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Education
Meeting**

**BHS Fourth
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Attica-Bellevue-Bloomville-Republic Local News



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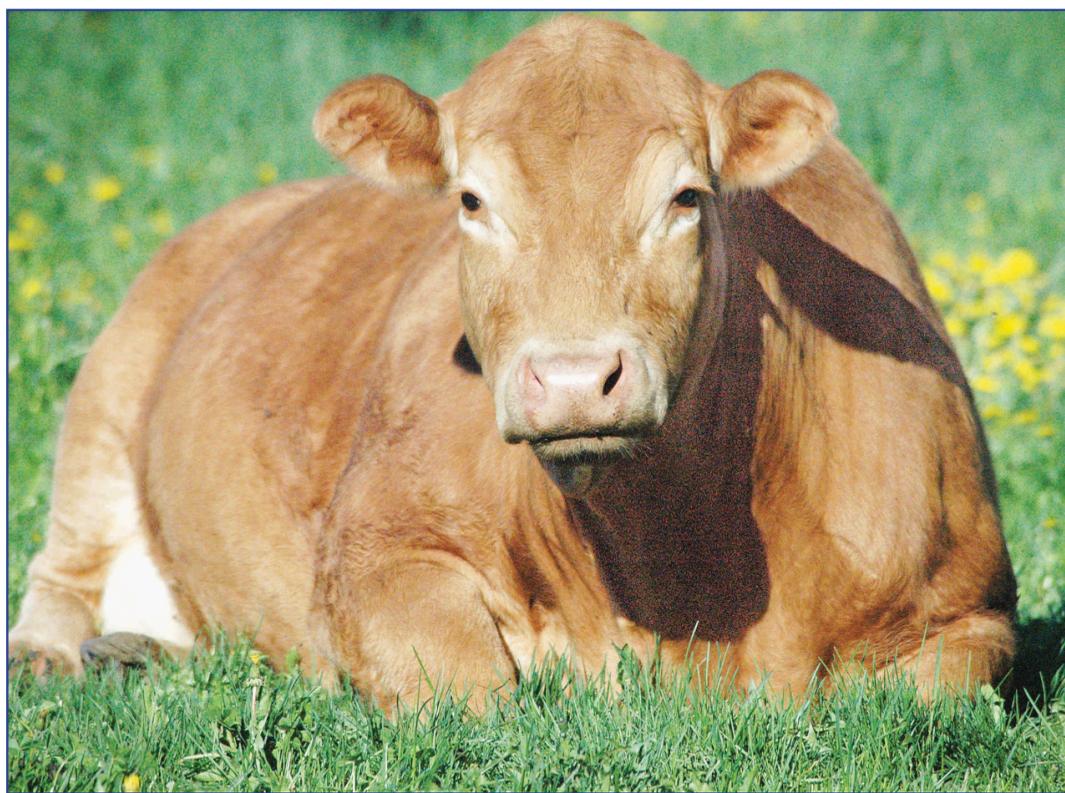
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National Dairy Month

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See Page A2 for the Auction Guide Calendar

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The Many Health Benefits of Dairy

Source www.mcg.metrocreativeconnection.com

Dairy can be an important component of a healthy diet.

Many people recall the slogan "Milk, it does a body good." But as different health fads have emerged since that slogan was first uttered, including an increased availability of dairy alternatives, dairy has been somewhat pushed aside, leaving many people to question if it is a friend or foe.

According to Vasanti Malik, a nutrition research scientist with the Harvard T.H. Chan School of Public Health, dairy isn't necessary for maintaining optimal health for humans. However, it is one of the best and easiest ways to get ample amounts of vitamin D, protein and calcium, each of which keeps vital organs, muscles and bones functioning properly. Here's a deeper look at dairy in the average diet.

What is dairy?

Dairy products consist of a variety of products that are from mammals, including cows, goats and sheep. These include milk, yogurt, cheese, kefir, ice cream, butter, ghee, cream, cream cheese, sour cream, whey products, and casein. Dairy products are often categorized as "regular," "whole," "reduced fat," "low-fat," or "skim." These characterizations indicate the fat content in a given item.

Nutritional benefits of dairy

Dairy products are nutrient-dense and great sources of protein, calcium and vitamins. Protein builds and repairs muscle tissue; carbohydrates in milk provide energy; and calcium and phosphorous can help strengthen bones and teeth. Vitamin D helps promote the absorption of calcium. Dairy also contains riboflavin, vitamin A, pantothenic acid, potassium and niacin. One eight-ounce serving of milk contains the recommended daily values of these nutrients based on guidelines from the U.S. Food & Drug Administration.

See Dairy on B7

Obituaries

Jerald Peter Danhoff, 87, Attica
Dale Allen "Big Red" Brutcher, 67,
Kernersville, NC

Death Notices

Larry Patrick, 71, Bellevue



Bellevue Back to School Applications

Submitted by Sharon Hill, Back to School Coordinator

The Bellevue Ministerial Association and Bellevue Salvation Army Unit are once again organizing the Back to School Project. There will be one in-person Application Day. It will be held July 19, from 10 a.m. - 2 p.m. and from 3 p.m. - 7 p.m. at St. John Lutheran Church, 209 Southwest St., Bellevue. Parents/Guardians also have the option to request an online application link by emailing Shatrimhill@gmail.com. Online applications must be submitted by 7 p.m. on July 15 and in-person applications must be submitted by 7 p.m. on July 19 in order to qualify for assistance.

To qualify, students must reside in and be enrolled in the Bellevue City School District, grades K-12 and they must meet the same federal requirements as

used by Fish and Loaves Food Pantry. The following information will be needed to fill out application: Address, Phone Number, Social Security Numbers, Total household income and this year, once again,

parents will not need a confirmation slip from the Board of Education as proof of child's 2022-23 enrollment in Bellevue City Schools. With parent consent on the application, the Board of Education will confirm each child's enrollment.

If anyone would like to make a donation to the Back to School Project, send your donations to: The Bellevue Ministerial Association, Attn: Treasurer P.O. 182 Bellevue, OH 44811. Be sure to write "Back to School" on the memo line. For more information, contact Sharon Hill at 419-217-9427.



Severe Weather Brings Out Home-Repair Scammers and Fake Charities

Submitted by Ohio Attorney General Dave Yost

Hannah Hundley, Media Contact

Columbus - With the warm-weather storm season heating up, Attorney General Dave Yost is reminding Ohioans to watch out for home-repair scammers and fake charities soliciting donations on behalf of individuals affected by storms.

"Shady storm chasers make my blood boil - they look to severe weather watches and warnings to try to make a quick buck," Yost said. "And bogus charities come from the same swamp. Their goal is to rip off people who are trying to help."

"My office works hard to show Ohioans how to spot these swindlers."

Unscrupulous contractors travel to storm-damaged communities to offer their services to homeowners, but then perform shoddy work or no work at all. In many cases, they go door to door, claiming that they can complete the work immediately.

The Attorney General's Office advises consumers to follow these steps to avoid home-repair scams:

- Research the business. Ask for identification from the company representative; note the person's name, address and phone number; and be cautious of any contractor who won't provide this information. Check out the company's reputation with the Ohio Attorney General's Office and the Better Business Bureau. You can also search for possible previous lawsuits filed by the attorney general's Consumer Protection Section.
- Get multiple written estimates. Obtaining at least three written estimates from three distinct contractors could help you weed out bad apples. Beware of contractors that have only a few projects for you to review.
- Don't make large payments in advance. Instead, pay in increments - for example, a third at the beginning of the job, a third after half of the work is completed to your satisfaction, and the final third when the job is completed.
- Get all promises in writing.

Insist on a written contract detailing the costs, the work to be done, the starting and end dates, and any verbal promises made by the contractor. The contract should also note whether subcontractors will be used and whether the contractor has or will obtain the necessary licenses and permits. Insist on being provided a copy of every document you sign or initial.

- Understand your cancellation rights. If the contract resulted from a door-to-door sale, you generally have three days to cancel the contract, according to Ohio's Home Solicitation Sales Act. The seller should give you written notice of these rights.

See Weather on B2

