school six-hour cook, \$19,278.

The board approved the employment of extracurricular/supplemental staff and temporary substitute teachers for the 2022–'23 school year. The 2022–'23 membership in the Ohio High School Athletic Association was authorized as was the North Central Ohio Educational Service Center 2022–'23 Service Agreement.

The board amended the nursing service contract for Matt Wentz for next school year from \$33.96 per hour to \$34.64 per hour.

Temporary appropriations were approved for the 2022–'23 school year, July 1, 2022–June 30, 2023 and 2021–'22 appropriation adjustments were also approved.

Scholarships were approved and will go to two students who are pursuing nursing careers: Eleanir M. Kline, \$4,000 (\$2,000 per student); and the Bill and Eleanir Cassel Scholarship.

The Sadie Turnbaugh Dyslexia Fund was established. And a donation of \$58,000 was accepted for the fund. A donation of \$24,000 was accepted from the Stingel Elementary PTO for a Stingel pavillion.

A contract with Chase and Tena Eyster to provide transportation for their child was approved as was an agreement with Dennis A. Marilds, Ph.D, Inc., Mansfield Psychological Services, for educational psychological reports for students with special needs effective Aug. 1, 2022 through July 31, 2023.

Title 1 Reading Teachers hired for the 2022–'23 school year are Doreen Givens, Susan Kurtzman, Jennifer Jarvis and Gina Smith.

Airika Freeman was hired as an ESL tutor for the 2022–'23 school year, \$22.50 hourly.

An insurance quote for property, fleet and liability coverage from Ohio School Plan for the 2023 fiscal year was approved. Insurance premiums will be effective July 1, 2022. Facility requests were approved.

The board, Keith Strickler, Mike Ream and Randy Harvey entered into executive session to consider the employment, promotion, and/or compensation of a public employee or official. Thereafter, the board unanimously approved administrative pay raises for the school psychologist, technology director, SPED Director, director of transportation and maintenance, elementary assistant principal, payroll clerk and food service director. The board also approved paying Keith Strickler his superintendent per diem rate (\$470.59) for days worked in July 2022.

The next regular meeting will be held July 12, at 7 pm in the Ontario High School Library.

News Briefs in Education

Heaven Leigh Dery of Mansfield, graduated with a Bachelor of Arts in Art from Castleton University following the successful completion of the spring semester in May 2022.

Castleton University celebrated the accomplishments of members of the Class of 2022 at its 235th Commencement ceremony on Saturday, May 14. This year marks the first in-person, university-wide commencement in three years.

 \star

Ohio University 2022 spring graduates from the *Tribune-Courier* coverage area are:

Eric Boll from Mansfield graduated with a BSJ Journalism News and Information from Ohio University's Scripps College of Communication in spring 2022.

Logan Grube from Ontario graduated with a BBA Management and Strategic Leadership from Ohio University's College of Business in spring 2022.

Owen Murray from Mansfield graduated with a BA Political Science - Pre-Law from Ohio University's College of Arts and Sciences in spring 2022.

Jared Strickler from Mansfield graduated with a BBA Finance from Ohio University's College of Business in spring 2022.

Kelsea Utter from Mansfield graduated with a BSN Nursing from Ohio University's College of Health Sciences and Professions in spring 2022.

Keaton Wood from Mansfield graduated with a DO Osteopathic Medicine from Ohio University's Heritage College of Osteopathic Medicine in spring 2022.

Jacob Zahn from Lexington graduated with a DO Osteopathic Medicine from Ohio University's Heritage College of Osteopathic Medicine in spring 2022.

More than 4,400 students graduated with bachelor's, master's or doctorate degrees from Ohio University for spring semester 2022.

Ohio University's Spring 2022 Dean's List recipients from the *Tribune-Courier* coverage area are:

Ohio University College of Arts and Sciences students Olivia Bise from Ontario David Koehler from Ontario, Tony Olivieri from Mansfield and Keeley Weese from Mansfield.

Ohio University Russ College of Engineering and Technology students Isaac Weber from Lexington and Avery Hooks from Ontario.

Ohio University College of Health Sciences and Professions student Tristen Arnold from Mansfield.

*

More than 2,000 undergraduate students at Coastal Carolina University were named to the dean's list for the Spring 2022 semester, including Makenna Williams, a psychology major from Mansfield. Students who make the list have achieved a grade point average between 3.5–3.99 for the semester.

Coastal Carolina University is located in Myrtle Beach, S.C.

Heidelberg University has announced the names of 447 students who have earned academic recognition on the spring semester dean's list.

Included on the list are Corinne Fanello, a junior, of Mansfield; and Kylie Hendrix, freshman; Jalen Trammell, junior; and Allison Wiggins, senior, all of Ontario.

Students must be enrolled full time and meet academic criteria set forth by the university to be named to the dean's list. Heidelberg University is located in Tiffin, OH.

Allison Wiggins of Ontario is a member of the graduating Class of 2022 at Heidelberg University, graduating Summa Cum Laude on May 15 with a Bachelor of Music degree in Music.

Grace Johnson from Lexington, majoring in Primary (P-5) Education, was named to the dean's list at Cedarville University for spring 2022. This recognition requires the student to obtain a 3.5 GPA or higher for the semester and carry a minimum of 12 credit hours.

The university is located in southwest Ohio.

Faith Weinhardt of Mansfield was named to the dean's list at Greenville University for the Spring 2022 semester.

To qualify for the list, a student must successfully complete a minimum of 12 hours for the semester. Weinhardt is a senior and had to have a semester GPA of 3.7 or above.

Greenville University located in Greenville, Illinois.

The following students graduated from Cedarville University in spring 2022 with an undergraduate degree:

Camden Craner of Mansfield, electrical engineering; Kaylie Klotzbach of Mansfield, environmental science; and Ethan Wilson of the Madison area, acounting.

The university is located in southwest Ohio.

Nearly 1,600 students were awarded undergraduate and advanced degrees and certificates at Youngstown State University's Spring Commencement.

Local graduates include Douglas D'Mello of Mansfield, Bachelor of Engineering in Electrical Engineering; and Makenzie Hendrickson of Mansfield, Bachelor of Arts in Psychology.

Lincoln Memorial University (LMU) has announced the dean's list for the spring semester of 2022. To be placed on the list, the student must be a full-time undergraduate student and have a 3.5 or higher, grade point average for the semester. Abigail Dawson of Lexington and Maggie Kingman of Mansfield were recognized with over 500 of their peers:

The main campus is located in Harrogate, Tennessee.



Lexington grad earns scholarship

Advantage Credit Union has announced that Olivia Houseworth is the winner of the 2022 Marilyn Archer Scholarship. She has earned a \$1,000 check to apply towards her college expenses.

Every year, Advantage Credit Union awards a local graduating senior a \$1,000 scholarship based on the student's scholastic achievements, extracurricular activities, and the applicant must be a member, or the child of a member of Advantage Credit Union.

Select members of the board review the information including transcripts, a statement of desire expressing dreams and goals, as well as a 500-word essay describing how they would explain the value found in credit union membership to fellow high school seniors.

Houseworth, a 2022 Lexington High School graduate, has achieved many accomplishments, including being a member of the National Honor Society, orchestra and volunteering with her church youth group.

She will be attending the University of Mount Union in the fall, pursuing her dream of becoming a registered nurse.

Honor and Merit Rolls

Ontario Middle School • Fourth Quarter

All A

Sixth Grade — Ayden Adams-Thompson, Alayna Arter, Elias (Eli) Baumgard, Ally Bell, Myles Born, Yvette Carrizal Ramos, Grace Click, Alexee Conkle, Ellie Dawson, Grant Domyan, Noah Durfee, Nadia Eberst, Anna Faith, Luke Genders, Maxwell (Max) Gfrer, Lillian Gray, Jilyinn (Jily) Grayson, Briella Hall, Alexander Hohman, Addysen Jacobsen, Lincoln Jovani, Aadilynne (Aadi) Kightlinger, Elise LeHew, Braxton Michalovich, Yuka Mori, Carson Moritz, Ian Morrison, Kamryn Pelphrey, Camila Perez-Archuleta, Conner Perry, Norah Potter, Roxy Purvis, Kolbe Ramion, Kennedy Sapp, Daycee Schlotterer, Vaydie Schroeder, Kaelin Scott, Sofia (Sofi) Shields, Alexis (Lexi) Them, Ella Them, Kendall Thomas, Tyler Turnbaugh, Haiden Ulery, Rylee Vandenberg, Zane VanTilburg, Mason Wilkerson, Tanner Winningham, Molly Wirick, Henry Yugovich, Ava Zehe, Antony Zhu and Leeah Ziegler

Seventh Grade — Emma Bell, Kaylei Chandler, Connor Dawson, Robert (Rob) Faith, Alexandria (Alex) Fender, Eliana Fittante, Logan Goldbach, Yuchen Lin, Kyleigh McCarthy, Skylie Salmons, Maja Seibel, Ava Spearman, Lin Angel Tan, Lauren Uhde, Owen Walter, William Wang, Timo Winningham, Mitchell Ye and Jordyn Yeager

Eighth Grade — Brady Baumgard, Darbie Broom, Sasha Bulakovski, Serena Caudill, Marcus Crabtree, Drake Gerber, Mackenzie (Kenzie) Goodlin, Kailey Hale, Emma (Em) Henderson, Paradise Jeru, Brinlee Kreger, Kaylee Lynch, Delaney Moritz, Madeline (Maddie) Mullins, Emy Nutter, Eleanor Pesce, Raiden Rhinehart, Madelyn (Maddy) Roseberry, Payne Schwartz, Lily Secrist, Alexia Sesco, Hayden Sexton, Joie Simmering, Alexis Swank, Nora Swanson, Justin Switaj, Grace Them, Addison Thurber, Michael Ward, Brailynn (Brai) Webb, Reese Wilkerson and Jace Young

HONOR ROLL

Sixth Grade — Abigail Balasabas, Isobel Boorom, Jackson Dean, Charity Dickson, Miles Doehla, Aria Edgell, Ava Farinacci, Desmond Hefner, Owen Hunt, Colton Joseph, Caleb Kelly, Kooper Kilgore, Amelia McCoy, Ahleeyah Miller, Marisa Moffo, Tulsi Patel, Atlee Price, Jack Rietschlin, Morgan Rose, Leah Rzeppa, Emily Simms, Garrett Smith, Maddix Smith, Peyton Vance and Kevin Zickefoose

Seventh Grade — Ryleigh Ames, Bryant Born, Aaliyah Caldwell, Ava Cline, Braedayn Currier, Brennan Fields, Maia Fox, Nolan Grider, Eva Hadsell, Garrett Hagerman, Camryn Hanning, Abigail (Abby) Hart, Grace Horning, Jazlyn Johnson, Kennedy Johnson, Emerson Jovani, Rylee Kegley, Madison Mabry, Sydney McManes, Caden Meyers, Tatum Mottayaw, Gavin Reiver-crew, Kadynce Smithberger, Paxton (Pax) So, Alandria Thomas, Elton Toska, Braedon Watson, Paige Weiler and Dakota Yunker

Eighth Grade — Brooklynn Black, Trinity Burgy, Alexander (Xander) Chitwood, Tessa Curtis, Brooklyn (Brooke) Cushing, Blake De-Wees, Ryder Doehla, Jake DuChene, Mason Egner, Jonah Fenner, Kate Fletcher, Alaina Friend, Miles Ginn, Aaliyah Gonzalez, Nicholas Huml, Xander Jellison, Jaren LeHew, Joelle Ly, Trenton Maglott, Lilliana (Lilli) McLaren, Gracy Miller, Ava Moots, Alexis (Lexi) Ogle, Jacob (Jake) Palmer, Morgan Pearson, Phoebe Platner, Emma Randler, Eva Rietschlin, Hannah Rox, Madeline (Maddie) Saltzgiver, Remington Schroeder, Jacob (Jake) Seymour, Clark Spearman, Jaxson Tinkham, James (Jimmy) Unger, Sara Wharton, Cohen Williams and Hattie Yugovich

MERIT ROLL

Sixth Grade — Raegan Boughton, Michael (Mike) Brown, Max Ciroli, Timothy (Timmy) Cole, Makayla Converse, Kylie Corwin, Harley Crawford, Jaxon (Jax) Cross, Korbin Crubaugh, Ieyanna David, Daulton Dials, Owen Drexel, Julien Ford, Bryce Hall, Izayah Hatcher, Lillian (Lilly) Ladner, Violet Lucas, Talan Mathison, Ryann Messer, Jamarr Norris, Cole O'Blisk, Katja Parsons, Mason Richardson, Carson Roberts, Carlie Schnittke, Kassandra Sherman, Caiden Smith, Gavin Wagner, Molly Weaver, Parker Willis and Jonathan Winans

Seventh Grade — Jaxson Anderson, Cheyanne Barden, Natalia Bise, Faith Brahler, Olivia Brinker, Brody Cheek, Lillian (Lily)

Chitwood, Jada Clemons, Shaun Gilbert, Lincoln Ginn, Lilly Gorrell, Haleigh Hefner, Vincent (Vinny) Hocker, Jaren Holden, Grace Holzmiller, Kiera Hughes, Brylie Ireland, Molly Julian, Myah Lynch, Gavin Miller, Leah Nguyen, KayVion (KayVi) Norris, Grace North, Isla Peachee, Anna Saltzgiver, Sophia Sandwall, Cooper Schroeder, Carson Smith, Natalie (Nat) Smith, Saylor Smith, Piper Studer, Kane Tilton-Cantrell, Hayden Valdry, Ashlynn Viers, Brayden Woods and Madelyn (Mady) Yoha

Eighth Grade — Rylan Baker, Katelyn Bednarz, Gage Benner, Suzanna (Zanna) Bolen, Ava Calise, Serenity Cole, Jack Cotter, Tessa Crum, Mitchell (Mitch) Dotson, Sophia Ellis, Emma Fagan, Dakota Graaf, Maximilian (Max) Grillo, Aurora Hitchins, Lexy Hopton, Malayna Horton, Jacob Hughes, Tyler Kanouse, Kiarrah Kearney, Nadia Keith, Keegan Keller, Jayden Kiser, Jazmin Kiser, Daisy Loper, Alexander (Alex) McWhorter, Dale Morris, Aiden Ohl, Addisyn (Addi) Pittman, William Porter, Journey Ross, Braden (Brady) Rowe, Hayden Skropits, Jordan Spurlock, Bradley Swain, Sachie Tatum, Kaleb Thomas, Xavier Trent, Lillian Waxter, Anna Weaver, Trevonte (Trey) Wynn, Aileena (Leena) Young and Blakleigh Yoxtheimer-Michalovich

Downtown Ashland car show will support "Shop with a Cop" program

The 12th Annual Ashland Downtown Dream Cruise & Car Show will be held in downtown Ashland on Saturday, July 9.

All proceeds go to support "Shop With a Cop," enabling all children in Ashland to have a Christmas. The event is held in memory of Don Helms.

Registration by donation is from 8 am to noon and awards will be presented throughout the show. Participants must be registered to qualify for awards.

There will be 400 dash plaques, door prizes, a food quart, a 50/50 Raffle and a DJ. A Dream Cruise will be held at 3 pm

For more information call Sandra at 419-651-9881 or Ken at 419-651-3471.



AUGUST 18 HISTORIC CREW STADIUM







Ontario Middle School Seventh Grade Awards







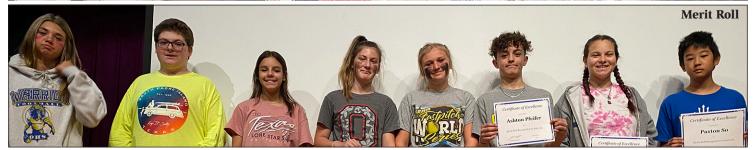




Ontario Middle School Seventh Grade Awards













ONTARIO HIGH SCHOOL POWDER PUFF FOOTBALL GAME 2022 BENEFITTING THE ONTARIO SUBSTANCE ABUSE PREVENTION PROCRAM



























THE FIRST GRADE AT ONTARIO transformed into "Starbooks" before school let out for the summer. This was made possible with donations from Starbucks. Students had a "book tasting" of books from all sorts of genres that were enjoyed throughout the school year, plus a few extra titles for enjoyment. There were special book themed drinks and donuts. There was a table designated for online stories and QR codes were used to access the books or links in the Clever page.

Second annual Family Fun on the Farm Festival is Saturday

We continue to live in times where food supplies may be compromised. The events of the last few years have brought attention to and awareness of where food comes from, and an emphasis on locally produced food.

To continue to raise awareness on where food comes from, Richland Soil and Water Conservation District (Richland SWCD) is teaming up with Richland County's favorite public farm, Malabar Farm State Park, to sponsor Family Fun on the Farm Festival Saturday, June 25 at Malabar Farm from 2-6 pm. The festival is open to the public and admission is free. There are many fun activities planned to celebrate summer's bounty of garden grown food, especially for

Children are invited to make seed bombs, plant green beans in a recycled egg carton, build a greenhouse in a bag, and learn how to save seeds. They will get to watch seedlings grow and enjoy their own fresh green beans this summer.

There will be interactive weaving for children with something to take home and young children can let their imaginations run wild at the Imagination Stations.

Families will have the opportunity to visit with alpacas and farm animals; walk through history with antique farm equipment, try out archery; and fish at the pond by the Big House. Fishing is free for those 15 years-old and younger.

The agriculture and conservation trivia wheel offers a chance to win prizes. The festival also allows for slower paced activities such as story time for children, a relaxing ride on the farm wagon and live music.

Food trucks and vendors will have tasty treats and beverages for sale. There will also be a variety of fresh food items for sale like micro greens, herb and vegetable plants and honey.

While at the festival, connect with other Family Fun on the Farm participants Buehler's Food Truck, CaliFarmer, Jonny Ohio Music, Little Buckeye Children's Museum, Mansfield/Richland County Public Library, NECIC, Ohio Bird Sanctuary, Ohio Department of Natural Resources-Div. of Wildlife, Richland County Emergency Management Agency, Richland County Farm Bureau, Richland Public Health, Shady Lane Farm, the Buckeye Iron Will Club, OSU Extension-Richland County 4-H, Richland County Area Beekeepers Association, Bloom Haven Farm, The Roaming Donut, YWCA CCR&R, Paul & Kimberly Ault, Lionheart Medicinal Gardens, Chocolates and More, Exclusively Yours, Food Tour, Fiberarts Guild at Malabar Farm, High Desert Greens, Kingwood Center Gardens, Richland County Solid Waste, Richland Newhope/Richland County Board of Developmental Disabilities, and Westfield Tropical Sno.

For questions visit https://bit.ly/3Ng6Gq2, e-mail Contact@RichlandSWCD.net or call 419-747-8685.

Dance and art camps planned

Richland Academy of the Arts will begin new summer camps for kids ages 4-12, running all summer long. The Academy is offering a special \$10 discount for those who sign-up for three or more camps. There is a \$10 per family discount limit.

Camps for ages 4–7: Princess Ballet Camp, July 12 and 13, 1:30–3 pm; Fancy Nancy Dancy Camp, July 19 and 20, 1:30–3 pm; Jungle Boogie Dance Camp, July 26 and 27, 1:30-3; and Yarn Art for Kids, begins July 18, four weeks, Mondays 10-11 am.

Camps for ages 5-8: Unicorn Dance Camp, July 13 and 14, 10-11:30 am; Sing! and Dance Camp, July 20 and 21 from 10–11:30 am; and Found Object Sculpture, begins July 11, four weeks, Mondays, 11 am to noon.

Camps for ages 8–12: Disney Jazz Camp, July 27 and 28, 10–11:30 am; Introduction to Hand Building Ceramics, begins July 14, four weeks, Thursdays, 5:30–7 pm; and Coil Building Ceramics, begins July 13, four weeks, Wednesdays, 5:30–7 pm.

Camps for ages 10 + : Linoleum Printmaking for Beginners, begins July 11, four weeks, Mondays 2:30-4 pm; and MonoType Printmaking for Beginners, begins July 11, four weeks, Mondays 12:30-2 pm.

To register call 419-522-8224 or visit www.richlandacademy.com.









THE KONA ICE TRUCK (sponsored by the PBIS team) stopped by Ontario Middle School to help celebrate the end of another school year. In addition to all students being able to buy one, 30 were gifted with free cones for being recognized by teachers and peers as outstanding Warrior Way students in the month of April.

Scavenger hunt returns to Mansfield July 1-August 5

Back by popular demand, the Downtown Mansfield Scavenger Hunt is returning this July. From July 1 through Aug. 5, families can search for this year's chosen carrousel animal, Pete the Pirate Cat, hidden in downtown businesses. Prizes can be claimed after finding the hidden animal 10 times, 20 times, or more. Everyone who finds the animal 20 or more times will be invited to a party at the Richland Carrousel on Sunday, Aug. 14 with free carrousel rides, cookies, juice and prizes.

The Downtown Mansfield Scavenger Hunt is co-sponsored by Buckeye Imagination Museum (formerly known as Little Buckeve Children's Museum), the Richland Carrousel Park, and Imagination Childcare with special thanks to Richland Source, Destination Mansfield-Richland County, and the Mansfield/Richland County Public Library. This event is free and open to all.

In July, check out the Richland Source interactive map of downtown Mansfield (www. RichlandSource.com) showing all the downtown locations that are hiding a picture of Pirate Pete.

Pick up a paper map and checklist of businesses at Little Buckeve Children's Museum, Destination Mansfield-Richland County, Richland Carrousel Park, or the Mansfield Library.

Find Pirate Pete in the participating businesses and get your map stamped or signed.

When 10 signatures or stamps have been collected, visit Little Buckeye Children's Museum to make a sea-worthy craft.

When 20 signatures or stamps are collected visit the museum to sign up for an invite to a party at the Carrousel on Sunday, Aug. 14 at 2:30 pm. Those who collect all the signatures or stamps will be eligible for a special prize. Must be present to win prizes.

Explore downtown Mansfield and see what all it has to offer. No purchase is required to play. And it does not have to be completed all in one day, or even one weekend. There are 36 days to complete it. If a business is closed the one time you have to hunt, no big deal. Prizes will still be awarded. For more information, follow "Downtown Scavenger Hunt" on Facebook.

CLASSIFIEDS

HELP WANTED

CITY OF ONTARIO POSITION OPENING

WATER DEPARTMENT HEAD

The City of Ontario has an immediate opening for the full-time position of Water Department Head. Applicants must maintain a Class 2 Water Supply License. The job description can be viewed on the city's website at www.ontarioohio.org.

Qualified candidates may contact Service-Safety Director Kris Knapp at 419-529-2495 or email kknapp@ ontarioohio.org.

(T-C 6-16, 23, 30 '22) 14L

CITY OF ONTARIO POSITION OPENING

SEWER INFLOW AND INFILTRATION **PROJECT MANAGER**

The City of Ontario has an immediate opening for the full-time position of Sewer Inflow and Infiltration Project Manager. Applicants must maintain a Class II Wastewater Collection System Operators License. The job description can be viewed on the city's website at www.ontarioohio.org.

Qualified candidates may contact Service-Safety Director Kris Knapp at 419-529-2495 or email kknapp@ ontarioohio.org.

(T-C 6-23, 30 '22) 16L

FOUND DOG

Female beagle/boxer mix. Found in area of the Richland Rural Life Center, Crall Rd., Mansfield. 419-544-3519

OFFICE SPACE FOR RENT

1,000 sq. ft. office space located in the front portion of 347 Allen Dr., Ontario. Rental will have own private restroom, front and side entrance. Room is a large open area. \$1410/ mo. and includes utilities except phone/internet . Email news@tribune-courier.com

LEGAL NOTICE

LEGAL NOTICE

The following is a succinct summary of the legislation adopted by the Council of the City of Ontario, at their regular meeting held on June 15,

The complete text of these Ordinances may be viewed and copies obtained at the Office of the Clerk of Council, Ontario Municipal Building, 555 Stumbo Road, Ontario, Ohio, during regular business hours.

RESOLUTION NO. 22-11 – A RESOLUTION ADOPTING THE TAX REV-ENUE BUDGET FOR THE CITY OF ONTARIO FOR THE FISCAL YEAR 2023, AND DECLARING AN EMER-GENCY.

ORDINANCE NO. 22-34 ORDINANCE ESTABLISHING BASEBALL AND SOFTBALL FIELD AGREEMENT BETWEEN THE CITY OF ONTARIO AND ONTARIO YOUTH SPORTS, INC., DIRECT-ING THE MAYOR TO EXECUTE IT ON BEHALF OF THIS CITY, AND DECLARING AN EMERGENCY.

> Cathy VanAuker Clerk of Council City of Ontario, Ohio (T-C 6-23,30 '22) 30L

Having a **Garage Sale?**

List your garage sale, vard sale or block sale for only \$10!

Send to news@tribune-courier.com

Killbuck Watershed Land Trust hires Emerson as executive director

Tate Emerson was hired as executive director of the Killbuck Watershed Land Trust, the area's leading land preservation and conservation organization. The move marks the first non-volunteer leadership for the organization since it began in 2001.

We knew for years that we couldn't remain an all-volunteer organization if we wanted to grow beyond word-of-mouth," said Randy Carmel, President of the KWLT Board. "The combination of Tate's environmental knowledge and his desire to move out of the manufacturing world aligned perfectly with our timing."

Emerson brings over 20 years of professional experience in leadership roles managing complex projects and guiding cross-functional teams, where he's been able to hone his natural abilities—innovating, streamlining and problem-solving. And while the majority of his career has been in the manufacturing industry, Emerson had been searching for a more purposeful role that would integrate his personal passions with his expertise.

T was dedicating most of my waking hours to an industry I'm not passionate about," said Emerson. "And I realized that if I didn't make a change soon, I'd likely spend the rest of my life working without feeling fulfilled.'

For Emerson, who was already involved with KWLT as a volunteer board member when they voted to move forward with creating the executive director position, this opportunity is more than a career move; it's a lifelong passion and commitment recognized.

"I love connecting with local landowners and helping them preserve their property for future generations," said Emerson, who grew up on a local dairy farm that has been in his family for five generations. "I get it — my family's farm and its history is woven into my identity.

Emerson believes keeping land parcels whole and locally owned is crucial to rural Ohio as it experiences more and more urban sprawl. He says the diversity that small farms offer provides for healthier food, healthier land and healthier economies.



BRIAN AND MICHELLE GATES State Farm Insurance of Ontario will sponsor the Pizza Hut car show at the Ontario Pizza Hut the evening of Thursday, June 23.

Business Directory



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landerson@firstfederalbankofohio.bank



Lisa Anderson NMLS 618735

Branch Manager - Loan Officer