

Lifestyles

Free

Vol. 15 Issue 4

April 2013



www.lifestyles2000.net



The Bellevue Hospital Recognizes Our Medical Staff

Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.

Representing the Medical Staff of The Bellevue Hospital are the Medical Staff Officers for 2013. Pictured from left to right are:
 Larry Von Kuster, M.D. - Secretary-Treasurer; Donald Smith Jr., M.D. - Vice-President; Greg Karasik, M.D. - President;
 Doug Hoy, M.D. - Chairman, Credentials Committee; Not pictured, Rugen Alda, M.D. - Member-at-Large

In observance of National Doctor's Day and every day of the year, the Family of The Bellevue Hospital would like to congratulate and thank all of the members of the hospital's active, courtesy, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.

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Cover Photos by Robin Arnold

Lifestyles is available at local Subways in Fremont & Clyde.

Out to Lunch

By Lynn Urban



Jammy Buggars

Normally I wouldn't send someone as far as Cleveland, but this is a special place. One of Fremont's own has opened a pub style restaurant in Lakewood, just this side of Cleveland. Jim Sprenger, brother of Rudy Sprenger, from "Rudy's Family Restaurant", found his dream at this quaint neighborhood establishment. It's in a beautifully restored building on Detroit Ave. with parking on the street and also in the back. It's very easy to get to, just off of Rte. 2.

When Jim found out someone from Fremont was in the house, he stepped out of the kitchen to chat with us. It was like talking to a proud Dad about his new baby. He started out in the corporate world, but deep down he thought he should be in the restaurant business, and when CVS bought Rudy's, he knew it was time. He's only in his second year and he's putting in about 18 hours a day, 6 days a week. They're closed on Sunday.

His distinctively creative menu caters to everyone's taste.

As soon as you sit down you are offered a bowl of homemade crispy seasoned potato chips to munch on. The burgers are their specialty. Jimmy goes to Wooster Ohio to pick up the grassed fed organic beef from a farm there. The beef has wonderful flavor. Another specialty is the house fries, which remind

you of the original fries you used to get at Cedar Point. He makes 6 sauces for dipping on the side. Even the pickle spears are homemade with a sweet dill flavor. I tried the "fish'n Chips". It was a pretzel coated Alaskan cod that melted in your mouth, and was served with a jalapeno-honey tarter sauce. It was delicious.

Besides burgers, you may want to try the Hawaiian Pulled Pork with pineapple jam, or the Cheese Steak Sandwich with sliced sirloin. The Mac and Cheese has Andouille sausage, broccoli, onions and tomatoes with a white cheese sauce. I'd love to try that. The soups and salads are interesting also.

There is a kids menu and also some vegan dishes. That means cooking without any animal by-products.

They offer 20 Beers on Tap and about 40 different bottled beers. He also makes his own Root Beer which he uses in his Root Beer Floats and his Adult Root Beer Floats made with vodka. Other desserts include homemade peanut butter pie, bread pudding, and fresh baked chocolate chip cookies.

Some nights have special deals and Tuesdays are always Charity night. Check out the menu and hours on www.jammybuggars.com It's worth the trip.



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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

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30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Easter!

Spring is here, not that the weather is spring like, but the calendar says it is so.

We have many events coming up this month to support local charities and folks who are in need of financial assistance, please consider being a part of these important efforts.

This is our last issue before we begin year number fifteen. That's right, the first issue of Lifestyles2000 came out in May of 1999. We don't know where the time has gone, but we do appreciate our advertisers and readers that have remained faithful these past fourteen years.

Enjoy the warmer days, spring flowers and blue skies. See you in May!

God bless,
Joanne



Over 170 entries in March, but a great many had the wrong answer. Most of you got it, Mary's Pampered Pets, but many others guessed Jenesis, Swim Rite and Otto & Urban.

Find Pete Winners

Winners are: Janet Boatman, Kansas; Jerry Lagrou, Lynn Reineck, Olga Lopes, Ashley Myers, Glenn Billow, Janelle Havens, Faith Beaver, Charmaine Longanbach, Hannah Foos, Rende Beeker, Luanne Yeager, Fremont; Tom Beckman, Jackie Wooten, Jenna Silcox, Lisa Warner, Dylan Sabo, David Fenner, Bellevue; Erin Miller, Green Springs; Daria Almaguer, Clyde; Neil Wilson, Oak Harbor.

Find Pete Prizes

"Find Pete" prizes for Feb. include gift certificates from The Spot, Jenesis Salon, Dairy Queen West, Rally's, Old Fort Market, Calico Cat and Legends.

You may request a specific prize.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!

Benefit to be held for Patti (Burroughs) Saam

WHERE: Coon Creek Hunt Club – 1589 St. Rte. 510-Vickery

Date: April 27 Time- 4p.m- 9p.m.

*Live DJ with some live entertainment *Dinner will be- \$7.00 a plate *Silent Auction with over 30 items!

*50/50 Raffle



Patti (Burroughs) Saam is only 52 years old and is a very loving mother, grandmother, sister, daughter, wife and friend. In the last two years she has had three surgeries for bowel obstruction. This last time she had two surgeries back to back in November 2012. Her hospital stay was nearly three months. She was sent home with an infection throughout her body and multiple fistulas. After being sent home she was transported back to the hospital an additional three times for emergencies. The family has incurred a great deal of medical expense and Patti is facing at least two more surgeries to help her get back on her feet and enjoy her family.

Donations for the continued medical expenses will be greatly appreciated. Donations can be sent to Amanda Scott 413 South Kansas Street. Apt. A. Green Springs, Ohio 44836



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April 20 Troysers Sliced Bacon \$2.99lb. save \$1.00 lb.

April 27 Homemade Bratwurst \$3.29lb. save .70lb. limit 10lbs.



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

The Home and Garden Show is history. What a time we had! So many of you came and stopped at our booth. Most of you tried your luck at our skill game to win your choice of Dinner for Two, two of Ms. Grace's homemade pies, or a whole batch of chocolate chip cookies. Twenty-three of you won! Many stopped to get our 2013 Tea at Two schedules or a packet of Teddy Bear Sunflower seeds. It was fun, we thank you.

A new adventure, whose organizers were seeking volunteers, came to my attention. You know me and new challenges---I just can't resist. The Sandusky County Visitors Bureau has begun to offer tours of the old 1892 jail, located on the corner of Croghan and Clover Streets in Fremont. They were looking for guides for these tours. Tours take place on the last Monday of the month at 5 p.m. to 5:30 p.m.; 6 p.m. to 6:30 p.m. and 7 p.m. to 7:30 p.m. Cost is \$2 per person. On the tour, you will visit one floor of jail cells; view the area that served as a residence for the sheriff's family, the dungeon under the court house and an elevator ride to the 3rd floor to see the gallows and other old jail items. I did my "maiden voyage" tour last night and I didn't even get lost! It is best to call the Visitors Bureau at 419-332-4470 to make reservations. However, walk-ins are welcome.

Maybe you would like to come to another jail adventure-a Dinner Theatre. The bureau offers these on the last Monday of the month. You will be served dinner in the cell block by uniformed "jail staff", eat on tin trays, and David Lester will sing jail songs while you eat. The tours (previously described) come next, complete with entertaining jail stories. Again, call reservations into the Visitors Bureau.

The April Tea at Two here at The Old Garden House will NOT be served at 2

p.m. but rather at 5:30, as it is a high tea. A light dinner replaces the tea sandwiches. The Victorian Experience that follows will be about Victorian jewelry. We will have a guest presenter. Call Ms. Grace to make reservations at 419-332-7427.

The May Tea at Two will be held at 2 p.m. but NOT on the usual last Tuesday of the month. It will be a Mother-Daughter Tea and Garden Party on the Sunday after Mothers Day. (May 19) Grand and great grandmothers are most welcome. Daughters need to be 5 years of age or older. We will have the event rain or shine. We hope for shine, of course! Call for reservations. (34 is our capacity for this event)

Spring has sprung-YEAH! Pass-Along-Plant Day is set for 1 p.m. to 4 p.m. Sunday April 21. (3rd Sunday) Come, bring any extra perennials you may wish to share and take some others have brought, seeds are welcome too. Nothing to share you say? Come anyway. There are always so many plants and the seasoned gardeners can answer your questions and are happy to share. By the way-if you ever use map quest or any other internet direction finder to locate me, you have to type 1045 SOUTH Bloom Road. Otherwise the computer, in its almighty wisdom, will send you to the other end. South Bloom Road is a short road that dead ends in my driveway and also dead ends at the river.

Smile—Sing—celebrate its spring and LIFE IS GOOD!

Ms Grace

Ms. Grace is the owner-manager of the Old Garden House. She is the mother of eight grown children, has 16 grandchildren and 7 great-grandchildren. She has over 45 years of "hands in the dirt" experience with flowers which she loves with a passion second only to her love for people – especially children.

Campfire News & Notes

Repairs are almost complete at Camp Fire after the frozen and broken water pipe disaster in January. The damage was quite extensive. In the meeting room the walls, ceiling, carpet, and lights all had to be replaced. We were literally out to the studs in that room. The office lost its ceiling and lights, and the Assembly Hall had to have a new ceiling and lights as well---All 109' of it! We still have lots of boxes to unpack and materials and supplies to put away, but life at Camp Fire is slowly returning to normal. We want to thank Hayes Memorial United Methodist Church, St. Joseph Catholic Church, First Brethren Church, and the Ballville Twp. Fire Department for allowing us to use their facilities for board meetings, club meetings, and other activities.

There is still time to order candy and flowers. Our spring product sales end April 12th. We are selling World's Finest Chocolate candy bars and Mint Meltaways as well as bedding flowers and hanging plants. If anyone would like to place an order, call

the office at 419-332-8641. Camp Fire is a United Way Member Agency.

Our annual Birthday Potluck will be held on April 9th. Doors open at 5:30, and dinner begins at 6:00. This is a special time for Camp Fire members and their families to gather together for sharing and celebrating. Winners of the art contest will be announced and we will hold a Fly-Up Ceremony for all members moving up to the next level. **MARK YOUR CALENDARS!** The Real Estate Professionals of Sandusky County are holding a fund raiser for Camp Fire on Sunday, April 21st at Sacred Heart Church from noon until 2:00. The dinner will include spaghetti, salad, bread, dessert, and a drink. Prices will be \$5.00 for a mini-meal and \$7.00 for a full meal. Carry outs will be available.

We would like to welcome Kim Harden as our new administrative assistant. She will be the first person to greet you when you come to see us. The kids will recognize her as "Miss Kim" as she has served as water front director for many years.



Camp Fire

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In your own back yard

Quarter Auction/Fundraiser for Ethan's Camp Coast Kids~Team Make It Fit Foundation (children affected with autism) Sunday, April 14th @ Fremont VFW 204 Birchard Ave. Doors open at 1:15 and starts at 2pm, wear orange to show your support, bring your rolled quarters to play and your appetite. Sloppy joes/hot dog/coney dogs, chips, drinks available to purchase. A bake sale and autism items to buy, and local vendors! For more info contact Tammy Duncan 419-680-0832.

Findlay Dance Party. Saturday April 6th & 20th at the Findlay Moose Lodge (1028 W. Main Cross St., Findlay). Singles and couples welcome. Admission \$9. Dance 7 to 11pm. Call 419-992-1215 for details.

Croghan Elementary School will be hosting its annual Family Fun Night on Friday, April 12th from 5:30 – 8 P.M. Events include: Chinese auction featuring donations from local businesses, kid's games, Bingo, a cake walk, face painting, and great food! We will also have a basket raffle which includes great themed items. Tickets for the games and prizes can be purchased that evening. All children must be accompanied by an adult. We are located at 1110 Chestnut Street in Fremont. Come for dinner and spend an evening of fun!

Clyde St.Mary's Rummage Sale is in its 41st year! The sale is April 18th, 9-6, April 19th, 9-5, April 20th 9-noon (Bag Day). The sale is located in the parish hall at 609 Vine St. Clyde. Half of the proceeds will benefit the Clyde Food Pantry. For more info contact the parish at 419-547-9687.

Mothers of Preschoolers Mom 2 Mom Sale set for April 6. Local Mothers of Preschoolers Organization is hosting a Mom 2 Mom Sale on Saturday, April 6 from 9 a.m. until noon. The event will be held at Grace Lutheran Church, 705 W State Street, Fremont. The public is welcome and encouraged to sell their infant and children's items by purchasing a table at the sale. Tables can be reserved to sell items by contacting Courtney Stacey at 419-466-1084. The public is also welcome to shop the sale for a \$1.00 admission with proceeds being donated to Heartbeat of Sandusky County.

Race 4 Grace, 5K run/walk on Saturday, April 13. Race begin at The Fremont Rec. Center at 9 a.m. sharp. Registration information is available on the web at www.womenofgraceministries.org.

Knitting With Emilie is a free event that will be held at Pontifex (416 W State St Fremont) every Wednesday from 2pm-4 pm, begining April 24th. Knitting With Emilie is a class offered to anyone interested to learn to knit or hone your knitting skills. If you are interested in participating or for more information please call, Emilie at 419-484 8033.

The Sandusky County Republican Women will hold their annual Spring Banquet on Thursday, April 11, at Anjulina's Catering, 2270 West Hayes Ave., Fremont, with social hour at 6 p.m. and dinner at 6:30 p.m. Guest speaker is Secretary of State Jon Husted. The cost is \$30 per person and reservations are required. You may send your check, made payable to the Sandusky County Republican Women, to Marion Bower, Treasurer, 2951 East State Street, Fremont, Ohio 43420. Reservations should be

made immediately as seating is limited. Dinner will be served family style with three entrees, sides and delicious desserts. The public is invited to attend. You do not need to be a member of the Republican Women or a resident of Sandusky County to attend. If you have questions, call Peg Rettig at 419-547-8033.

Birchard Public Library Book Sale April 17-20. The library is located at 423 Croghan St., Fremont. Prices are 25 cents to \$3. Members of the Friends of the Library are invited to attend April 17 from 5-8pm. You may join that night and buy books. The sale is open to the public April 18 from 10am-8pm, April 19 from 10am-5pm and April 20 from noon-3pm with Saturday being a \$2 bag day sale. Bags will be provided.

The **Clyde's Eagle-Mania Quarter Auction** will be on Sunday, April 14th at the Clyde Eagle's-1120 South Main Street. The doors open at 12:30 and the mania begins at 1pm. This Auction will be for The Dravet Syndrome Foundation, In Honor of Breanna Heck. The Dravet Syndrome Foundation is important to raise money for research for more effective treatments for this devastating disorder. For 2 1/2 years Breanna did well with seizure control and now she is having a hard time with them again. She is now through most of the meds and the seizures are worse, that is why research for more treatments is so important. Breanna is 6 and running out of options. Please join us to help this little girl and others like her to overcome this disorder.

There will be a Bake Sale, that will help a local family get to Surf for Autism in Florida. This month's door prize drawing will benefit the Humane Society of Sandusky County, to be entered please

bring any of the following items, or buy tickets at the door: paper towels, Dawn dish soap, laundry soap, scrub brushes, brooms, bleach, Q-Tips, cotton balls, computer paper, used blankets and towels, used cages.

It is \$5 to get in and you will receive 2 paddles. Bring your quarters and bring your friends for a great time helping a great charity.

Opening day for the Clyde Museum 2013 Season is Thursday, April 4th. The museum is located in the former Grace Episcopal Church at 124 W. Buckeye St. (across from the Clyde Post Office). Open Thursdays 1-4pm, April through September, for special events, and by appointment year-round by phoning 419.547.7946. Individuals and groups are most welcome to call to schedule tours. No admission charge. Donations appreciated. Parking available on-street and in the lot at the rear of the museum. Free Summer Family Programs are scheduled at the museum on the third Thursdays of June, July & Aug. (2-3pm) Programs include presentations, hands-on activities and light refreshments. Reservations appreciated one week ahead by calling the museum or email clydeheritageleague@yahoo.com. Program theme this year is: "The Creative Side of Clyde" with a focus on the Arts (visual, music, & theater). Check for updates on the website. <http://www.clydeheritageleague.org>.

The McPherson House, boyhood home of General James B. McPherson, is located on the corner of US 20 and Maple Street. The house museum is open for special events and by appointment year-round. Tours can be scheduled using the same

Own Backyard, cont'd on page 7



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contact information as above. The museums are maintained and operated by Clyde Heritage League, Inc. Member of American Association of State & Local History; Ohio Local History Alliance, & Clyde Business & Professional Association.

"The Annual Jerry Moffo Jewelry Sale" will be held on Sat., April 20 from 11am-4pm at St Paul Lutheran Church 9789 W. Oak Harbor S.E. Rd. in Oak Harbor. Being offered are closeouts and samples of Sterling Silver, Marcasite, 10K and 14K Gold, Pearls and Gemstones. A great way to purchase something for those special occasions, Christmas.

Fremont Elks #169 Events, Croghan Street, Fremont: April 5th BBQ pork/Hot dogs with sauce, Soup, Salad and Dessert Bar; April 6th Nickels Cafe "Roast Beef Sandwiches", Hosted by Brad Lawrence & music by Port a Party to Welcome Greg Held as our New ER; April 12th our Annual "German Brats, Spaetzle & Beer" hosted by Mr.'s Toeppe, Zilles & Burkett; April 19th Charbroiled Chicken Breast with trimmings & Soup, Salad & Dessert Bar; April 26th Taco Bar, Nachos, Chicken Tortilla Soup, Salad & Dessert Bar

The Terra Choral Society presents "Music That Changed the World" on Friday, April 26, 7:30P.M., at the Performing Arts Center, Port Clinton High School, and on Sunday, April 28, 4P.M. at the Clyde High School Performing Arts Center. Selections include traditional, pops, masterworks, patriotic, and Americana. Also performing will be the new Terra Children's Choir and the Terra Chamber Orchestra. Call the Terra Music Office 419-559-2233 for tickets or information.

Let's have a Tea Party and Luncheon with the Fremont Area Women's Connection. Put on your favorite hat (if you wish) and come to Anjulina's Catering, 2270 W. Hayes Avenue, Tuesday, April 9. Luncheon 11 am - 12:30 pm, \$12.00 inclusive. The Feature and Speaker will be Linda Harrah, Parma, OH. Linda will show her tea pot collection and give tips on planning tea parties. She will then tell us how she found an exciting book that gave a new perspective. For luncheon and free child care, please call by April 4th -Donna at 419-680-2251 or Carrol at fawcluncheon@gmail.com

Christian Motorcyclists Run for The Son, Revelation Riders #927, Mad River Harley Davidson in Sandusky, Sat. May 4th at 10 am. This will be a scenic 100 mile ride ending with a free meal and fellowship. If you want to make a donation or have any questions please email Rod at: rodmcm@thewavz.com

Washington PTO Spring Fling Quarter Frenzy - Monday, April 8th 6:30-8:30 pm at Ole Zim's Wagon Shed, 1387 St. Rte. 590. Doors open at 5:30. Bring a roll of quarters or 2 to bid on a wide variety of items. \$5 Admission includes 1 paddle! Additional paddles \$1 each. Concessions Available. For more info contact Judi Neill - 419-665-2160 or Erica Overmyer - 419-665-2054.

Village House "Spring Fling" Set to Help Area Children

Village House in Fremont is gearing up for the warmer days to come by holding a benefit fundraising event.

The first annual Village House "Spring Fling" is set for Sunday, April 28th, and will feature music, auctions and raffles, all to raise money to help cover to cost of the daily operations.

Area band "Wally and the Beavs"...a favorite with the fair, festival and Islands set...will provide the musical entertainment.

"It's really a fundraiser disguised as a Wally and the Beavs Show.", says organizer Norm Van Ness, Chief Meteorologist at WNWO in Toledo and Village House Board Member.

"They provide a high energy, good-time show...and we know that fans of the band like to have a fun time, and are good, generous people." Van Ness added. "So we're bringing them all together under one roof to help raise money for a great local charity".

The "Spring Fling" will be held at the American Legion Hall in Fremont. Doors are slated to open at 1pm, with the band starting its show at 2pm. Food will be available on-site, and a cash bar will be open to help satisfy any thirsty dancers.

Attendees are encouraged to arrive early to get a look at the items that will be available in the event's "Chinese Auction", and to purchase last minute raffle tickets for the day's big prize which is a 50" High Definition LCD television. Also a 50/50 and several "pull-ticket" raffles will be held during the event.

Village House serves the children of Sandusky County and surrounding areas by providing a safe, loving environment for child victims of abuse, neglect, divorce or separation. Visitation rights of parents and guardians accused of abuse in Ohio are maintained until a court decides otherwise. Village House provides a safe, monitored place for those visits to take place, in addition to assisting in custody exchanges and providing parental counseling.

The organization has a limited fee structure so nearly all of its operating budget comes from grants and fundraisers. Tickets for the event are \$20 each and can be purchased by contacting Village House at 419-334-4582. Additional information and updates can be found on their website at www.villagehouse.org. A link to the Village House Facebook page can also be found at the website.

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Helen Marketti's Music Corner



Cathy Richardson

Cathy Richardson has been the singer for Jefferson Starship since 2008. Prior to such an honor, she had taken the space left by Janis Joplin and toured with Big Brother & The Holding Company as well as played the role of Janis in the theatre production of "Love, Janis". Cathy has been on a musical road for most of her life yet she still finds time to create her own inspirations when playing with her own band in her hometown of Chicago.

"I remember my next door neighbor and I trying to learn to play the guitar. I was about ten years old at the time and she was a little older than me," recalls Cathy. "She would let me listen to her record albums. One day she told me that if I really wanted to hear girls playing guitar then I should listen to "Heart". I knew my sister had one of their albums so I listened to it and when I heard the opening for the song, "Barracuda", that was THE life changing, pivotal moment

for me. Here were two women who were out front, leading this hard rock band. They were pretty and mysterious looking. I love Ann Wilson's voice. From that point on, I knew I was going to be a rock star. As I got older, I was able to see "Heart" in concert several times. Another dream come true was opening for them during the 90s in Chicago. I had my own band by that time. The second time I opened for them, I was by myself doing an acoustic set in Hawaii, so it definitely came full circle."

As time went on, Cathy seemed to be prompted by the universe as a series of events lead her to play the role of Janis Joplin. "One day in high school someone put up a flier that said, "60s Day tomorrow! Dress like a hippie!" I thought that sounded cool," remembers Cathy. "We started dressing like hippies all the time. I wore these large framed, prescription glasses and my hair was long and somewhat permed. I was playing guitar and singing by then and everyone started calling me "Janis". I have to admit, I had no idea at the time who Janis Joplin was."

"I had a friend who worked in the theatre and told me that "Love, Janis" was coming to Chicago and suggested I see it. I had already read the book "Love, Janis" so I was familiar with her story," said Cathy. "One day I received a call from the producer of the show. He said the girl who was going to play Janis dropped out. I had no theatre experience at all and said, "no thank you" but he persisted, telling me they just needed a singer and not to worry about anything else. He suggested I stop by the theatre and meet Sam Andrews (original guitar

player for Big Brother & The Holding Company) who was the music director. Well, they ended up offering me the role of Janis on the spot and rehearsals were to start the following week. I toured with "Love, Janis" for about a year and a half. I left the show in 2002."

Life has a way of finding us even if we are not paying attention to what it has in store. "I got back on the road with "Love, Janis" in 2006 in San Francisco," said Cathy. "The following year I did the show in Phoenix and Tucson. At the time, Sam Andrews told me they were going on a national tour of thirty cities with Jefferson Starship, It's a Beautiful Day and Quick Silver Messenger Service. He asked me if I would be interested in being their singer for "Big Brother".

"After the tour was over, Diana Mangano who was the singer for Jefferson Starship decided that after thirteen years she didn't want to do it any more," recalls Cathy. "Paul Kantner (original member of Jefferson Airplane and Jefferson Starship) asked if I would be interested in singing with them and that's how it all got started."

Cathy works with her own bands when not on the road. "I have my own Cathy Richardson Band which is based in Chicago. I have had this band since the 90s and we do a lot of original material and cross over different genres. My other band is the Macrodots, which is a partnership between Zach Smith (formerly of Scandal) and myself. Macrodots has a more focused, rock sound. Inspiration for songwriting comes through life experiences because some events are more prolific than others."



In 2003, Cathy received a Grammy nomination for her artwork for the album, The Road to Bliss. "I was inspired to start creating cool CD packages after I saw Joni Mitchell's album, "Turbulent Indigo" which was the first CD I ever bought that reminded me of an album where the art work was tied in with the music. I used to stare at my album covers and read every single liner note." The road for Cathy Richardson is paved with good intentions and remarkable experiences. A magical trip that has no signs of slowing down.

For more information: www.themacrodots.com and www.CRBand.com

Cathy Richardson is on Facebook.



Sam Smith Cathy Richardson
macrodot



The Bellevue Hospital Welcomes Dr. Hala Bunni

Hala Bunni, M.D. has joined the Family of The Bellevue Hospital as an obstetrician/gynecologist. Dr. Bunni was born in Great Britain and raised in Canada. She now resides locally and in her spare time enjoys cooking, entertaining guests, trying new foods, traveling, snorkeling, and most of all, shopping!

Education:

University of Western Ontario, London, Ontario, Canada • American University of the Caribbean School of Medicine, St. Marten, Netherlands Antilles

Residency:

OB/GYN Residency • Franklin Square Hospital, Baltimore, MD

Hala Bunni, M.D., OB/GYN

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Dr. Bunni is a member of The Bellevue Hospital's Medical Staff.

Nature Photography: A Lifelong Passion

by Robin Arnold

My passion for nature/wildlife photography began in 1976 when I dropped out of music school, sold my French horn, and bought my first camera. Shortly after that, I entered the first ever Sandusky County Parks Department Photo Contest which was held at their office in the Fort Stephenson building. I was very disappointed when my photo of an out of focus squirrel sitting on my grandparents porch didn't even place, but I also realized I had lot to learn. Thirty seven years later I'm still chasing the light and still learning. I've had several requests over the years to photograph weddings and portraits but nature photography is where my heart is. A loner by nature, I'm much more comfortable roaming the natural areas looking for birds and bugs than I could ever be stuck in a studio.

I don't travel to exotic places but prefer to photograph in the area surrounding my hometown of Fremont. In fact, most of my photos have been taken on the 12 acres my grandfather, Harry Drenning, bought in the late '60s and where I now live. Not only do I have my grandfather to thank for the property, but it was he that instilled in me a love and curiosity of the natural world that has been with me my entire life and has made me a better photographer.

Although I have sold many photos over the years to magazines and through stock agencies, what I enjoy most is selling prints out of my home studio. I do all of my own image editing in Photoshop (the digital equivalent of a chemical darkroom) and print them, using a dedicated photo printer, onto professional quality photo paper using archival inks. If you are interested in decorating your home or office with beautiful photos of our local flora and fauna check out my website at www.robinarnoldphotography.com where you can view many of my photos. I can also be reached at 419-732-3138 and muskrat55@yahoo.com.

Evolution's Effect on Society's Ills

Evolution 'theory' can be linked to cultural social ills. Many believe that evolution is a factual science. Most evolutionary scientists, the media, and typical public high school textbooks present (either subtly or overtly) that evolution is factual. God is not given any place in the "origin of anything". Think about this connection: The more that generations of students are indoctrinated to believe that we evolved as mammals in the origin of life, then the more their thinking processes become devoid of any understanding of accountability to a Creator God. The more they will tend to believe that there are no absolute truths and that all truth can be relative.

What can ultimately happen? Right and wrong will then be whatever people determine for themselves. If people believe they are just an evolved mammal, they are inclined to think they can do whatever they want for their own selfish pleasure. The truth is, God created us and gave us parameters, especially in sex, marriage, and sanctity of life for our own best interests. But if we are just mammals, then what is wrong with getting rid of a few million spare fetuses?

The more a culture abandons a Biblical framework, the more that culture develops a different life philosophy. That new life philosophy is convenient for that culture as they feel they are not accountable to anyone except themselves. This can result in abortion, school violence, child abuse, sexual perversion, infidelity, lies, cheating, greed, pride, or self-indulgence. In reality, this is sin against a Holy God of which there will be consequences here on earth and for eternity.

All Biblical doctrines of theology are founded on the historical creation account in Genesis 1-11. In Matthew 19:4-6, when Jesus Christ was asked about marriage, He immediately quoted Genesis 1:27 and 2:24 to explain the doctrine of marriage as one man for one woman for life. [And He answered and said, "Have you not read that He who created them from the beginning MADE THEM MALE AND FEMALE, and said, 'FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH'? So they are no longer two, but one flesh. What therefore God has joined together, let no man separate."

Thus, Jesus believed Genesis to be the historical foundation by which we should define marriage! If Genesis is just an allegory, or mythological, then marriage can be defined any way you want. The historical fact that God made man from dust and a woman from a man's side is the only reason marriage (being of a male and female) can be defended. Jesus and Paul (in Ephesians 5) taught that a couple becomes one in marriage. Genesis is truly the foundational book of the Bible and today's culture has directly attacked that foundation!

Based on thoughts from the book 'Why Won't They Listen?' by Ken Ham and submitted by John Fehl, an electrical engineer and Sunday school teacher at Fremont Alliance Church, 936 Brush St, Fremont, OH 43420. John and his wife Barbara have been volunteers with Youth for Christ / Northern Ohio for over 25 years. They can be reached at jbfehl@hotmail.com

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My Mother's Recipes

By Joanne McDowell

Spring is here, at least we think it is. Time to start planning outdoor grilling and summer picnics. But for this month both recipes are for the crock pot, so get it out one more time.

Here is an interesting recipe sent to me from Peggy Tod, who spends her winters in sunny Scottsdale. Peggy knows that Carrot Cake is my downfall, however this looks like more work than I really want to do, so I will wait for her to return and make it for me.

By the time this issue arrives I hope she and Gordon have returned, I miss our dinners out, and her great cooking!

Crock Pot Carrot Cake

Ingredients:

- 2 cups grated raw carrots (about 4 carrots)
- 1 1/2 cups flour
- 1 1/2 cups sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp nutmeg
- 1/2 tsp ground cloves
- 1 cup vegetable oil
- 3 eggs
- 1 tsp vanilla
- 2 tbs hot water
- 1 cup raisins (optional)
- 1/2 cup chopped nuts (walnuts or pecans) (optional)

Note: Doubling the ingredients makes an approximately 3 inch high carrot cake.

Directions:

Grease the inside of a crock pot. Grate carrots to a fine consistency. In a bowl, combine flour, sugar, baking powder, baking soda, salt, nutmeg, and cloves. In a mixing bowl, beat together oil and eggs. Add vanilla and water and continue to beat. Stir in grated carrots. Add flour mixture and nuts and raisins. Mix together thoroughly and pour into crock pot. Cover crock pot with 4 paper towels (do not let paper towels touch cake mixture.) Add lid and cook on high for about

2 1/2 - 3 hours. Do not open lid until last 30 minutes. Cake is done when firm in the middle. Check by inserting a toothpick in the center. If done, the toothpick should come out clean.

Remove the crock from the crock pot. Remove lid and paper towels and let it cool 10 - 15 minutes. Run a knife around the outside edge of the cake to loosen. Place a large serving plate upside down on the top of the cake. Holding crock and plate together, carefully flip the cake upside down. It will be steamy hot so be careful!

For the glaze:

4 tbs butter

1/2 cup buttermilk

1/2 tsp baking soda

Directions:

In a medium saucepan, melt butter; add buttermilk and baking soda. Bring to a boil. Pierce cake with a skewer all over top. Pour glaze over hot cake.

Lynn Fox has sent along another recipe. Thanks Lynn for taking the time to write these down and send them over.

Johnsville Brats

- 1 jar Spaghetti sauce
- 1/4 cup green peppers chopped
- 1/4 cup chopped onions
- 1/4 cup salsa, hot or mild

Brown brats first, then put in crock pot for two to three hours.

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Bellevue Hospital's Reiki Circle

Being hospitalized is rarely a patient's first choice. However, having access to skilled physicians and staff, as well as the opportunity to integrate additional healing options such as Reiki Energy treatments into their care, can be life enhancing to help them feel calmer, more comfortable, more empowered, and more in control during a very stressful time.

Reiki energy work is coming full circle learning that healing is more holistic when we incorporate these "mind, body, spirit techniques". The face of health-care is changing, moving toward a more open-minded view of non-conventional remedies, some new, some long forgotten. Until recently, alternative and complementary therapies including "energy work". Now patients are seeking healing options such as Reiki and giving us very positive feedback. Research has shown that these therapies (often called "mind-body-spirit techniques") can help decrease anxiety, diminish pain, strengthen the immune system, and accelerate healing by simply inducing the "relaxation response" (and reversing the "stress response" and subsequent impacts on the body, illness, and disease). When patients choose these options, there is often a greater sense of participation in healing and restoration of health and, patient satisfaction.

Reiki Circle is a volunteer service of Reiki Practitioners that attend monthly meetings at Bellevue Hospital from 6-8PM in conference room A & B. The first hour usually is to welcome the public and introduce them to Reiki and to provide information and education about the art of energy healing. The practitioners give a fifteen minute treatment for them to experience Reiki energy first hand. I am sorry to say that time does not allow for everyone to receive treatments and is limited to one treatment. The second hour is donated for the practitioners to review any new updates, as well receive treatments. Everyone is welcome to attend.

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ACTIVITIES FOR APRIL:

Call 419-334-4495 for reservations
Sandusky County Park District announces April events:

The Day After, Tues, April 2, 12:30-2:30pm, Countryside Park, 1970 Countryside Place, Fremont. The day after April Fool's is for learning the truth about our natural world. We will demystify some common myths as we walk the paved path in the park. Registration required..

Yo-Yo Quilting, Sat, April 6, 10:30am-12:30pm, Creek Bend Farm, 654 S. Main, Lindsey. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Yo-Yo Quilting, Tues, April 9, 4:30-6:30pm, Park Office, 1970 Countryside Place, Fremont.
Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Nature Discoveries, Sat, April 13, 11am-1:pm, Decoy Marsh, 2700 C.R. 259, Fremont. Let's discover aquatic life! Bring a dip net if you have one and knee-boots for some shallow-water exploring. Designed for ages 10 to adult. Dress for the weather. Registration required.

Campgrounds Open, April 15, White Star Park and Wolf Creek Park, Primitive sites: \$15 per site, per night. Sites with utilities(available only at White Star Park): \$25 per site, per night. Campers must fill out a camping permit upon entering the campground and all sites are first-come, first serve with no reservations taken.

Meet Me at the Cabin: Spring Wildflower Walk, Tues, April 16, 10am, White Star Cabin, 5013 C.R. 65, Gibsonburg. Learn wildflower folklore and medicinal uses as we walk the trails in search of spring wildflowers. Boots suggested. Registration required.

Salamander Search, Sat, April 20, 9am, White Star Trail by the Tracks, 4899 C.R. 65, Gibsonburg. Join Naturalist Linda to hike back to the woods and search for the elusive little creature, the salamander. Salamanders like wet areas so boots are suggested. Registration required.

Stargazing, Sat, April 20, sunset, Wolf Creek Park Campground. All ages are welcome to view the night sky with telescopes set up by Sandusky Valley Amateur Astronomers. You are invited to bring your own binoculars, telescopes, and questions about astronomy. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, 2701 S.R. 53 south of Fremont.

Families Enjoying Nature-Wetland Walk, Mon, April 22, 4:30-6:30pm,

Doug Haubert Wetlands at White Star Park, 1330 C.R. 66, Gibsonburg
Bring your cameras, bug boxes, dip nets or other outdoor gear for exploring! It's spring and the wetland is full of life. We will search for birds, bugs, frogs, and learn a little more about plants, too. For families of all ages. Registration required by calling 419-334-4495 or toll free 1-888-200-5577.

Go Fly A Kite!, Tues, April 23, 5:00-7:00pm, White Star Barn, 5013 C.R. 65, Gibsonburg
Join us to celebrate National Kite Month. All ages welcome, all supplies provided. Arrive anytime from 5:00-7:00pm to make

a simple sled kite, and other cool stuff. Come out rain or shine, we can still make the kite, fly it later. To be sure we have enough kite string, registration required.

Yo-Yo Quilting, Wed, April 24, 5-7pm, White Star Cabin, 5013 C. R. 65, Gibsonburg. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Puddle Jumpers: Wildflower Walk, Thurs, April 25, 10am, White Star Park Log Cabin, 5013 Co.Rd. 65, Gibsonburg. Ages 5 and under should think spring as we travel the trails to look for spring flowers. Boots suggested. Registration required.

HIKE for the Health of It, Thurs, April 25, 2:00pm, Decoy Marsh, 2700 C. R. 259, Fremont No registration needed, just show up and walk with Naturalist Linda.



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You won't need to participate in a prizefight to profit. In the upcoming month, you may find that you are wedged between a rock and hard place whenever you try to make a change. Wait for better timing.

TAURUS (April 20-May 20): There is a tendency to cling tightly to a past victory and wear it like a badge of accomplishment. You could learn that putting forth extra efforts may be both advisable and beneficial.

GEMINI (May 21-June 20): Know where you are. Start the month off by balancing the checkbook because you may need plenty of cash on hand for something unexpected. If you don't need extra cash this week, you will be all set.

CANCER (June 21-July 22): Remain calm in the face of the storm. The month ahead might be a poor time to initiate a major project with a partner or make a commitment. Someone could change their mind or act unpredictably.

LEO (July 23-Aug. 22): Open your heart as well as your mind to new ways of looking at the world. "Your way or the highway" is not a motto that will win you friends or help you attain your objectives.

VIRGO (Aug. 23-Sept. 22): Put your eye for perfection to good use. Organize files, balance checkbooks, straighten out closets, buff the furniture or wax the car. Regular maintenance keeps things running smoothly.

LIBRA (Sept. 23-Oct. 22): Follow your heart, but don't forget to take along your

head. Relationships entail extra responsibilities and financial matters may need your attention, you may be called upon to do your duty.

SCORPIO (Oct. 23-Nov. 21): It is up to you to decide whether to run your month or let your month run you. You will gain the most by sticking to routines and getting your desk organized. Wait to follow a lead or try something new.

SAGITTARIUS (Nov. 22-Dec. 21): Prove your loyalty. Work at your own steady pace and carefully complete any project requiring dogged precision. You may be attracted to unusual forms of entertainment.

CAPRICORN (Dec. 22-Jan. 19): Rule the roost by using rationality. Make sure you have all the i's dotted and t's crossed, fight off an impulse to gamble with your money or argue with a special someone.

AQUARIUS (Jan. 20-Feb. 18): One weed doesn't ruin a flowerbed. Don't let minor problems or passing disputes destroy your appreciation for the good things in life, investigate new technologies.

PISCES (Feb. 19-Mar. 20): There are some silences that say nothing; however, leave nothing important unsaid. In the upcoming month you might not find a chance to let down your hair, but you have a loyal someone rooting for your success.

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The Kid's Doctor

By Sue Hubbard, M.D.
www.kidsdr.com

New guidelines issued on ear infections

The American Academy of Pediatrics (AAP) just released new guidelines for the diagnosis and treatment of acute otitis media (AOM), which is 'doctor speak' for an ear infection.

An ear infection is one of the most common maladies of early childhood and also one of the most common reasons antibiotics are prescribed. Guidelines from 2004 recommended that pediatricians use "watchful waiting" before prescribing antibiotics for an ear infection in some children.

The new guidelines for treating ear infections with oral antibiotics are even more specific than those issued in 2004, and further clarify which are the best children to observe and those that should be treated right away. This will reduce the number of unnecessary antibiotics that are prescribed, which in turn may help prevent antibiotic-resistant bacteria.

Many parents worry that their child may develop an ear infection after having a cold, but for a child between 6 months and 12 years old, a mild ear infection found during a visit to their pediatrician may now be observed for 72 hours.

According to the new guidelines, children need to receive immediate antibiotics if they have a severe ear infection (with a fever of 102.2 degrees or higher, or significant pain), have a ruptured ear drum with drainage, or an ear infection in both ears in a child age 2 or under. This will really change current treatment and the number of antibiotics prescribed.

As both pediatricians and parents know, all sorts of things that cause ear pain, from an erupting new molar to a

cold or sore throat. But if the eardrum is not bulging, the best treatment is pain control. This can be accomplished with acetaminophen or ibuprofen and watchful waiting to see if a child's symptoms worsen or if the pain resolves. In studies, 2 out of 3 children get better without an antibiotic.

More and more parents are responsive to using fewer antibiotics for their children, and these new recommendations reinforce that antibiotics are not appropriate for viral infections or pain. Save the antibiotics for use when there's evidence of a bacterial infection.

The next time your child has a cold and complains of an earache, try this approach and you may see that the ear pain disappear in 24-48 hours without a trip to the pediatrician!

(Dr. Sue Hubbard is a nationally known pediatrician and co-host of "The Kid's Doctor" radio show. Submit questions at www.kidsdr.com.)

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First Presbyterian Church in Fremont

Twice each year the women of the First Presbyterian Church in Fremont invite the public to experience one of their large rummage sales. On the first Fridays of May and November the ladies open the doors of their church's fellowship hall promptly at 9 a.m. What follows is a wonderful day of shopping, warm fellowship, and scrumptious eating.



Almost all the tables in the church along with numerous clothes racks are filled with previously owned clothing, kitchen and household items, books, collectibles, furniture, and most anything else you might need around the house. Once the ladies even offered a car for sale. Shoppers are invited to take a break from shopping anytime during the day to enjoy coffee, pastries, several types of wonderful home made soup, and all sorts of other food items. Shoppers are not charged, but are invited to "eat their fill, pay as they will." The day is punctuated by the ever-popular "bag sale" at 2 p.m. when customers can purchase everything they can put in a bag for \$1. After a marvelous day of shopping and eating, the ladies close the doors at 4 p.m., the clothing items are bagged, the household items are boxed, and the left-over food is packaged. The ladies send the clothing to a school in Appalachia where it is distributed to the needy. The household items are taken to the Sandusky County Share and Care Center where they are made available to the community. The left-over food is taken to shut-ins. Finally, the ladies (and their husbands) move the tables and racks back to their proper places, sweep the social hall, clean the kitchen, and have their church back to normal by 5 p.m. This concludes three feverish days for the women. The two days prior to the sale are spent setting up tables and racks, sorting and pricing clothing and other items, and preparing the soups and foods. The Lord has faithfully rewarded the ladies' labor of love with thousands of dollars that the Women of the Church send to local and distant missions and ministries throughout the year.

Remarkably, a petite, soft spoken grandmother pulls this marvelous day together regularly and efficiently twice each year. Diane Roush was reared and married in the church, spent 26 years traveling about the country as an Air Force wife and mother of two sons and, upon her husband's retiring, moved home to Fremont in 1992. Soon after that she became the Rummage Sale Lady and, with the faithful help of the other Presbyterian women (and husbands), has been holding successful rummage sales ever since. When not holding rummage sales and visiting her six grandchildren in Indiana and Connecticut, Diane is a full-time volunteer in charge of household items at Share and Care. Diane is also known for her beautiful home and flower garden and delicious Special K bars.

Diane and the other women of the First Presbyterian Church invite you all to their large spring rummage sale from 9 a.m. to 4 p.m. on Friday, May 3. You won't want to miss this special day of shopping, food, and fellowship. It promises to be a blessing. Remember, proceeds go to worthy ministries and so do leftovers. Call Diane at 419-334-9504 or email jroush@cros.net if you have questions.



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7:5-30, Friday 7:30-5,
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Committee Planning Volunteer Appreciation Event

The Volunteer Center Committee is planning the 12th annual Celebration of Community Service event for April 25, at the Sandusky County Job and Family Services Building, in the Sandusky County Office Complex. The evening will begin at 5:30 PM with a light supper buffet.

Musical entertainment will follow the buffet and various agencies will thank and recognize volunteers for their community service.

Agencies honoring their volunteers at the event include: American Red Cross, Downtown Fremont, Inc., Heartbeat/Hope Medical Center, Project READ, Rutherford B. Hayes Presidential Center, Sandusky County Board of Developmental Disabilities, Sandusky County Food Pantry, Inc., Sandusky County Habitat for Humanity, Sandusky County Historical Society, Sandusky County Share and Care Center, United Way First Call for Help and Community Christmas, United Way of Sandusky County, WSOS After

School Program, WSOS Senior Centers and YMCA of Sandusky County.

The Celebration of Community Service is financially supported by the participating agencies and the following businesses: Baumann Auto Group, Bethesda Care Center, Croghan Colonial Bank, Fort Stephenson LLC, Fremont Federal Credit Union, Green Bay Packaging, Mosser Construction, Inc. and Whirlpool-Clyde Division.

The Volunteer Center Committee provides information for a newspaper column that lists various volunteer opportunities. It has also published a Volunteer Opportunities Directory and brings volunteer organizations together throughout the year to share ideas and information. The Committee is pleased to offer this cooperative event during National Volunteer Week which is April 21-27, 2013.

For information please call Joyce Garvey at First Call for Help, 419 334 2720 or email jgarvey@uwsandco.org by April 17.

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By Robin Arnold /
Gena Husman

Gadwalls / Get Out the Binoculars—Spring Migration has Begun!

While walking the dogs on a gray dreary day in the midst of our on-again-off-again snow squalls, Robin spotted a flock of ducks over in the water on the far side of our marsh. Without binoculars she couldn't tell what they were so she cut short their walk and came back to the house to get me—along with the binoculars, the spotting scope and the bird book. It was snowing quite heavily when we reached a spot on the back dike where we could look out on the marsh and not be seen. We counted 10 dark colored ducks through the swirling snow. Of course, it didn't help that Robin had accidentally sat on her glasses that same morning, and although she thought she'd gotten them straightened out, she was having a problem focusing her eyes. She figured it was just her sinuses. (When it still hadn't cleared up a week later, she feared she was going blind. Not a good situation for a bird watcher-photographer. Fortunately, a trip to the optometry department at Wal-Mart solved the problem: she wasn't going blind—her glasses were still slightly bent. The technician straightened them out in a couple of minutes and (miraculously!) she could see again.)

With the binoculars we (at least I) could tell that these ducks weren't anything we'd ever seen there before. And when we got the spotting scope set up and checked the bird guide we were able to identify them as male and female gadwall ducks. There were 5 pair traveling together—they pick their mates for the breeding season in the late fall. They stayed in the marsh for 2 days, so we figured there was plenty of food available for them.

Although this flock was traveling alone, gadwalls sometimes feed with other dabbling ducks—ducks that tip forward to feed on submerged vegetation without diving under the surface. They also have a reputa-



tion for stealing food from diving ducks as they surface with food from the bottom. Gadwalls are common in this area, although they breed mainly in the Great Plains and prairies. Compared to some of the other more colorful ducks, both the male and female are drab. The male is patterned in shades of brown, black and gray; the female resembles a female mallard. Both have a white wing patch. The female has a thin orange edge around her dark bill—that was one of the markings that convinced us they were gadwalls.

In addition to the gadwalls, we've seen mallards, hooded mergansers, and ring-neck ducks in the marsh. We've also got a couple pair of geese checking it out for possible nesting sites.

The big spring bird migration is about to begin. From April through late May and early June, millions of birds converge in this area, stopping to rest on the Lake Erie shoreline before continuing their journey across the lake. As these weary travelers pass through keep a close watch on your backyard feeders. You never know what unusual bird might stop by for a bite to eat...

Happy spring! Go out and enjoy the birds and the warm sunshine....

To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

Memorial Hospital nurses complete class on trauma nursing

All of Memorial Hospital's Emergency Department nurses recently passed the Emergency Nurses Association (ENA) Trauma Nursing Core Course (TNCC). The ENA provides TNCC education in order to identify a standardized body of trauma nursing knowledge. According to the ENA Web site, nurses who complete the course will earn "cognitive knowledge and psychomotor skills" necessary when providing trauma care in an emergency department setting.

According to Corey Leber, R.N., director of the Memorial Hospital Emergency Department completing the TNCC will enhance the care provided from the department.

"Emergency nurses are essential to any team providing trauma care," he said. "By completing this course, our nurses have refined their core trauma care delivery skills."

TNCC is a 20-hour nursing course that is voluntary to Memorial Hospital's Emergency Department nurses. The fact that each of its full-time nurses has completed the course is significant.

"I am very proud that our department has collectively demonstrated this commitment to providing excellent care to our patients. It is critical that we function as a team, and completing the TNCC together has strengthened our collaborative resolve," added Leber.

The Memorial Hospital Emergency Department is staffed 24/7 by board-certified physicians, physician assistants, nurse practitioners and emergency nurses. The department also has access to on-staff physicians who specialize in fields such as critical care, infectious disease, orthopedics, pediatrics and many others. In 2010, the department underwent a \$1.7 million complete renovation, which created an enhanced patient care environment, and has improved patient satisfaction. For more information, visit memorialhcs.org.

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Doctor of Audiology

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"Grate" Treats & Eats

By: Chris Timko-Grate

Spring is here, it arrived on March 20th, though as I write this it is below freezing and we are having snow flurries. But I am optimistic and think it will be getting warmer soon, and I'm hoping it is very soon!

With spring in the air I start thinking of vegetables and gardens so this month's recipes have lots of green vegetables in them. Back home at our old house in Danbury Township (that home will always be home for me, even though we sold it and live in another house now) we had a garden for many years. My hubby planted onions, beans, radishes, brussel sprouts, tomatoes, and lots of other things too; he really does have a green thumb. He also has lots of experience with canning because he had to help his Mom and Grandma do their canning when he was a kid. His Mom's canned green beans were a staple at every family dinner we went to. It was great when we had the restaurant because we had the big pots and the big stoves and lots of room to clean and prep those vegetables for canning. It was easy to seal and process the jars. Then one year the deer and rabbits found his garden and after a couple of seasons fighting the critters he stopped putting in a garden. At the new house there is an area behind the garage that had been a garden at one time that could be tiled up and used, but do not know if that will happen this year. Some of the neighbors have gardens and they do not seem to be disturbed by deer, maybe rabbits, but not deer, so time will tell if he will want to tackle that chore again.

The recipes I am going to share are not canning recipes, but recipes to use the vegetables from your garden or from the markets, even the grocery store canned ones. Enjoy!

Broccoli Slaw

16oz broccoli slaw
1 ½ cups broccoli florets
1 small can black olives, drained
1 cup sunflower kernels
½ cup slivered almonds
2 bunches green onions, roots cut off sliced in half inch pieces
1 package crushed (dry) Ramen noodles
½ cup Splenda
½ cup cider vinegar
½ cup olive oil
Season packet from Ramen noodles

In a large bowl combine first seven ingredients, set aside. Then combine the Splenda, vinegar, oil, and season packet and mix until well blended. Pour dressing on vegetables just before serving.

Green Wonder Salad

1 16oz can each French style green beans, small peas (I use frozen cooked off, drained and cooled), fancy Chinese vegetables (no meat).
1 6oz can sliced water chestnuts
1 ½ cup of thinly sliced celery
3 small white onions thinly sliced
1-cup sugar
¼ cup cider vinegar
1-teaspoon salt
Pepper to taste

Drain all vegetables and place in a large bowl, combine the sugar, vinegar, salt and pepper, and pour over vegetables. Cover and refrigerate for several hours before serving. Will keep for up to three weeks in the refrigerator tightly covered.

Contact me with comments, suggestion, questions at christimkograteroadrunner.com or ctimkograter@midohio.twcbc.com

8th Annual WALK WITH NAMI (National Alliance on Mental Illness)

The local affiliate of NAMI is sponsoring their annual WALK on April 27 at Connor Park, Fremont, beginning at 10 am. (Rain or Shine!) There is still time to sign up as Teams and/or individuals to walk the 5K for such a worthy mission.

Mental illness affects 1 in 4 families. We walk to raise funds to continue our work in providing FREE resources, family support, education, and advocacy to hundreds of families who have a loved one who suffers with a mental illness.

NAMI educates and advocates for the promise of recovery.

Contact us: NAMI – Melanie White, Director at (419) 334-8021
428 Croghan St. Fremont
www.namissw.org/namiwalk2013.htm
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DEAR MAYO CLINIC: Is it true that you inherit genes for baldness from your mother's side of the family? Is there anything that can be done to prevent or slow hair loss?

ANSWER: Actually, patterns of baldness are inherited from many genes, which can come from both sides of the family. So, to assess your chances for hair loss, look at all relatives in your mother's and father's families. Although age-related baldness has no permanent fix, if you are concerned about hair loss, treatments may help.

Hair goes through a cycle of growth and rest. In general, the growth phase of an individual hair on the scalp lasts about two to three years. During this time, hair grows a little less than one-half inch a month. After that, the resting phase lasts a few weeks. At the end of the resting phase, the hair strand falls out and a new one begins to grow in its place.

Most people have about 100,000 hairs on their head. Normally about 75 to 100 hairs are shed each day. We tend not to think about that daily hair loss until we notice thinning hair or we start to worry about aging. Gradual hair thinning is a normal part of aging. However, hair loss may lead to baldness when the rate of shedding starts to outpace the rate of regrowth or when new hair is thinner than the hair shed.

In male- and female-pattern baldness, the time of hair growth shortens, and the hairs are not as thick or sturdy as they once were. With each growth cycle, the hairs become less firmly rooted and fall out more easily. Heredity likely plays a key role in hair loss. A history of baldness on either side of your family increases your risk of balding. Heredity also affects the age when hair loss begins, how fast it develops, and the pattern and extent of baldness.

If hair loss bothers you, treatment options are available. First, minoxidil (Rogaine) is an over-the-counter medication for baldness that can regrow some of the hair you lost, as well as help keep the hair you have. It comes in liquid or foam, and should be applied to the scalp twice a day.

The key to this medication's effectiveness is applying it consistently. If you forget for several days or take a break from it for a while, you will likely shed the hair that the medication was helping you keep.

New hair resulting from minoxidil use may be thinner and shorter than previous hair. But, for some people, hair growth can be enough to hide bald spots and help the new hair blend with existing hair. Up to 12 weeks of treatment may be required for new hair to start growing. That

growth stops if minoxidil is discontinued.

The drug finasteride (Propecia) can also slow hair loss and may foster new hair growth. Finasteride is a pill taken daily that is available by prescription. This medication is for men only, because it can cause serious health problems in women. Finasteride poses significant danger to women of childbearing age. If you're pregnant, you shouldn't even handle crushed or broken finasteride tablets because absorption of the drug may cause birth defects in male fetuses.

If these treatments don't slow hair loss to your satisfaction, other alternatives, including surgical procedures, may be available to help cover baldness. Talk to your doctor to review the options and discuss what may work best for you. - Dawn

Davis, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN.mayo.edu](mailto:medicaledge(AT)SIGN.mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.)

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6 Passes to Kennywood Amusement Park in Pittsburgh; 2 Jet Express R/T tickets; a 8x10 photo of your dog by Rogalinski Photography and the July cover of Lifestyles.

Second Prize: 4 Passes to Kennywood Amusement Park, 2 Passes to Monsoon Lagoon Water Park, \$20 Breakfast at A La Carte

Third Prize: Jet Express R/TO Tickets, Dairy Queen Cake

Fourth Prize: 2 Passes to Monsoon Lagoon

Fifth Prize: Pass for 6 to African Safari

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Walsh Park is on Morrison Street, directly off East State Street. If coming from the west, pass Rally's on your right and make a right turn at the next street. Walsh Park is just over the tracks on the right.

If coming from the east, turn left onto Morrison St. before the traffic light at State and Fifth Streets.

**Vendors Wanted: Set Up is Free, Minimum \$20
Donation or 20% of Sales. Call Deb at 419-332-0255.**

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WE PREFER CHECKS! Please make certain correct amount of money is included with this form.			TOTAL THIS PAGE		
Make Checks Payable to: HUMANE SOCIETY OF SANDUSKY COUNTY			GRAND TOTAL		

☐ I can't participate but I'd like to help the animals. Enclosed is my tax deductible donation. (Your donation makes you eligible to win a prize!)
The IRS requires a letter acknowledging donations over \$25. Please write donor's name and address clearly so we can send a receipt.
Donations can be mailed to: Humane Society of Sandusky County, 2520 Port Clinton Road, Fremont, OH 43420

WAIVER (EACH PARTICIPANT MUST READ AND SIGN BELOW)

I, understand, for myself and heirs, hereby waive and release any and all rights and claims which I might have against Humane Society of Sandusky County, the city of Fremont, any sponsor of this event, their employees, agents, or any of them arising out of my or my pet's participation in this event. I also agree to exercise all safety precautions, avoid littering, and respect the property of others. I also give full permission for use of my name and photograph in connection with this event.

Signature (Parent or guardian if under 18 years of age)

☐ **MY PETS ARE CURRENT ON THEIR RABIES VACCINATIONS**

Event Schedule

Noon: Vendor Show Begins
Refreshments
12:30 pm: Registration Begins
1:30 pm: Winners Announced
1:45 pm: Dog Contests (largest, smallest, ugliest, cutest)
2:15 pm: Dog Parade

Enjoy a dog agility course by
Canine Bliss
Pet Psychic April Smith
Music by Retro Mobile Music

WALK RULES & INFORMATION

- The walk consists of a ¾ mile paved route. There is also an unpaved route through a wooded area. Walk at your leisure any distance you wish. No one is counting-this day is for you and your dog's enjoyment!
- If you cannot participate the day of the walk, simply fill in the donation form and mail it to: Humane Society, 2520 Port Clinton Road, Fremont, OH 43420. Donations for contest must be received by May 17th to qualify for prizes.
- Anyone raising over \$50 for the event has a free dog registration.
- If you wish to participate, but not collect donations, a registration fee of \$15 is required, \$20 on day of the event. Send a check by May 17th so your name is on the sign in sheet at registration.
- You are responsible for your pet's litter. Baggies will be provided. Please do not bring dogs that must be MUZZLED or are in season.
- All dogs must be leashed at all times, healthy and up to date with vaccinations, including rabies.
- Please do not leave pets in your car while participating in activities.
- Dogs Not Needed. Come out and support the shelter by walking a shelter dog.



Pet World

By Steve Dale

Don't give up on curbing cat's inappropriate urination

Q: Chuck Norris has been urinating inappropriately. He and our other male cat have lived together since they were littermates. Chuck Norris tends to go on our dog's little couches. We tried buying new couches, and now we pick the couches when the dogs aren't using them. I must say, Chuck Norris is an easily stressed out cat.

Recently, one of our cats started peeing behind the litter boxes in the basement. It might be our other cat, Spike. I'll try to remove the litter box covers and see if that helps. My husband and I are reaching our limit on this issue. Soon, the only answer may be no more cats. Any advice? - L.M.

A: Your dogs have their own couches?

I'm surprised that a cat named Chuck Norris can't get his act together. Veterinary behaviorist Dr. Ilana Reisner, of Philadelphia, PA, says, "You're doing a lot, but you didn't say that both cats had a thorough veterinary exam. You also didn't mention the ages of the cats, but certainly if they are older I'm thinking about hyperthyroid (disease)."

If these cats only have two litter boxes, both located in the basement, this could also explain the problem. For starters,

arthritis in cats is under diagnosed, and as cats age, navigating steps in the dark is not so easy, so they just don't bother to find the litter box. Regardless of your cats' ages, add a litter box at the main level of the house since the rule is one more box than the number of cats in the home.

"Basements aren't all bad," adds Reisner. "A basement may offer security and privacy, which some cats prefer."

For a specific response, it's important to determine if the cat with the problem is spraying (which is territorial vertical marking, often dripping down from furniture or walls) or voiding (simply urinating on a flat surface). There's a distinct behavior difference between the two. In any case, using Feliway (a copy of a comforting feline pheromone) is a good idea to reduce stress. Since you point out that Chuck Norris is easily stressed, hang in there with the Feliway.

Reisner says the relationship between the cats might be at the heart of the problem. Even if they seem to be buddies, that doesn't mean they're pals 24/7. Could Spike be purposely or coincidentally blocking Chuck Norris' access to the litter boxes?

Be sure to offer each cat lots of space and hiding places, says Reisner. Remember that cats think about space vertically. One or both cats might enjoy a perch up high (at the top of a high bookshelf or cabinet) to securely watch over activities.

No matter what's going on, Reisner says both litter boxes should be scooped daily, and washed out monthly. Sometimes problems are solved by simple hygiene.

If Reisner's tips don't help, don't give up. Litter box issues may be frustrating, but they're typically solvable. Consider seeking out a referral to a member of the American Veterinary Society of Animal Behavior (www.avsabonline.org), a veterinary behaviorist (www.dacvb.org), or certified cat behavior consultant (www.iaabc.org).

Q: My Shiba Inu seems to have chronically clogged anal glands. I've had dogs my entire life, but I've never seen so much licking of the butt. I took my dog to the veterinarian for manual extraction but it didn't help. The veterinarian suggested surgery. What do you think? - S.L.

A: "This is a very common problem," notes Chicago veterinarian Dr. Sheldon Rubin. What's likely occurred is that the anal sacs have become impacted. The sacs

are supposed to empty with each bowel movement. However, in some individual dogs this doesn't happen or they don't fully empty. Eventually, they may become impacted. Sometimes the sacs become infected.

"We express (empty) them, and then flush them with antibiotics," Rubin says. "When there is a chronic problem, we also look at the possible effects of allergies, even the possibility of cancer, particularly in older dogs."

Surgical removal of the anal sacs is not a procedure to be taken lightly. One potential complication might leave your dog incontinent. If you do ultimately opt for surgery, Rubin suggests you search for a surgeon with lots of experience at this procedure.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.)

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Shelter "Tails"

by Joanne McDowell

March was a fabulous month for the shelter, at one point we actually got down to less than 130 cats and nine dogs! We are still working on our over abundance of cats, and hopefully we can get some adopted into good homes before kitten season hits us this month.

We held our third spaghetti dinner in March and once again we were so pleased with another great success. With all ticket sales, auction sales and donations we netted just under \$4,000's! Thank you to

all who came to dinner, which was really delicious, and to those who sold tickets and donated items. We are thinking of doing our fall dinner in September this year.

A big thank you to Chris Haas at the American Legion who does our cooking and makes the best spaghetti sauce ever. Another thank you to our board and members for volunteering in the kitchen and hall.

The shelter has a Cut-A-Thon this month, thanks to LA Hair in Green Springs, please come out and get your hair cut and support these hard working ladies.

Grandma's Backyard BBQ is back on April 26th at Wendt Key Realty. Chicken dinner tickets are available at the shelter, or you can send a check to 2520 Port Clinton Road and we will mail tickets to

you. Dinners are \$8 for a half chicken, two sides and a roll. Purchase tickets at Mint Condition, Jenesis Salon or Wendt Key.

Lynx is the beautiful cat in the photo. He was brought to us last month covered in wounds. Once his wounds healed we sent him to be neutered, however when he was under Dr. Reineck discovered he had a bullet lodged in his front leg. Due to the severity of the wound his leg had to be removed. Because he is such a loving guy he immediately was adopted, less one leg, but we are trying to raise \$400 to help cover the cost of his surgery.

Sapphire, the beautiful Husky who lost her leg, is recovering nicely in her new home. We appreciate so much the donations that helped pay for her surgery.

As we go into spring we ask everyone to please spay/neuter their pets. Shelters only exist because of the over population of dogs and cats. Don't forget our Limit the Litters program that makes spay/neuter so very inexpensive. Just stop at the shelter and purchase your voucher.

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Retired but not tired at Senior Fitness

Retired Fremont residents Dan and Mary Rolf and Alfredo Diaz have discovered a new quality of life in retirement, but this quality is not necessarily a result of the absence of work or having additional free time. The Rolfs and Mr. Diaz have found motivation, energy and optimism through exercise – they have found these qualities at the Memorial Hospital Senior Fitness Program to be specific.

According to Mrs. Rolf, who read about the class in a hospital newsletter, the class' social component was very inviting.

"I had been looking for others around my age who would have an interest in improving their health and well-being," she said. "When I read about this class, Dan and I did not hesitate to sign up."

Mr. Diaz believes that the class' social structure is integral to its participants' success.

"During each class, we feel a sense of solidarity," he said. "We work together; we don't compete, but we do challenge each other to push it, to achieve greater wellness."

This ten-week fitness class, which follows a circuit-training like platform, is aimed at individuals age 55 and older. During the twice a week class, participants visit 28 different exercise stations during the course of a 45-minute class. They exercise for one minute and 15 seconds at each station, with a 30 second break after each exercise. The exercises are aimed to improve core strength, balance and flexibility. Participants use a variety of equipment during class, including medicine balls, free weights, fitness machines, step-pads and more.

Mr. Rolf has seen great improvement in his quality of life, both physically and mentally, which he attributes to senior fitness.

"I have better stamina, better tone, and more strength since starting with senior fitness," he said. "I always wake up feeling great, and on days when we don't have class, I look for ways to incorporate exercise into my routines."

Pain management has been another benefit of participants in senior fitness.

According to Mr. Diaz, "My feet and legs used to hurt from just walking around, but since I've started this class, I have much less pain, and get around much more easily."

Senior fitness instructors from the hospital's physical medicine department work with individuals throughout each class to help them attain their wellness goals, which can range from weight loss or pain management to improving energy and building strength. Exercises in the class can specifically help posture, muscle-strength around joints, weight management and more.

"Senior fitness has helped me walk like a pro-golfer on a green," joked Mr. Rolf. "My posture is improved, and so is my confidence."

The physical benefits go on and on. Mr. Diaz, who is a deacon at Sacred Heart Church in Fremont, has felt improved balance, which he feels is a result of the class. He used to have difficulty maintaining his balance when carrying the large Bible down the aisle at church, now completing this task is not a struggle. Mrs. Rolf has better strength, and much more energy from the class.

Overall, the hospital's senior fitness program has helped participants in nearly every aspect of their lives, physically, mentally and even spiritually.

"When I leave class, and even now on our days off, I'm always staying active, looking for our next activity," added Mr. Rolf with a smile. "Life is good; I want to live until I'm 110."



Dan and Mary Rolf and Alfredo Diaz at the Memorial Hospital Herbert-Perna Center for Physical Health

The Memorial Hospital Physical Medicine Department hosts senior fitness throughout the year. The next ten-week session runs on Tuesdays and Thursdays from April 2 – June 6 from 11:30 a.m. – 12:15 p.m. Cost is \$50. Class size is limited to 15, and registration is required. Call physical medicine at 419.334.6630 for more info.

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Memorial Hospital is committed to giving back in our community. Through Mobile Meals, free health screenings and family-focused events, Memorial Hospital is working to improve the health and well-being of the individuals we serve. Our Golden Threads Senior Program is another great example of how the hospital gives back to the community.

Check out how Memorial Hospital gives back through Golden Threads, which is free to people age 55 and older.



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