



COLUMBUS CLIPPERS: home for 18 games this month

FILE PHOTOS

ADVENTURES

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this month, including four against the Louisville Bats, the AAA affiliate of the Cincinnati Reds.

Special events: Dime-a-Dog Night (Aug. 22) and free baseball day (Aug. 24), with the first 2,500 fans eligible. (clippersbaseball.com, 614-462-5250)

9. GET ARTSY.

OK, so you might not warm to the idea of blankets in August. But the contemporary-art quilts showcased in "National 05" are cool. Visit the 1914-vintage Dairy Barn Southeastern Cultural Arts Center — open Tuesday through Sunday this month — in Athens. (www.dairybarn.org, 740-592-4981)

10. RIDE THE RAILS.

On weekends, the Hocking Valley Scenic Railway makes round trips from 33 Canal St. in Nelsonville to Haydenville (noon) and Logan (2:30 p.m.). A 1952 diesel locomotive pulls 1927 coaches. (www.hvsry.org, 1-800-967-7834)

11. SADDLE UP AND GIDDYAP.

Riders on horseback can meander the trails at the 100-acre Heartland Country Resort in Fredericktown. Riding is by appointment only. (www.heartlandcountryresort.com, 1-800-230-7030)

Other trails: www.horsereleases.com/ohio.html

12. SEE AMISH COUNTRY — AND HELP A CHARITY.

A window on the world of Amish and Mennonite culture will open Friday and Saturday. At the Ohio Mennonite Relief Sale and Auction, quilts and handcrafted items and food are part of the fun in Holmes County. The event, at Central Christian School in Kidron, is a fundraiser for global water relief. (www.ohiomccreliefsale.org)

13. WANDER IN THE WOODS.

Once the haunt of Indian tribes, Blackhand Gorge State Nature Preserve features paths for walking or bicycling amid wooded slopes and ravines and a narrow gorge cut by the Licking River through sandstone. The preserve is 8 miles east of Newark. (www.dnr.state.oh.us, 614-265-6565)

14. GO ISLAND HOPPING.

Lake Erie, anyone? The lake islands offer an inviting mix of boating, dining and touring. The Miller Boatline ferries (www.millerferry.com, 1-800-500-2421) can take you to Put-in-Bay on South Bass Island and to Middle Bass Island. The Kelleys Island Ferry Boat Line (419-798-9763, www.kelleysislandferry.com) runs from Marblehead to Kelleys, which features 18,000-year-old glacial grooves.

15. EAT AN EAR.

The last day of August marks the first day of the 58th annual Millersport Sweet Corn Festival. The four-day affair at Lions Community Park offers a taste of rural Americana at its best: Where else can you see an outhouse race? Also on tap: food, amusement rides, live music, a parade and a beauty pageant. (www.sweetcornfest.com, 740-246-5680)



INNISWOOD METRO GARDENS: sights to behold

16. LUNCH AT A LANDMARK.

Specials are the order of the day at the Florentine (907 W. Broad St.), which opened a few months after World War II ended in 1945. Every lunch features homemade spaghetti or lasagna. Wednesdays: Salisbury steak; Thursdays: meat loaf. (228-2262)

Other options: Chef-O-Nette in Upper Arlington (488-8444); Villa Nova, 5545 N. High St. (846-5777); The Clarmont, 684 S. High St. (443-1125); and G&R Tavern (fried-bologna sandwiches) in Waldo (740-726-9685)

17. WATCH THE GARDENS GROW.

For a visual feast, trek the 3 miles of trail at Inniswood Metro Gardens in Westerville. You'll see beautiful flower beds, a rock garden, and streams and woodlands filled with wildflowers and wildlife. (www.metroparks.net, 614-895-6216)

18. DO THE MOON WALK.

With the shuttle Discovery roaming the high skies, the time is right to bone up on the history of the U.S. space program. The Armstrong Air and Space Museum in Wapakoneta — hometown of Neil Armstrong, the first man to walk on the moon — displays the Gemini VIII space capsule and other notable memorabilia. (www.ohiohistory.org, 419-738-8811)

19. GO WILD.

Ever seen a banteng? The Wilds offers the chance. The 10,000-acre animal preserve, conservation and education center sits 60 miles east of Columbus on Rt. 284 in Muskingum County. (www.thewilds.org, 740-638-5030)

20. WATCH A RIVER CATCH FIRE.

WaterFire on the Mile — something new, different and free! — took seven years to pull off in Columbus. Why not give it a shot? The Scioto River will be aglow again beginning at dusk Aug. 13, when large bonfires are lighted near North Bank Park. (www.waterfireonthemile.com, 614-224-3720)

21. GET THE BEST SEAT IN THE HOUSE.

What goes up (again and again) comes down (again and again) at the Richland Carousel Park in Mansfield. The hand-carved, indoor merry-go-round — the first of its kind built since the 1930s — boasts 52 animal figures and two chariots. Afterward, you can browse the Carousel District. (www.richlandcarousel.com, 419-526-2233)

22. TAKE FLIGHT.

The U.S. Air Force Museum houses a host of impressive aircraft and other artifacts at Wright Patterson Air Force Base, near Dayton. To see planes under restoration, register for a "Summer Behind the Scenes" tour. (wpaafb.af.mil/museum/, 937-255-3286, Ext. 302)

23. CHILL OUT.

As a warm-up to the NHL's return, take advantage of public ice-skating hours at the Chiller Dublin (614-764-1000), Chiller Easton (614 475-7575) or Worthington Ice Center (614 880-9423).

24. WALK BACK IN TIME.

Self-guided tours of German Village should begin with a stop at the visitors center, 588 S. 3rd St., where you can pick up a map and quickly be on your way.

Upcoming events in the village: the Art Crawl (Aug. 6); Actors' Theatre performance of *Romeo and Juliet*, Schiller Park (Sunday); classical guitarist Paul Marsh, Frank Fetch Park (Aug. 23). (www.germanvillage.com, 614-221-8888)

25. PICTURE THIS.

There's more to see at the Columbus Museum of Art than classic paintings. And something to do: The first Saturday of the month, kids and parents are invited for hands-on artwork. This Saturday: a sunflower sculpture. (www.columbusmuseum.org, 614-221-6801)

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OSBOURNE

FROM PAGE B1

tug of war between good and evil in them?

A: Just look at the world. Look at mankind. Look at civilization.

Everybody thinks, because we are called Black Sabbath, that all we ever wrote about was the occult and Satan. That's not the case. I mean, *N.I.B.* is about a chick falling in love with the devil, but other tracks are about world pollution, world destruction, drug addiction and alcohol and love affairs.

Q: Why was volume so important early on?

A: It just happened that way. . . . Now we play so loud because we're all (expletive) deaf.

Q: Do you take your health more seriously before the Ozzfest tour begins each year?

A: I had been overweight. I see old rockers — because they're not actively playing music, they just let themselves go. Even if I wasn't in the music industry I wouldn't want to be overweight.

Q: How did the end of *The Osbournes* affect the family?

A: I was glad it was over because people don't realize (that) for as much success as TV brought us, it more than equaled unhappiness — 10 times more.

We got sued (by a producer who said the show idea was his) — I'm down a lot of money on that. My son became a junkie. I was doing drugs again. My daughter was doing drugs. My wife had cancer. While the show was being filmed, I broke my neck on an ATV. I was in a coma for eight days.

Q: So, after all that, do you feel like it's a new day?

A: I don't drink anymore. When Jack at his age got clean and sober, he was the inspiration for me to get clean and sober. I still take medication, but it's prescribed. I don't go and tell the doctor some (expletive) that I fell down the stairs so I can get some OxyContin.

Q: Do you take pride in being called things such as

the "Grandfather of Metal"?

A: I mean, I'm the Grandfather of Metal, the Godfather of Metal, the (expletive) King of Metal. It should not be me. It should be Black Sabbath. But, personally, I think Motorhead are the Godfathers of Metal.

Q: Any chance for a new Black Sabbath record?

A: We have given it a try. I'm willing to give it a try. If there was a song and we all go "Wow," or a beginning of a song — let's carry that through.

But we're all different guys. We were kids. We were anti-establishment. How can I say I'm anti-establishment when I'm lying in a hotel in New York having coffee delivered to my room at (expletive) \$300 a cup?

I don't think it's quite possible.

Q: In so many interviews I've read, you describe yourself as insecure. How does someone who describes himself as such perform in front of thousands?

A: If you can answer it, for (expletive's) sake, let me know. It's part of being an alcoholic. I was born that way. I don't like it. I have good days. When I get in front of my higher power, I'm (screwed).

Q: What gives you the most pleasure on any given day?

A: Sex. That's the only thing I got left. . . . I can't drink coffee. I can't drink fizzy drinks. I can't drink booze. I can't smoke cigarettes. I don't do drugs.

Q: How did Dimebag Darrell's death affect security at your concerts?

A: I have to have an army of people by the stage. If anyone gets near it . . . I don't know.

I knew Dimebag very, very well. He bought me a guitar for my 50th birthday. He's one of the great guitar players. I tried to get through with my condolences with so much of the rest of the world, and I only hope they got my message on the cell phone because I left a few.

Q: What are your retirement plans?

A: I love getting crowds going. I love being the cheerleader. . . . I've always said that if the crowd diminishes to five (expletive) drunks and a fireman, I'll call it a day.

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PARENTING

Children benefit most from realistic support

By Rachele Vander Schaaf
PARENTING MAGAZINE

It had to happen sometime. About age 8, your self-assured, almost cocky kid will realize that some of his classmates run faster, have more friends or get better grades than he does.

"Children this age give up their feelings of grandiosity and become more realistic," says Roni Cohen-Sandler, author of *Trust Me, Mom — Everyone Else Is Going!*

Your grade-schooler is acing in your book — and you've been saying so from day one. But if you keep telling him he's the best when he knows he's not, you risk losing credibility. To raise your child's confidence without setting him up for disappointment:

- Praise hard work over

perfect results. Rather than just applaud when he gets an A, give him kudos for his concentration on a tough project.

- Focus on a specific strength. Tell your child how well he passes the ball or how kind he is to his friends. The more targeted your compliments, the more meaningful they'll be.

- Keep others out of it. Don't comment on siblings or peers. Even saying "At least you did better than . . ." promotes constant comparison.

- Soften the blow. If he's feeling inferior, steer him toward an activity you know he's good at, from a favorite game to helping a sibling with homework.

- Share your setbacks. Your kid will feel better to know that even you face disappointment — and how you overcome it.

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