



THE SAXON NEWS

Volksblatt

Celebrating over 100 years of Saxon Fraternalism

Published by
The Alliance
of Transylvanian Saxons
Home Office: 5393 Pearl Road
Cleveland, Ohio 44129-1597
Tel: (440) 842-8442

ATS Founded in 1902

August 9, 2019

Issue 16

BRANCH 2, ERIE

By Lee Wolfe

Our meeting was held Sunday, June 23rd. We held a moment of silence for deceased member Florence Martin and we send our sincere sympathy to her family and friends. Flo and her husband Andy, also deceased, participated in many of the ATS Bowling Tournaments and they were very good bowlers.

There will be no meeting in August. The next meeting will be held Sunday, September 15th at 2:30.

We regret to say that Evelyn Holdsworth as an Auditor resigned her position due to health reasons. We send her our very best wishes and she will be remembered in our thoughts and prayers.

A discussion was held concerning our Branch Sharing Check. The members agreed to disperse it as follows: The Mercy Center for Women, The City Mission, The Shrine Hospital for Children, The Emmaus Soup Kitchen, the Scholarship Fund, the Veterans, and The Bowl Where You Are Tournament.

We held our meeting on the 23rd instead of the third Sunday, the 16th as that was Father's Day. I hope all you Dads out there were treated royally. My Dad has been gone for many years and a day does not go by without me thinking of him. He is the one that got me started as a Cleveland Indian fan. He would listen to the games on the radio, and sometimes I would listen, too. He took me to a couple of games and I got the chance to see Bob Feller pitch.

A very Happy Birthday to our July, no doubt beautiful, babies: Daniel Lasher, Michael Loney, Gilda Carr, Danielle Loney, Samantha Kling, Richard Melzer, Mary Nemenz, Jason Adams, Grace Goellner, Anthony Comi, Taylor Hoover, Ronald DiSantis, Brian Kamholz, Susanne DeSantis, Wayne Morschhauser, Rebecca Burbules, Leila Griffith, Phyllis Pierce, Connor Sprickman, Vincent Vargo, Michael Miller, Virginia Kraus, Karli

Goellner, Lois Cornell, Maryssa Martin, Paul Garofalo, Danny Gorzynski, Orianna Cacchione, Liz Manning, Sean Regan, Barbara Barthelmes, Lawrence Prylinski, Michael McLaughlin, Raymond Borgia, Richard Harayda, Gianna Italiani, Mark Malanowski, Judith Nordin, Aimee Ryan, David Szerensci, and Allison Lynn Miller.

A very Happy Anniversary to our July couples: Scott & Ann McLaughlin, 32 years; Merle & Phoebe Wood, 60!!! years; Vincent & Elva Vargo, a Golden; Mr. & Mrs. Paul Williams, 49 years; Robert & Val Quinn, and Dr. Anthony & Jean Cilluffo.

We wish all of the above a wonderful happy day.

We hope that the rest of the Summer will be a happy time for you and it won't get too darn hot.

See you at the September meeting.

Update Your Personal Records And Family Protection

Address changes? Have you notified the ATS Home Office of your new address? Have your adult children changed their addresses?

Beneficiary changes? Was there a marriage, divorce, death, etc., in your family which would require you to make a change of beneficiary on your Life Insurance or Annuity Contracts? Take care of it right away! Senior citizens tend to neglect this, so remind them!

Did the stork visit you recently? Did a new son or daughter arrive recently? Congratulations! Don't forget to make him/her an ATS member by purchasing a Life Insurance or Annuity plan so the he/she can benefit from our fraternal programs.

Do you need more life insurance? Do you have enough life insurance protection for yourself and your family? Chances are you should have better coverage! Call you Local ATS Deputy.

How about an ATS Annuity or IRA Plan? Are you saving for your retirement needs? ATS Annuity Plans offer you a safe way to increase and protect your savings while providing tax sheltered growth. Call you Local ATS Deputy and strengthen your financial future.

PRESIDENT'S MESSAGE

By Joan Miller-Malue
ATS Nat'l President



I spent an enjoyable afternoon with the Eintracht-Saxonia Sachsenchor on Wednesday, July 24 at one of their monthly birthday celebrations. I knew I couldn't turn down their gracious invitation because along with afternoon of Gemütlichkeit I knew I was going to enjoy some delicious homemade bakery! And, of course, I was not disappointed. Celebrating a birthday that day was Christa Herbert, a long-time member of the chorus. I had extended an invitation to the chorus to perform at the 2020 Saxon Heimattag that will be held in Salem, Ohio. The Sachsenchor is to be commended for their time and efforts to help promote our Saxon/German heritage. They are a very hard-working group at the Cleveland Sachsenheim in helping to maintain our Saxon clubhouse. I am grateful for their invitation to spend a delightful afternoon with the group.

On Saturday, July 27, ATS Family Day was held at Waldameer Park and Water World in Erie. The weatherman provided our members with good weather that they could enjoy the water park and the amusement park rides. In the afternoon, members at the pavilion enjoyed a few games of bingo and early evening we had a drawing for several gift cards and ATS gift items. It was a joy to see the kids enjoy the fantastic waterpark and amusement park rides. We thank our families who attended and hope that next year a few more families will come out to join us.

Our next ATS event will be a Family Weekend which will be held September 13-15 at Camp Fitch which is located on the shoreline of Lake Erie in N. Springfield, PA. Camp Fitch is owned and operated by the YMCA of Youngstown and is over 450 acres with one-mile frontage on Lake Erie. There will be various activities that our members can participate in during the weekend which include rock climbing, fishing, swimming, canoeing, kayaking, archery, night hikes and horse trail rides. The cost is only \$45 per person which includes sleeping accommodations at Glenn Oaks Lodge, and all meals. This is a great opportunity for our families to get together, enjoy recreational activities, make new friends with members from other ATS Branch cities. It's all about ATS family time experiencing fun activities together!

We have received a thank note from Dr. Johann Kremer, the Chairman of the Social Works of the Transylvanian Saxons in Germany, for the donations from our members totaling \$8500 to help in the Saxon relief efforts in Transylvania. These funds will help them with their work at the Altenheims and in providing needed medicines. He was

Continued on Page 2

TIMELY - DO NOT DELAY
MAILED WEDNESDAY, AUGUST 7, 2019

Attention Postmaster: Send all Changes of Address to:
The Alliance of Transylvanian Saxons
5393 Pearl Road Cleveland, OH 44129-1597

Schloss Horneck needs OUR help!



Schloss Horneck located in Gundelsheim, Germany is the international location for our Siebenbürger Sachsen to house Sachsen artifacts, books and other historical documents and records. It is important to our worldwide Sachsen community to help in the maintenance expenses of this historical facility that will preserve our Sachsen culture and heritage.

The Federation of Transylvanian Saxons requests donation to help in the funding of the facility. If you are interested in giving a donation, please complete the form below and send to the ATS Home Office, 5393 Pearl Road, Cleveland, OH 44129.

Please make your check payable to the ATS.

DONATION FOR SCHLOSS HORNECK

Name _____
Address _____
City _____ State _____
Zipcode _____

Amount Donated \$ _____

Please indicate if donation is in memory
or honor of someone

Low-carb diet affects hydration

Carbohydrates (especially whole grains) store water and if you eliminate carbs and grains, you may need more water, especially if you work in the heat.

According to paleoleap.com, one important consideration for low-carb dieters: salt.

Sodium, potassium and magnesium are electrolytes and they maintain fluid balance in the body. Since low-carb dieters eliminate salty processed food, they don't get heavy sodium doses and may need more.

In addition, low-carb diets are low insulin diets. When insulin levels are low, the body flushes out more sodium, according to physiology.org.

Don't be afraid to salt your food when on a low-carb diet. If nothing else, use light salt as this type of salt has more potassium.

Salt or electrolyte tablets can be an option if hydration is a problem.

Bring a thermos of broth or bouillon for lunch. That can help, too.

PRESIDENT'S MESSAGE

Cont'd from Page 1

so grateful for our continued support in their efforts to help those that are in need in the Homeland.

Our ATS also shows support for Schloss Horneck by its membership and donations in helping to maintain this international facility that will preserve our Saxon artifacts, books, and other historical documents for future generations. We are thankful for your donations and have recently wired \$7500 to support the maintenance of this complex. We encourage your continued financial support on this significant facility that will provide a central location to display and document the history of Transylvanian Saxon heritage for future generations. If you are in the area of Gundelsheim, Germany please take time to make a visit to Schloss Horneck. The museum is open from Tuesday – Sunday from 11 am to 6 pm.

Transylvanian Saxon Trivia.: In 2002 several international cultural foundations including the Mihai Eminescu Trust started a project to safeguard the Saxon heritage in Transylvania by restoring 36 village homes in the villages of Neudorf, Malmkrog, Klein Lasselen, Rauthal and Felsenthal. The project was to train craftsmen as well as offer work to locals to enhance their ability to upkeep the Saxon heritage in their villages which they had taken over after the exodus of the Transylvanian Saxons in 1992. The fact that 90% of the original Saxon population migrated to Germany after the regime change and subsequently



Restored village home in Neudorf

the present population have no ties to the historic tradition or social organization of these villages made this project unique. The traditional Saxon building includes a vaulted cellar, an open stone wall as foundation with burned bricks and wood as the main building materials for the house. The outside of the bricks was plastered, decorated and painted. Training courses were established in carpentry, plasterer and blacksmith. How wonderful to know that there are foundations outside of our Transylvanian Saxon cultural organizations are interested in preserving the Transylvanian Saxon heritage within Romania today. Historic preservation of our Saxon villages and fortified churches safeguard the identity and retention of our Transylvanian Saxon history. In our globalized society where traveling to foreign countries can be seen as an eye-opening experience to the past and many can see the great value one's culture has brought to a certain region. As you travel through the Transylvanian Saxon villages you can witness the past and appreciate the skillful labors of our Transylvanian people.

Ich wünsche allen einen schönen Tag.

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SECRETARIES TAKE NOTICE:

THE DEADLINE DATE FOR ARTICLES
IS WEDNESDAY - 12 NOON.

You may either

MAIL: PO BOX 45198
Westlake OH 44145

E-MAIL: saxonvolksblatt@aol.com
PLEASE NOTE: FAX SERVICE IS
NO LONGER AVAILABLE

Articles e-mailed will receive an e-mailed confirmation by Noon Thursday. If you did not receive a confirmation, please give us a call.

DEADLINE DATES FOR ARTICLES:

DEADLINE	ISSUE
WEDNESDAY, AUGUST 14, 2019	FRIDAY, AUGUST 23, 2019
WEDNESDAY, AUGUST 28, 2019	FRIDAY, SEPTEMBER 6, 2019
WEDNESDAY, SEPTEMBER 11, 2019	FRIDAY, SEPTEMBER 20, 2019

Please have your articles in by 12 Noon.

Did you miss the deadline?

Have you emailed your article past 12 noon?

Please call Hanz or Barb Hermann at (440) 892-0436.

BRANCH 5, LORAIN
By Michael Johnson

With the summer slipping by it's easy to forget dates with so much going on. So just a reminder, our Branch 5 summer picnic will be on August 18, 2019 from 1:00 - 5:00 PM at the first pavilion with the restrooms connected to it, at the west end of Lakeview Park, 1800 W Erie Ave., Lorain, OH. Reservation deadline is August 12, 2019. You may make your reservation by calling Brother Brian Gilles at (440) 315-5214. Be prepared to tell him the number of people in your family attending as well as what dessert or side dish you will be bringing to share. The branch will be providing the main dish, tableware, and beverage. Again, if you don't drive don't miss out on the picnic. When making your reservation let Brian know you need a ride or call myself Michael Johnson at 440-324-2534 and we can arrange transportation.

Our next Branch 5 meeting will be in September on Monday the 16th, 2019 at the Lorain Slovak Club at 7:00 PM. There will be no meeting

in August.

I am unaware of anyone receiving sick benefits or is reporting an accident or illness at this time.

There were many Birthdays celebrated in the month of July; Sisters Dana Brown, Denise Weiller, and Brothers Kyle Cassidy, and Scott Kranstuber, as well as Junior members Lauryn Davis, Kayden Wyndham, Rachel Gibson, Kailey Hochevar, and Addison Long. Hope all your Birthdays were memorable!

Happy Birthday to those celebrating this month of August; Sisters Myrna Jones, Jeanne Petty, Dawn Schindler, Brothers Robert Brenner, Nicholas Piller, Brent Sanders, Ronald Stephanchick, and Al Lachman, as well as Junior members Mark Cox, David Goss, and Wendy Weber. May everyone have themselves a memorable celebration as well!

Continue to enjoy your summer and hope to see everyone at the picnic!

**World's most expensive drugs
may be a stunning breakthrough**

Zolgensma. That's the name of a drug on the forefront of a new wave of gene therapy drugs that don't address symptoms -- they cure the problem by rewriting the very genetic code of a patient.

Zolgensma is believed to be a one-treatment cure for a deadly genetic disease that kills by causing motor neurons to die in the spinal cord. Spinal Muscular Atrophy takes away the ability to breathe, swallow, eat or walk.

About 1 in 11,000 babies are born with SMA and it is caused by a mutation in one single motor neuron called SMN1.



It turns out that the simplicity of the disease has made it possible to cure through the fledgling area of medicine called gene therapy.

The cure is new -- and it is horrifically dear. A single IV dose of Zolgensma costs \$2.125 million -- the most expensive drug ever created.

Scientists wanted to put a healthy SMN1 gene into the motor neurons of SMA patients. To do that, they created a virus that would house the healthy SMN1

gene, and infect the patient's nervous system with the healthy gene. The treatment is administered through IV.

The first trials showed extraordinary results and led to FDA approval. Every one of the first 15 infants who received the treatment were alive and symptom-free at age 20 months. Compare that to children who have historically had SMA where the survival rates during a similar period were 8 percent.

What remains to be seen is how the children fare over time, whether they will be able to reach adulthood and how long their lives will be extended, according to the American Council on Science and Health.

A second drug called Spinraza -- also a gene therapy -- costs \$750,000 for the first year injection and \$375,000 every year after that. Over 10 years, there could be some savings with Zolgensma, which is thought to be needed only once.

THE NEW CASTLE EINTRACHT MÄNNERCHOR

PRESENTS



SATURDAY AUGUST 24, 2019

Schützenfest

(A Shooting Fest in the Old German Tradition)

22 cal. rimfire, open-sight rifles only.

**MARKSMANSHIP, COMPETITION, FELLOWSHIP, FOOD AND FUN!
COMPETING FOR BIGGER AND BETTER PRIZES**

AND THE TITLE OF SCHÜTZENKÖNIG(IN)
(SHOOTING KING or QUEEN!)

Open to Men, Women, and Youth (having PA. Hunters Certification)

Registration opens at 9 AM. Shoot begins at 10 AM Sharp!

Awards Presented Immediately Following the Shoot!

LIMITED TO THE FIRST 100 SHOOTERS!

*The Eintracht Picnic Grounds
McKee Crossing Rd. New Castle, PA.*

AMMO NOT PROVIDED

\$25. ENTRY

INCLUDES 4 EVENTS,

(3 PAPER TARGETS PLUS THE HOLZVOGEL!)

PINS, GIVEAWAYS, COFFEE AND DONUTS

Extra targets available \$5.00 each

SPECIAL SCHIEßEN SCHIEßEN COMPETITION

(DECORATIVE WOODEN TARGETS)

WINNERS WILL GET NAMES HAND INSCRIBED

\$5.00 per Shot!

Food and beverages for purchase. The Bar will open after the Shoot.

YOUNGSTOWN SAXON RETIREES

By Ro Dundon

The members met in the ballroom annex on Thursday, July 11th. The tables were decorated with red, white and blue tabletop lanterns, firecrackers, bowls and an Uncle Sam statue.

Kay Ring was our birthday girl. Her daughter Eileen had a birthday cake delivered. It was a lovely surprise and enjoyed by all after we serenaded her.

We had no anniversaries. On the sick list are Tillie, Lucy and Jim. Prayers are said for their recovery. We are hoping to see Marge Lutz and her sister Julia Roberts soon. We miss them.

Kay and Dom were in charge of selling the 50/50 tickets before the meal. They are so dependable!

Kay, the birthday girl, was the leader to the buffet of fried chicken, potato salad, baked beans and tomato/cucumber salad. The dessert was homemade strawberry shortcake, served on red, white and blue plates. Keeping in tone with the patriot theme.

On to new business, we were

reminded that donations of school supplies for the needy students are always brought in for the September meeting.

We will keep going on as usual month to month.

Winners of the 50/50 were Hermine, Susan, Carolyn, Dom, Roger and Teri. Good job Kay and Dom.

Kay and Eileen are next month's hostesses. The menu will be, ham steak, scalloped potatoes, veggie and ice cream.

If you haven't reserved or have to cancel, please call Kay Ring @ 330.718.7462. We need to have an accurate count or we will be charged \$12.00 per.

Our next meeting is Thursday, August 8, 2019 at 11:30, lunch at 12:00. If any Saxon member would like to join us they are more than welcome.

Till we meet again, hoping we aren't molded because of all the rain we have had.

As usual.

INVITE

your relatives and friends
to join the crowd at ATS.

Tell them about our fraternal society!

FRATERNAL CALENDAR

NATIONAL EVENTS

September 13-15, 2019
Family Camp Out
Camp Fitch North Springfield PA
October 19-20, 2019
ATS Open Bowling Tournament
Host Cleveland West

LOCAL EVENTS

August 10, 2019
New Castle Beer Money Performance
August 18, 2019
Lorain Summer Picnic Lakeview Park
August 24, 2019
Cleveland West Br. 1 Oktoberfest
New Castle Schutzenfest & Singer Picnic/ Rhythm
Express at the Picnic Grounds 8-11pm
September 7, 2019
New Castle Zoo at the Picnic Grounds
September 14-15, 2019
New Castle Oktoberfest at Cascade Park 1:00-10:00 PM
September 22, 2019
Cleveland West Brs. 1 and 4 Membership Banquet
Youngstown Br. 30 Pork and Kraut Dinner
October 5, 2019
Cleveland Sachsenheim Clambake
October 19, 2019
Cleveland Saxon Dance Group Truabenfest
October 25, 2019
Cleveland West, East and Lorain Children's Halloween Party
October 27, 2019
Youngstown Br. 30 Pork and Kraut Dinner
November 3, 2019
Cleveland Sachseheim Fall Schnitzel Fest
November 10, 2019
Cleveland West Veterans Day Dinner
December 7, 2019
Cleveland ES Sachsenchor Sausage Sale
December 14, 2019
Cleveland West, East and Lorain Children's Christmas Party
December 15, 2019
Chicago Br. 9 Christmas Party
December 24, 2019
New Castle Tom and Jerry Party 10:00 AM – 6:00 PM
December 31, 2019



Fancy apples take over groceries

August means apples and apples remain a North American favorite. Americans eat 28 pounds of apples per year. In fact, all of North America is crazy for the fruit that has been a dietary staple since at least the 1600s. In 2019, unlike the previous 175 years, people can now buy a variety of apples. Where grocery stores once carried maybe Red Delicious, Yellow Delicious and Granny Smith, now markets may have a dozen different apples. Of the 7,000 varieties available, here are the current bestsellers: Honeycrisp - Released in 1991, the Honeycrisp was the first exception to the Delicious apple's monopoly. Juicy and sweet, the Honeycrisp is a University of Minnesota hybrid of the Keepsake apple and another, unreleased variety. Fuji - Born in Fujisaka, Japan, the Fuji is a cross-pollination of the Red Delicious and Virginia Ralls Janet. This super-sweet apple stores well, according to Stemilt, a fruit company. Pink Lady - Sweet and tart with a firm bite, the Pink Lady makes a good addition to salads since it is slow to turn brown after slicing. The Lady comes from Australia where a researcher crossed the Golden Delicious with the Lady Williams apple. The resulting Pink Lady was the first apple to have its name trademarked.

ASK ...
ASK YOUR DEPUTY HOW A CERTIFICATE OF
MEMBERSHIP IN THE ATS CAN HELP YOU TO SAVE!

Alliance OH Helen Aeling 330-862-2563 Denise Aeling Crawford 330-257-0267	Ellwood City,PA Lori Biddle-Berendt 724-714-1217
Canton Ohio Helen Aeling 330-862-2563	Erie PA Thomas Manning 814-864-6072
Cleveland OH East Ema Litschel 440-358-1184	Lorain OH Monica Gilles 440-309-7894
Cleveland OH West Robert Cunningham 216-398-7520 Joan Miller-Malue 216-251-6036 Trudy Schaefer 216-215-2269 Monica Weber 440-356-5936	Merrillville IN Randall Floyd 219-798-6908
Columbus, OH Michael Roth 614-216-0008	Monaca PA Terri Munroe 724-544-0457
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	Salem OH Helen Aeling 330-862-2563 Barbara Spack 330-337-7487
	Youngstown OH Michael Teutsch, Jr. 330-533-9669



ATS 2nd ANNUAL
FISHING CHARTER

SATURDAY, SEPTEMBER 21, 2019
LINDA MAE CHARTER
226 E. Island Dr.
Eastlake, OH
Just 20 miles East of Downtown Cleveland
\$25.00, Pre-paid reservations
Includes fishing and bait.
Charter departs at 2 p.m.
Please arrive by 1:30

This is a great opportunity to enjoy what nature has to offer. What better way to spend the day having a great time, relaxing and fishing on Lake Erie. And the great thing about it is it's fun for everybody, from the person who never had a rod in their hand to the professional angler.

Space is limited, So First Come, First Serve!

Additional Fees, as needed, are:
Ohio Fishing License \$11.00
Fishing Pole Rental \$5.00
No License Required for anyone under the age of 16

Name: _____
Address: _____



Phone Number: _____ Email: _____

Please make checks payable to ATS
Mail reservation and check to ATS Home Office; 5393 Pearl Road; Cleveland, OH 44129
DEADLINE FOR RESERVATIONS: August 31, 2019



**St. Peter's
German and Saxon
Lutheran Church**
11423 Chicago Rd.
Warren, Michigan 48093
(586) 979-3850
stpeters_church@sbcglobal.net
www.stpeterswarren.or

10:00 Bilingual Service
Nursery
Coffee following service
Senior Circle
Sunday School
Church Choir
Bell Choir

St. John's Lutheran Church
1000 Ford Road
Highland Hts., Ohio
(440) 449-1334

**Rev. Paul Stork
Pastor**

10:00 Worship Service

State of the Joke

Alaska:
An Alaskan was on trial in Anchorage. The prosecutor leaned menacingly toward him and asked, “Where were you on the night of October to April?”

California:
What is every Californian’s favorite part about the winter? Watching all of the bad weather on TV.

Indiana:
What is the difference between Indiana sports fans and puppies? Eventually, the pups will grow up and stop whining.

Maryland:
An admiral is standing by a candy machine at the Naval Academy in Annapolis when he stops a plebe walking by. “Sailor, do you have change for a dollar?”
“Sure, buddy,” says the plebe, rooting around his pocket.
“That’s no way to address an officer! Now let’s try it again. Do you have change for a dollar?”
The plebe snaps to attention and barks, “No, sir!”

YOUNGSTOWN BRANCH 30
SAXON DAY PICNIC



Back-to-school is big business

It’s an annual tradition for many: lugging the kids around for clothing and other supplies at back-to-school time.

But it’s also big business, with this time of year ranking only behind the holidays for spending. In a survey conducted last year by the National Retail Federation and Prosper Insights and Analytics, total spending for K-12 and college combined was projected to reach \$82.8 billion.


A story out of Denver reported that back-to-school spending had surpassed Christmas shopping for a number of retailers there.

Families with children in elementary through high school planned to spend an average \$684.79 each, while college students and families of those in college planned to spend an average \$942.17 each.

In an era dominated by tech, it was an old standby that nevertheless ruled the day. Families spent the most on clothing. NRF posited that gadgets have become such a staple in everyday life that they are purchased year-round now rather than being an item that consumers save for and buy at a certain time of year.

Consumers also start fairly early, at an average of three weeks before school begins. This can make for a lengthy retail season, as the start of the school year varies by about a month across the country (anywhere from the beginning of August to the beginning of September).




We remember our Sisters and Brothers who have departed this life in recent days. Our sincere sympathy is extended to the members of the bereaved families.

Edward R. Kempers
Age 87
Died: July 12, 2019
Branch 30, Youngstown OH

George W. Bass
Age 91
Died: July 12, 2019
Branch 30, Youngstown OH

Irene M. Yoho
Age 76
Died: June 29, 2019
Branch 30, Youngstown OH

There’s nothing so dangerous for manipulators as people who think for themselves.
Meg Greenfield
in Newsweek

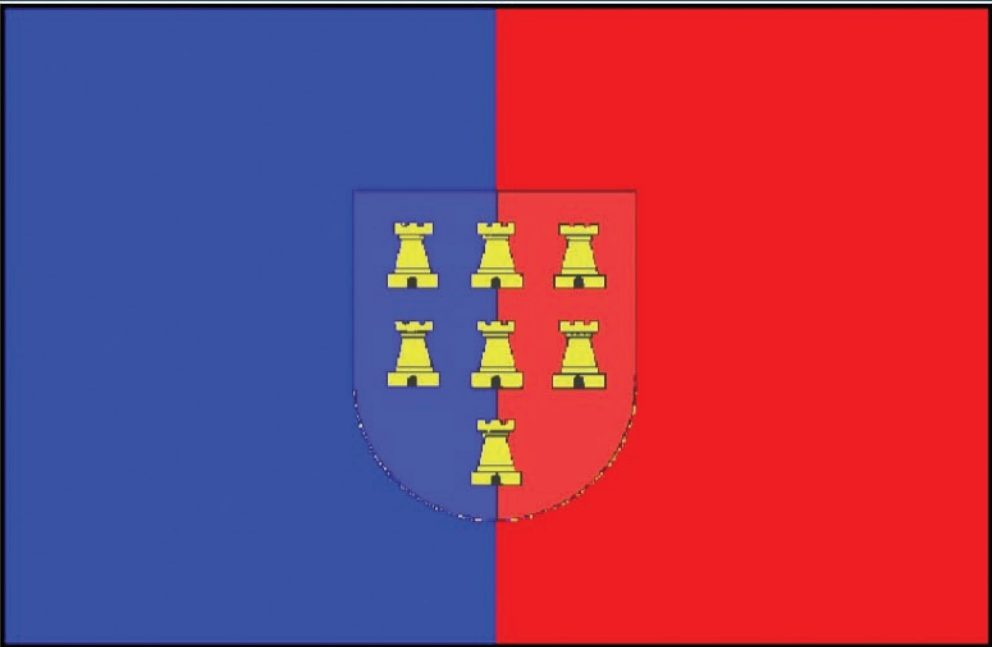
Assume any career moves you make won’t go smoothly. They won’t. But don’t look back.
Andy Grove,
Intel Corporation

Searching is half the fun: life is much more manageable when thought of as a scavenger hunt as opposed to a surprise party.
Jimmy Buffet in
A Pirate Looks at Fifty
(Random House)

Cynicism is not realistic and tough. It’s unrealistic and kind of cowardly because it means you don’t have to try.
Peggy Noonan

Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.
Denis Waitley

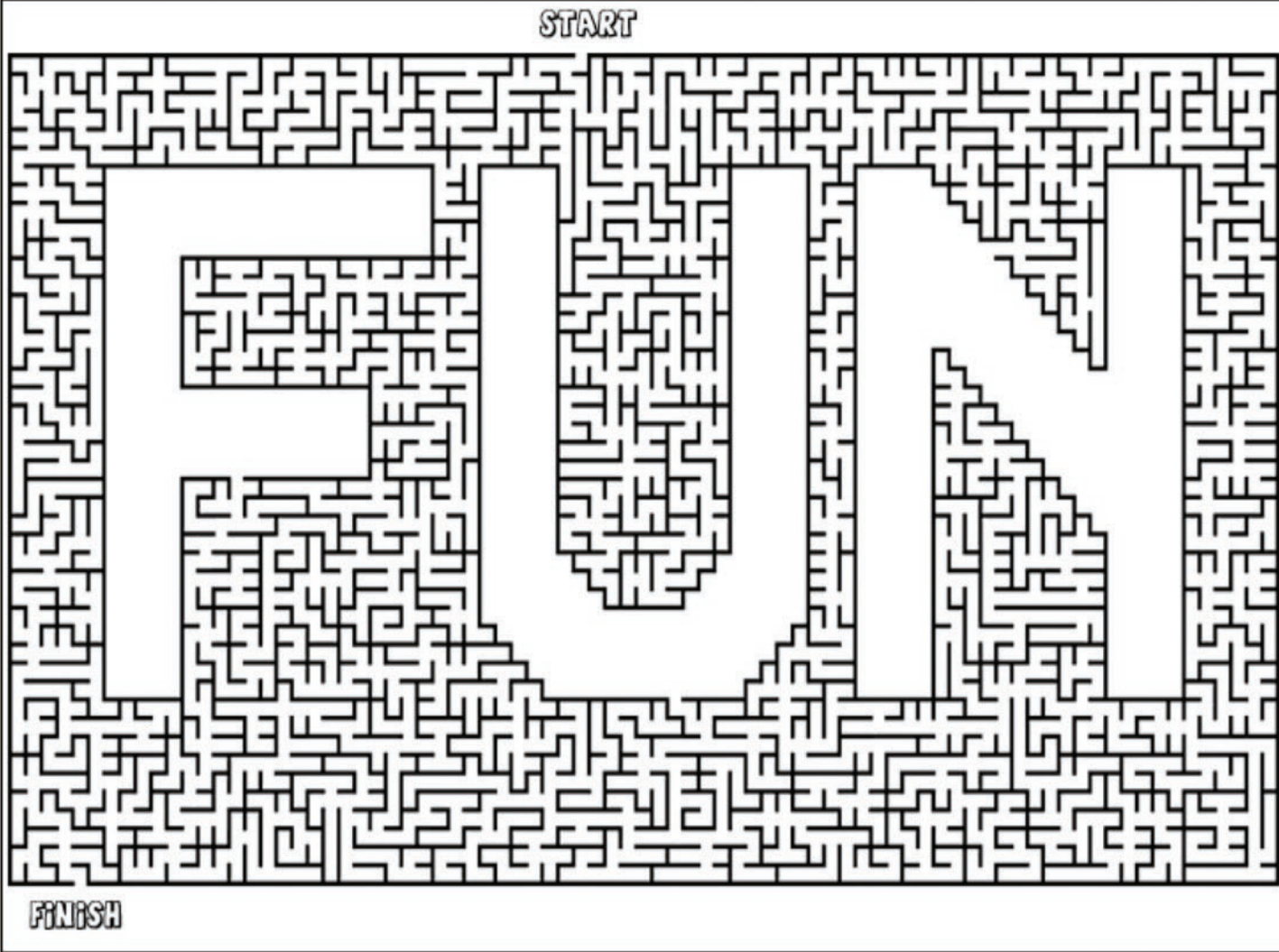
Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it.
M. Scott Peck



The Transylvanian Saxon Flag shield depicts seven castles that represent the original seven districts: Hermannstadt, Schäss-burg, Kronstadt, Mediasch, Bistritz, Mühlbach, Grosschenk. Colors of the flag blue and red symbolize stability and loyalty.

Gegensätze	Opposites
stark - schwach	strong - weak
jung - alt	young - old
heiß - kalt	hot - cold
reich - arm	rich - poor
teuer - bellig	expensive - cheap
lang - kurz	long - short
glücklich - traurig	happy - sad

VERBS	
I want	Ich will
I don't want	Ich will nicht
I need	Ich brauche
I don't need	Icht brauche nicht
I am going	Ich werde
I am not going	Ich werde nicht
I can	Ich kann
I can't	Ich kann nicht
to buy	kaufen
to call	rufen
to drink	trinken
to eat	essen
to find	finden
to go	gehen
to sleep	schlafen
to talk	sprechen



What goes up and Down but does not Move?
Answer: Stairs

What did one toilet Say to other?
Answer: You look a bit flushed

What gets wetter The more it dries?
Answer: A Towel

BRANCH 10, COLUMBUS
By Donald Blum

MONTHLY MEETING

HICKORY HOUSE
550 Officenter Place
Gahanna, Oh 43230
August 19, Monday, Noon

We are putting this at the top of our newsletter in order to invite you to attend. Our meetings are the Third (3rd) Monday of the month. Perhaps you have not been to a Saxon Club event in quite a while. Maybe you used to attend activities, or perhaps you attended activities with your parents and even grand parents. Recently, while not under the most pleasant circumstances, we have talked with many of you at funerals for loved ones and friends, about memories of a special Saxon Club event(s). Come share those memories at our next Luncheon. We hope to renew those memories with you and possibly create new memories through becoming involved with the Saxon Club.

We were happy to see George and Liz Lassel attend our July luncheon. Also attending were Marlene Betts, Evelyn Roth's daughter, helping us celebrate Evelyn's 95th birthday and Mary Stephenson, Susie Karst's daughter. We enjoyed their company and hope to see them again, soon.

Like George, Liz, Marlene and Mary, we hope to see others at our luncheon.

FACEBOOK PAGE

Alliance of Transylvanian Saxons, Columbus Branch 10

We will continue to modify and improve the Facebook page as needed. You are invited to join our Facebook group and share your Saxon history or just enjoy what others post. If you are interested in becoming part of the Facebook group you can request an invitation or send me your email address (donaldblum@prodigy.net), and we will set you up.

We are happy to say that in 4 short weeks we have over 40+ people joining our Facebook Group.

BIRTHDAYS

First, we would like to apologize to our wonderful member, Regina Kellner, for not mentioning her birthday in July. Regina's birthday was July 20th. We will recognize her and celebrate her birthday with our August birthdays, at our August 19th meeting. Regina did get to celebrate her birthday with her cousin, George Rader and his daughter, Gerda Rader-Monnett. Sophie Untch will celebrate her birthday on August 6th. We will recognize and celebrate her birthdays at our August 19th meeting.

HUMOR

Never argue with a child

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human being because even though a whale is very large mammal its throat is very small. The little girl stated that Jonah was swallowed by a whale. Irritated,

the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah." The teacher asked, "What if Jonah went to Hell?" The little girl replied, "Then you ask him."

PIED PIPER - FICTION OR REAL - WHAT DOES THIS HAVE TO DO WITH TRANSYLVANIA?

You may or may not remember the Fairy Tale story of the Pied Piper; clearing a town of their rat infestation by using a musical instrument. The basic plot line of the Pied Piper of Hamelin, a medieval story that is a staple of children's literature, set in the picturesque German town of Hamelin in Lower Saxony in 1284 A.D. While there are numerous variations depending on who decided it required retelling, the gist is that Hamelin had a rat infestation. They were probably unaware that rats were buckling down and embracing their role as a method of transmitting the Black Death, but civilization's attitude towards vermin has always leaned towards the uncharitable. The sudden appearance of a colorful piper guaranteeing to lure the rats to their death in the Weser River was considered happening by accident or chance rather than design, and the Mayor of Hamelin offered the extraordinary sum of 1000 guilders (\$ 561.80 US currency - huge amount for back then) for his pest control services. The piper dutifully hypnotized the rats with his piping and drowned them, but the Mayor reduced his compensation to 50 guilders (\$ 28.09 US currency-would probably upset any business person). The Piper vowed revenge, returning on Saint John and Paul's day while the Hamelinites were in church, and used his strange occult musical talents to lead the town's children away to Koppelberg Hill, where they vanished and were never seen again. I'm fairly certain the moral of the story has something to do with tort law (a wrong committed where someone suffers a loss or harm resulting in a legal liability).

Oddly, The Pied Piper of Hamelin narrative could appear to have a factual basis connected to Transylvania, Romania, more commonly known for its overabundance of vampires and werewolves. The earliest mention of the story is from roughly 1300 A.D., at which time it was depicted in a stained glass window of the Church of Hamelin (destroyed in 1660, although abundant descriptions remain). Curiously, the official town chronicles of Hamelin contain an entry in 1384, noting, "It is 100 years since our children left", suggesting that a fairly traumatic occurrence involving children missing can be dated to precisely 1284 A.D. Subsequent retellings of the tale emerged from the 15th Century onward, but the simple fact remains is that in 1284, a good portion of the

Continued Page 8



Cleveland Sachsenheim
7001 Denison Avenue
Cleveland, OH 44102



Join Us
Saturday, August 24, 2019
4:00 - 11:00 pm

Music and Performances by:
Die Gottscheer Blaskapelle
Cleveland Saxon Dance Group



Admission \$5.00
Children under 12 years free

Delicious German Food:
Schnitzel, Goulash, Bratwurst,
Schweinhaxe

How to protect yourself from phishing attacks.

Phishing attacks get more sophisticated

Click a link. Download a file. And that's where the trouble begins.

Phishing attacks by email or social media attempt to lure you into revealing a password or downloading malicious software. And these attacks are getting ever-more sophisticated.

"Scammers have diversified far beyond poorly spelled, purely text-based phishing email these days, building entire fake websites and Facebook pages as lures for campaigns. But even the humble phish email has evolved," according to David Harley of WeLiveSecurity.com.

Some classic ways to detect phishing emails are getting more difficult as scammers get more sophisticated.

- Misspelled words. Sometimes done intentionally to get past filters.
- Links to scam sites. Links can seem real. If they contain bitly or tinyurl they should be treated as suspicious.
- DropBox and Google Drive documents holding malicious code.
- Attachments can appear to be materials you are genuinely expecting from people who should be sending the materials.

Some good rules:

- Hover over the links to see if the domain is genuine.
- Attachments should set off alarm bells. Search for the company and compare domains. Mayflownursing.com is not the same as Mayflownursinghome.com.

Names can be spoofed. A sophisticated phishing email might use a name that exists in your database -- or the name of someone you know.

If the name seems correct, compare other information in an email to data on the company Website. An incorrect phone number is a tipoff.

If you think you are good at catching phishing attempts, test your skills at:

phishingquiz.withgoogle.com.

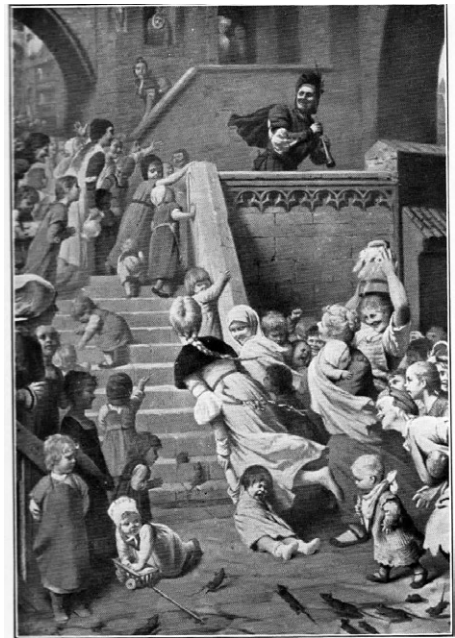
ASK ...
ASK YOUR
DEPUTY HOW
A CERTIFICATE OF
MEMBERSHIP
IN THE ATS CAN
HELP YOU TO SAVE!



children of Hamelin appear to have disappeared.

Ever since the 15th Century, a great deal of scholarly inquiry has been conducted into the nature of the Hamelin child abductions, and many an academic have provided a perfectly boring and reasonable explanation, associating the event with occurring at the same time, such as ill-fated Children's Crusades, the very common dancing plagues of Medieval Europe, pagan sects luring children away to nearby hills for ritual dances only to see them swallowed by sinkholes or a sudden catastrophic landslide, to psychopathic pedophiles, to a mass emigration of youth to Eastern Europe encouraged by the bishops and dukes of Pomerania, Brandenburg, Uckermark and Prignitz, who had just recently driven out the Danes at the culmination of the Battle of Bornhöved in 1227, and wanted to replace the local Slavs with Germans (although this would more likely have been in reference to Poland).

These are all perfectly reasonable conclusions, based on the fact that the thinking of the curious, but skeptical, among the scholarly set is to remove from the unexpected from the interchangeable idea between folklore and history, but luckily the older surviving versions of the Pied Piper mythos seem to specifically reference the mysterious appearance of a contingent of colonists from Hamelin in Transylvania, a fact that seems to be supported by a strange correspondence of town



and genealogical names suggesting a direct link between Hamelin and Transylvania.

The reference even pops up in the poetic retelling of the tale by leading Victorian poet Robert Browning (1812-1889 A.D.).

"And on the Great Church Window painted

The same, to make the world acquainted

How their children were stolen away;

And there it stands to this very day.

And I must not omit to say

That in Transylvania there's a tribe

Of alien people that ascribe

The outlandish ways and dress

On which their neighbors lay such stress,

To their fathers and mothers having risen

Out of some subterranean prison

Into which they were trepanned

Long time ago in a mighty band

Out of Hamelin town in Brunswick land,

But how or why, they don't understand."

(Browning, 1912, p 39-40).

17th century German Jesuit scholar Athanasius Kircher (1602-1680)

also noted the correspondence of the disappearance of the children of Hamelin with the sudden emergence of an unidentified population in Transylvania.

Yet another version occurs in the Musurgia of Father Athanasius Kircher, written in 1650, who attributes the event to the year 1190. After narrating the town council's repudiation of its debt to the Piper, he states that he returned the next day dressed as a hunter, with terrible visage, and piped away all children between the ages of four and twelve; and he adds that he, Kircher, had himself visited the town and had seen the Hill and the picture

in the church, which he had contemplated with the highest admiration.

He says that the Piper was without doubt the Devil, who transported the children to some other place in accordance with some occult judgment of God. The "other place" he names as Transylvania, because about that time there appeared in Transylvania suddenly some boys speaking an unknown tongue (Thompson, 1880, p25-26).

Now, one might chalk this all up to the use of "Transylvania" as a parable or story for an adequately distant and sufficiently creepy place, except for the fact that Transylvanian folklore tends to concur with this extraordinary version of events. While there is plenty of concrete evidence that there was a Saxon migration into Transylvania in the 12th Century due to its beauty and economic potential and at the invitation of the Hungarian King, early versions of the Pied Piper fairy tale insist that the children of Hamelin suddenly emerged from underground at the Vaghis Cave in Transylvania (keeping in mind that certain early versions of the Pied Piper narrative have the Piper leading the Hamelin children into a cave in the Koppelberg Hills in Saxony).

So there you have or do you have it? The story relating to Transylvania and The Pied Piper may be found in fact or fairy tale, or somewhere in between. You be the judge to determine what you think.

References

Browning, Robert, 1812-1889. The Pied Piper of Hamelin. London: J. M. Dent & sons, 1912.

Thompson, Silvanus. "The Pied Piper of Hamelin". Privately Printed Opuscula Issued to Members of the Sette of Odd Volumes. London, 1880.

VOLKSBLATT

I wanted to say how much I enjoyed the section that featured the Zootiere Zoo Animals and the Saxon-English phrase lessons. I will be sharing that with my grand children. KEEP THE SAXON LANGUAGE ALIVE.

Online college courses: Path to degrees, low debt

Today's students have excellent options for their pathway to higher education. They include traditional and community colleges, online courses, or combinations of all three. In fact, even high-profile colleges and universities are offering online programs today.

According to Stetson.edu, each online-course student usually engages in class material and activities on his or her schedule. This freedom allows students to complete work and family commitments with more flexibility. All online-course lectures, emails, explanations, and discussion boards, among others, are available around the clock.

Additionally, online programs can dramatically decrease or even

eliminate the costs associated with college. With student loan debt now exceeding the entire nation's credit card debt, any chance to cut the cost of college today is worth considering.

Also, contrary to current public opinion, online college programs can be every bit as rigorous as any form of higher education.

According to educationcorner.com, the advantages of initiating one's pursuits of higher education

at a community college include the flexibility, increased quality of teaching, cost of courses, and the capacity to transfer degrees earned to time-honored institutions of higher learning.

Moreover, community colleges are dramatically changing the landscape of higher education by offering students more options in seeking their degree.

In the final analysis, it is up to each person to figure out how much time he or she will have to devote to earning a degree, what type of degree program is desired, and how much money can be spent. At the same time, it is possible to take some courses online and others in person. Some individual classes may include both elements of interaction.



Are recliners bad for you?

Snubbed by the style conscious, and loved by the sports fanatic, recliners are a matter of taste, but experts disagree on whether they are good for the body.

One theory has it that recliners promote terrible posture and are thus bad for our backs. Chiropractors will tell you that sitting in general is bad for the spine, putting it in a position it was never intended for. Combine that with the many hours spent sitting at our desks, and it's no wonder we suffer aches and pains (and why standing desks have become so popular).

Others say, not so fast. Yes, it comes down to posture, but that simply means we need better recliners. Find one that supports the lower back and promotes good posture, for example.

According to WebMD, the ideal sitting position is actually one in which you are leaning back a bit, at a 135 degree body-thigh position, which puts less stress on the spine than the typical 90-degree seated position.

Find the right chair with the right support, and don't spend hours a day in it; you should be fine. Find a recliner that induces slouching and spend tons of time in it; then prepare for pain.

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Bettwäsche für Altenheime in Siebenbürgen

Ein „Heilbronner Bündnis“ hat in einer besonderen Spendenaktion Heimbewohnern in Siebenbürgen mit 500 Garnituren Bettwäsche und 500 Decken viel Unterstützung und Freude gebracht. Die Idee kam von den Teilnehmern einer Reisegruppe der Evangelischen Kirchengemeinde Untereisesheim und deren Pfarrer Ralf Rohrbach-Koop. Diese Gruppe sammelte auch das Startkapital für die Spendenaktion. Hinzu kam Unterstützung von der langjährigen Vorsitzenden der Kreisgruppe Heilbronn im Verband der Siebenbürger Sachsen, Christa Andree, von Diakon Richard Siemiatkowski-Werner vom Kreisdiakonieverband Heilbronn sowie Kollekten vom Frauenkreis des Gustav-Adolf-Werks Lauffen und des Gustav-Adolf-Werks Sachsen (Dekanat Zwickau).

Als Bündnispartner konnte die Dieter-Schwarz-Stiftung gewonnen werden, die für die „Logistik“ sorgte. Das Spendenmaterial, verpackt in Kartons auf fünf Paletten, wurde direkt zum Kaufland-Markt Mediasch in Siebenbürgen gebracht. Die Unternehmensgruppe Kaufland betreibt in Rumänien 123 Märkte und bringt sich in zahlreichen sozialen Projekten ein. Im Kaufland Mediasch stand das Spendenmaterial bereit und wurde am 30. April von der Bukarester Kaufland-Managerin Anna Katharina Scheidereiter an die Diakonie-Vorsitzende Ursula Juga-Pintican und Richard Siemiatkowski-Werner übergeben. Das Unternehmen engagiert sich



Übergabe durch Kaufland-Managerin Anna Katharina Scheidereiter an Bewohner im Altenheim Hetzeldorf.

nach den Worten von Anna Katharina Scheidereiter derzeit in Sozial-, Bildungs-, Umweltschutz- und Ernährungsprojekten, 150 an der Zahl. „Wir nehmen unsere Verantwortung gegenüber den Menschen in Rumänien sehr ernst“, betonte Scheidereiter und ergänzte: „Machen macht den Unterschied.“ Viele Menschen in Rumänien sind arm, jeder Vierte lebt an der Armutsgrenze, besonders die Lage alter Menschen mit ihren kleinen Renten ist prekär. Soziale Sicherungssysteme wie bei uns gibt es nicht.

Vier Tage verteilten Richard Siemiatkowski-Werner, Oswald Riekert, Daniel Salmen und Inge Werner die Sachspenden. Sie fuhren in die Heime und übergaben sie persönlich. Begonnen wurde mit der Verteilung in der Diakoniestation Mediasch für ihr Projekt „Winterhilfe“ sowie der Mediascher Diakonieeinrichtung im 25 km entfernten Altenheim Hetzeldorf. Weitere Stationen waren am Nachmittag das Altenheim Schweischer bei Reps und eine Hospizeinrichtung in Kronstadt. Am nächsten Tag wurden Heimleiter und Bewohner des Altenheims Blumenau in Kronstadt erfreut. Das Dr.-Carl-Wolff-Heim in Hermannstadt, mit 110 Betten wohl das größte Altenheim in Siebenbürgen, sowie die angeschlossene

Hospiz-Einrichtung für Erwachsene und Kinder wurden mit Garnituren bedacht.

Es folgte ein Gespräch im Bischofsamt mit Hauptanwalt Friedrich Gunesch in Vertretung von Bischof Reinhart Guib, dem Schirmherr der Aktion „Bettwäsche für ältere Menschen“.

Richard Siemiatkowski-Werner war sehr berührt von den Dankesbezeugungen der älteren Menschen für die Spenden, aber auch betroffen von deren prekärer Lebenslage und überhaupt von den unzureichenden Sozialsystemen in Rumänien. Angesichts der weit verbreiteten Not seien zusätzliche materielle und auch menschliche Hilfen von außen nötig, sagt Siemiatkowski-Werner. Deshalb begrüßt er es, dass die EKR und die Diakonie sich bemühen, ein Netz von Alten- und Pflegeheimen in Siebenbürgen aufzubauen, auch wenn diese nicht unseren deutschen Standard erreichen: „Wer das Glück hat, seinen Lebensabend in so einem Altersheim zu verbringen, gehört zu den Privilegierten, erst recht, wenn er noch Gelegenheit findet, sich in der Hausgemeinschaft nützlich machen zu können“, so Richard Siemiatkowski-Werner.

SBZ Online 31. Juli 2019

Sachen zum Lachen des Hermannstädter Autors Gerd Scheiner

Der Autor Gerd Scheiner ist ein Hermannstädter, der 1942 in Budapest geboren wurde. In Hermannstadt lernte er Tischlerei und studierte Bauingenieurwesen. Seit 1979 lebt er in Hessen, seit seiner Verrentung 2004 versucht er u.a. „sinnvolle Reime zustande zu bringen“. Im Selbstverlag veröffentlichte er die Bände „Gedanken in Reimen wanken im Reinen“ und „Gedichte und verdichtete Geschichte“.



Gerd Scheiner Der Artikel

*Der Der, der Die oder der Das?
Wer, wie oder was ist Was?
Der oder Die sich Das ausgedacht,
haben sicher sehr gerne gelacht!
Gelacht, dass sich die Balken bogen,
ist vielleicht etwas gelogen.*

*So sagen die, die Vorbild sind:
Der Säugling ist von dem Das Kind.
Das Kind aber Die Tochter der...
Wie, wessen Nachkomme ist wer?*

*Der Löwe ist Die Katze hier,
ebenfalls ist er Das Tier.
Das Tier, als Bestie, ist auch Die.
Was ist nur richtig, frag ich, wie?*

*Der Mann ist Wesen, also Das.
Die Frau, Der Mensch, ja so Etwas!
Das Kind ist Tochter, also Die.
Wen frag ich bloß und wenn dann wie?*

*Wie soll man Ihn benennen?
Wer kann Ihn wohl erkennen?
Wann wie richtig, oder was?
Das Der, das Die oder das Das?*

Ein-, Aus-,Für-, Ab-, Zu-, An-: Spruch oder Spiel

*Wenn das Werk nicht für sich spricht.
Dann auch für den Autor nicht!
Findet es aber Gefallen,
erntet der Schöpfer Lob von allen.*

*Es findet nur zu hellem Licht,
wenn es für den Zeitgeist spricht!
Ist es dem Zeitgeist abgewandt,
nimmt es keiner oft zur Hand.*

*Drum muss der Schöpfer Themen wählen,
die modern sind und nicht quälen!
Das Publikum will Lust erleben,
nicht Gedanken sich ergeben.*

*Mord und Totschlag, Sensationen,
sie zu schildern, wird sich lohnen.
Selten nur ein Lob erhielt,
der gerne mit dem Worte spielt.*

*Dem Volk ist Wortspiel einerlei.
Denn Wortspiel ist doch Spielerei!
Das ist nicht in des Volkes Sinn.
Fürs Volk ist das kein Lustgewinn!*

PotPourri

Geometry

P O L Y G O N D E G R E E
H Y P O T E N U S E U O T
R C R I D F O R M U L A A
C A O A D I A M E T E R N
N Y D N M S O L I D D O G
O O L I V I A I Y S G E E
N V B I A E D J Q A N U N
A T A T N N X S T I C L T
G M V L U D F P S P I E C
O E A X I S E I X R R R O
N D V S P H E R E I C Y N
D I A N G L E A E S L J E
R A T I O G M L K M E B H
Q N S F R A C T A L U H F
R H O M B U S A R C T A N
P A R A L L E L O G R A M

- ANGLE

ARCTAN

AXIS

CIRCLE

CONE

CONVEX

CUBE

CYLINDER

DEGREE

DIAMETER

EULER

FORMULA

FRACTAL

HEPTAGON

HYPOTENUSE

MEDIAN
- NONAGON

OBTUSE

OVAL

PARALLELOGRAM

POLYGON

PRISM

PYRAMID

RADIAN

RATIO

RHOMBUS

SINE

SOLID

SPHERE

SPIRAL

TANGENT

W A R G O L L E L L E P A R A L L E L O G R A M
N A N R H O M B U S A R C T A N
F H F S F R A C T A L U H F
H B E M K L G G T I V R
E J E S E A N G L E A E S L J E
N C Y N E R E V S P H E R E
O R R X S E A X I S E I X R R R O
C E P S P F M V L U D F P S P I E C
T I G L T A T N N X S T I C L T
N U N U N D J A E D J Q A N U N
E E S G E O L I V I A I Y S G E E
G O G D G L D O S N N D Y D N M
N A O A D I A M E T E R N
V A L A R C I D F O R M U L A A
T H Y P O T E N U S E U O T
E R O L Y G O N D E G R E E



"He's not the elephant in the room. He's the elephant that never forgets all the computer passwords."

Unclog a sink without harsh chemicals

Is there anything more annoying -- or gross -- than a slow-draining sink? It's a common problem and one that generations of homeowners have resolved by pouring something harsh down the drain to nuke the offender.

But there are alternatives if you want to unclog a sink with more natural ingredients.

Try these fixes instead:

A good old-fashioned snaking. It's amazing, and sometimes appalling, what you can retrieve. And if the stopper is hard to remove, any number of YouTube videos can show you how to easily unhitch it by pulling out the pivot rod and freeing up the opening. Sometimes the stopper itself has become clotted with gunk and caused the issue.

Boiling water, vinegar and baking soda. Important: these are used in a staggered manner, NOT all at once. The vinegar and baking soda react and produce an active foam. Start by pouring the hot water down the drain, followed by about a half cup of baking soda. Wait a few minutes and add the vinegar (then watch the show!). Some folks recommend covering the opening. Follow with another round of super hot water to flush.

Boiling water and dish soap. Boil a large pot of water and add a few teaspoons of dish soap, then pour down the drain. The idea is that the hot water and the soap will help loosen up any grease.

Mix equal parts of salt and baking soda (about a half cup of each) and pour down the drain. Let sit for at least a half hour and then chase with boiling water.

Plunger. It may sound a little gross, but try a plunger in the sink. And then scrub accordingly.



How to become a roller coaster designer

Among jobs with cool factor, roller coaster designer has to rank pretty high. You get paid to create something that will scare the dickens out of people and then give it a name like Intimidator 305, Fury 325, or Formula Rossa (which reaches speeds of 150 mph).

But how are roller coasters designed, and how does someone get into that field?

It takes a lot of brains. Roller coaster design is serious business, and takes a tremendous amount of engineering and physics to ensure that riders get delirious in a safe manner. A team of designers typically includes mechanical engineers, electrical engineers, and structural engineers.

It's also a very competitive field without a lot of

job openings, according to a story on Monster.com. In addition to tech chops, you'll need social skills to do the requisite amount of networking to get noticed. And patience: coasters can take two or three years (or more) from concept to completion.

Though roller coaster designers work 9-5 jobs for the most part, they also tend to travel a lot. And when a coaster gets close to opening day, the hours can be all-consuming.

If engineering isn't your thing but G-forces are, you can celebrate on Aug. 16, National Roller Coaster Day. Or play the video game RollerCoaster Tycoon -- which, as it turns out, is how a good number of designers apparently got their start.

Quinoa Zucchini Boats

Colorful way to use those summer vegetables

Make use of one of the best vegetables of the summer by using fresh, in-season zucchini for these stuffed boats from Cooking LSL. This recipe will allow you to use fresh pep-



pers and tomatoes from the garden if you have them handy as well. The best part is that it's a very healthy recipe that you won't have to feel guilty about enjoying!

- Ingredients**
- 2 medium zucchini
 - Olive oil spray
 - 1 cup of cooked quinoa
 - .5 cup of chopped bell pepper (add jalapenos for extra spice)
 - Half of a large tomato, peeled and chopped
 - 1 garlic clove
 - .25 teaspoon oregano
 - .25 teaspoon basil
 - 1 teaspoon salt
 - .5 teaspoon black pepper
 - Parsley (for garnish if desired)
 - 2 tablespoons crumbled bleu cheese (for garnish if desired)

- Directions**
1. Preheat the oven to 350 F. Set up a baking dish and spray it with olive oil.
 2. Cut the zucchini lengthwise and scoop out the middle of them with a spoon. Spray the inside with olive oil and season with salt and pepper.
 3. In a bowl, combine the quinoa, peppers, tomato, garlic, oregano, basil, and parsley. Stir together and add salt and pepper to taste.
 4. Place the zucchini in the prepared baking dish and fill them with the mixture.
 5. Bake for 20 minutes and then top with cheese crumbles. Broil for two more minutes.
 6. Can be served hot or chill for serving cold later!



Choruses

CLEVELAND, SECTION 1
EINTRACHT SAXONIA
SACHSENCOR
Rehearsal:
Tuesdays 1:30 - 3:00 p.m.

PRESIDENT
Horst Hebrank
26148 Kennedy Ridge Rd
No Olmsted OH 44070
(440) 734-2584
SECRETARY
Christa Herbert
4703 West Ridgewood Dr.
Parma, OH 44134
440-888-6094

NEW CASTLE, SECTION 6
EINTRACHT MÄNNERCHOR
Rehearsal:
Every Tuesday at 7:30 p.m.

PRESIDENT
Jonathan Baisch
3336 Plank Rd
New Castle PA 16105
(724) 519-0519
newcastleintracht@gmail.com

SECRETARY
Samuel Audia
635 Moffatt Rd
New Castle PA 16101
(724) 651- 3354
eintrachtmaennerchor@gmail.com

ERIE
SIEBENBUERGER SINGERS
Meet Monday at
Siebenbuenger Club

PRESIDENT
Tim Clint
5805 West Road
McKean, PA 16426
(814)572-6639
Email: tjclint@verizon.net



Cultural Groups

CLEVELAND SAXON
DANCE GROUP
Rehearsal: Fridays
6:30 p.m Children
7:30 pm Adults
Westside Sachsenheim
PRESIDENT
Amanda Donnellan
9578 W. 130th St
Strongsville OH 44136
(216) 235-5240
adonnellan5@yahoo.com

SECRETARY
Christine Roppelt
8905 Fernhill Ave
Parma OH 44129
(216) 773-9375
tantechrissy68@gmail.com

YOUNGSTOWN
SAXON CULTURE GROUP
Meets: 2nd Sunday of Month
Youngstown Saxon Club
PRESIDENT
Erna Weber
525 Quarry Ln
Warren OH 44483
(330) 509-9421
Saxnerna@aol.com

SECRETARY
Kevin McCarty
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Youngstown, OH 44509
(330) 883-7162
mccartks@gmail.com

TRANSYLVANIAN SAXON BOWLING LEAGUE



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943 Stewart Rd.
Salem, OH 44460
(330) 332-8174
sspack2@neo.rr.com

VICE PRESIDENT
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