

Lifestyles

Free

**Vol. 16 Issue 4
April 2014**



Happy Easter

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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 Medical Staff Officers for 2014. Pictured from left to right are: David West, M.D., Member-at-Large; Gregory Karasik, M.D., President; Donald Smith, Jr., M.D., Vice President; and Douglas Hoy, M.D., Chairman, Credentials Committee. Not pictured, Abigail Chudzinski, D.O., Secretary-Treasurer

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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Lifestyles 2000

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Robin Arnold

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Out to Lunch

By Joanne McDowell



LaScola Italian Grill-Toledo

Back in the 80's, or maybe it was the 70's, a group of us used to head to Toledo on Friday nights for Happy Hour at the Bungalow. It was located on Airport Highway off Reynolds Road. This past week we were invited to a birthday party at LaScola, 5375 Airport Highway, home of the former Bungalow!

Anyone who knows me well knows I am not a fan of Italian food, however I found the menu and food to be worth writing about. The restaurant opened in 2007 and is run by Gus Nicolaidis & Moussa Salloukh. I believe one was the owner of the Hungry I, a great place we used to enjoy on Monroe Street.

Since it was a birthday party we were treated to several delicious appetizers including Mama LaScola Bread, made with parmesan cheese, fresh basil, parsley, mozzarella cheese, brushed with garlic butter and olive oil for \$9.89.

Our dinner salad choice was Di Casa, "Our House", a really tasty mixed greens combo with grape tomatoes and gorgonzola, tossed with a balsamic vinaigrette. (\$4.50) It was delicious!

Pete's dinner choice was Baked Spaghetti with sausage and wild mushroom with marinara sauce, baked with mozzarella and herbed ricotta. (\$14.99) It was a great deal of food and he brought home plenty of extra to eat the following day, which turned out to be the "blizzard"! He said it was delicious.

I chose the Chicken Parmigiana, an order that I made two additional meals from. It is also available with Eggplant or veal. (\$16.99) It was very tasty, so much so that even my dogs enjoyed it!

Our son ordered the Vongole, baby sea clams and shell on clams in garlic and olive oil tossed with linguini. (\$16.99) He said it was delicious, and there were no leftovers!



Most dinners come with a side pasta or a fresh vegetable. Food presentation is excellent as you can see by the photo.

The menu is varied, from pizza to Saltimbocca, to Beef Tenderloin to Seared Tuna. There is a LaScola Trio that includes lasagna, parmigiana, and fettuccini alfredo. (\$16.59) This is a house favorite.

We have found that Toledo has a great many wonderful restaurants, this is one more to add to the list.

There were many good wine choices and a full bar. The menu is available on their website: www.lascolaitaliangrill.com. The phone number is 419-381-2100. Reservations are accepted.

Bon appétit!



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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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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Dear Readers,

Happy Easter! .

Next month marks our 15th Anniversary! It doesn't seem possible that we have been around that long, a big thank you to all of you and our advertisers.

Starting in May we will add some really great prizes, to win, include "15 Years" on your contest entry and you will be included in another drawing. Stay tuned!

My article last month on our visit to "Heart Castle" brought a lot of reader response, thanks for your calls and emails, I will try to write about my travels whenever possible. It was great to hear from you.

Be safe and enjoy the warmer weather.

Joanne



There were 161 correct answers and several incorrect. The correct answer was Swim Rite Pools. We think it was a relatively easy one compared to the last few issues.

Find Pete Winners

The winner of the pass to African Safari for 6, a \$100 value, was Karen Worrell of Bellevue. We will be running this contest all summer so continue to mark your entry if you want a chance to win.

Other winners are: Ed Cook, Perrysburg; James Smallets, Holly Elchert, Herman Foos, Eugene Hasselbach, Rosie Klos, Judy Abel, Jerrod Taylor, Barbara Behrendsen, Tyler Wagner, Fremont; Devin Dixon, Aaron Stanley, Annette Mavros, Sandy Kessler, Clyde; Amber Fleming, Steve Diekman, Lindsey; Jane Lopez, Genoa; Mary Raifsnider, Bellevue; Doris Baker, Port Clinton

Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Old Fort Market, The Calico Cat, Jenesis Salon, Dairy Queen and Rallys. 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!

Pain management physician joins ProMedica Memorial Hospital team

Pain management specialist Bret Bahn, M.D. recently joined the ProMedica Memorial Hospital team. A northwest Ohio native, Dr. Bahn sees patients at the Memorial Hospital Pain Management Center.

At Memorial Hospital, Dr. Bahn will provide comprehensive, interventional pain management services for issues such as neck, back and joint pain; work-related injury; pain and headaches from whiplash; arthritis pain and much more. Dr. Bahn will assess patients' pain and work with Memorial's team to determine an appropriate plan of action.

Pam Jensen, Memorial Hospital President, said that Dr. Bahn's addition to the hospital's medical staff will strengthen the hospital's pain management services.

According to Jensen, "Dr. Bahn is a talented, experienced pain management specialist; we are very excited to have him providing care for us in our community."

Prior to joining the Memorial team, Dr. Bahn worked as a pain physician and anesthesiologist for physician groups in California and Ohio. Dr. Bahn also served as an active duty U.S. Naval Flight Surgeon for several years after medical school, completing tours in Djibouti, Africa.

Dr. Bahn earned his Doctorate of Medicine from The University of Toledo College of Medicine. He completed an anesthesia residency at the University of Michigan; Dr. Bahn was fellowship-trained in pain management at Johns Hopkins University in Baltimore, Maryland. Dr. Bahn is also a Summa Cum Laude graduate of the University of Findlay, where he completed his undergraduate education and was an Academic All-American member of their football team.

Memorial Hospital has provided health care to Sandusky County and neighboring com-



munities since 1918 – the hospital provides inpatient and outpatient services. In addition to home health care, it offers a comprehensive range of services, including diagnostic imaging, a wide range of surgical procedures, intensive care, inpatient pediatric care, emergency care, obstetrics, rehabilitation services, mental health services, hospice care, and much more. For more information, visit memorialhcs.org.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Accept what you can't change. There is a focus on sharing with others and abiding with their decisions. If you're under a deadline at work, don't blow it off or be casual about fulfilling commitments.

TAURUS (April 20-May 20): Do unto others. Exerting some warmth and kindness will thaw even the chilliest situation. Have faith that a nagging financial problem can be solved and you'll quickly see the simplest solution.

GEMINI (May 21-June 20): Do your part and take part. Think about the great things you can contribute to the community. You don't need to wait for an invitation to participate in something satisfying. Put your people skills to good use.

CANCER (June 21-July 22): You're too generous for your own good. If you're approached by someone with an offer or proposal, it might do more to enrich the other person than you. Don't fritter away your financial security; hang tough.

LEO (July 23-Aug. 22): There's an old saying: "Only he who has traveled the road knows where the holes are deep." Remain respectful of the experiences of others, though you may be ready to leap into action, don't ignore sound advice.

VIRGO (Aug. 23-Sept. 22): The Full Moon in your sign could kick off a month in which you reap the benefits of partnership. As they say, it's often who you know rather than what you know that can make a huge difference to your success.

LIBRA (Sept. 23-Oct. 22): The glowing embers of romantic desire can be fanned into warm, invigorating flames. You could get a nod of approval when you approach others with sales ideas or business deals.

SCORPIO (Oct. 23-Nov. 21): Roll up your sleeves and wear your heart proudly. A straightforward approach works best. Don't fret about making commitments, as you have the tools needed. Light a fire under a romantic idea.

SAGITTARIUS (Nov. 22-Dec. 21): Don't throw good money after bad. Watch out for a tendency to spend money too freely. You should be able to make a persuasive proposal and get people to cooperate or support your aims.

CAPRICORN (Dec. 22-Jan. 19): Like mold, the longer you ignore a problem, the more quickly it grows. Don't shrug off repeated reminders about serious responsibilities or take it for granted that someone else will do the job.

AQUARIUS (Jan. 20-Feb. 18): Do your homework. Develop plans for improvements, but don't be in a rush to implement them. Conflicts that may hold you back will evaporate quickly without a need for a confrontation.

PISCES (Feb. 19-March 20): Your love light must remain on low until you accomplish other objectives in the month ahead. Keep a firm grip on achieving your goals once the work week begins. Play romantic music this evening.

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The Kid's Doctor

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

Make sure your teen is vaccinated for meningitis

I was recently involved in the care of a 17-year-old boy who had meningococcal meningitis. This is a rare bacterial infection, but meningococcal disease continues to cause 75-125 deaths per year in the U.S.

Meningococcal meningitis often begins with non-specific symptoms like a viral-type illness. That means fever, body aches, vomiting and headache. But over a fairly short period of time these symptoms worsen and a stiff neck often develops.

The patient in our practice also became very lethargic, developed a skin rash and did not seem to respond to his parents when asked him questions. He became sicker fairly quickly, which was quite noticeable to his parents.

When the boy was seen in the ER, he was thought to have meningitis, and a spinal tap confirmed this. He was also having problems maintaining his blood pressure and appeared critically ill. The boy was admitted to the intensive care unit at the hospital and started on antibiotics, as well as extensive supportive care.

He did well and was a very lucky kid, as meningococcal infections can be fatal. Also, most patients with meningococcal disease have some after effects, including seizures, hearing loss, or other neurological damage.

The point of this story is to remind parents that their adolescent children

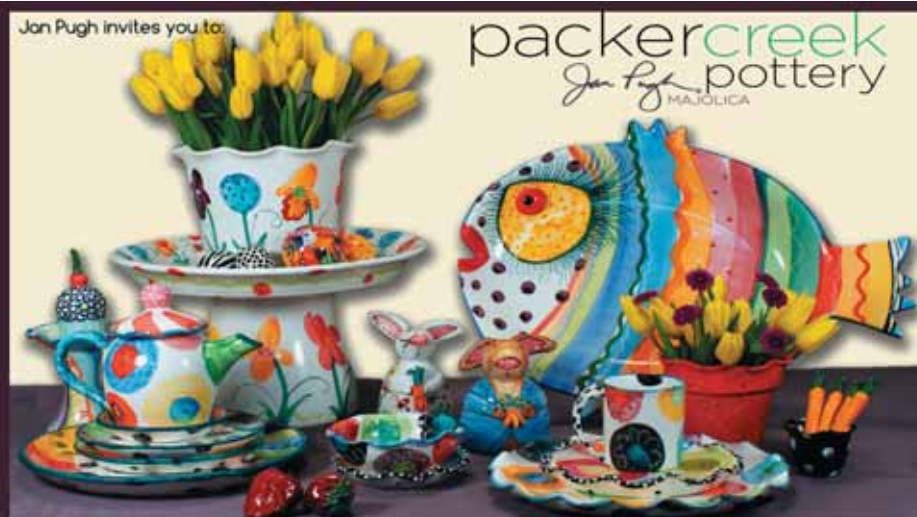
need to be vaccinated against meningococcal disease, beginning at age 11, followed by a booster dose at age 16. The vaccine covers only certain types (A, C, W and Y) of this bacterial infection, called serotypes.

Currently, the most common serotypes causing disease in adolescents in the U.S. are C and Y, while other parts of the world have disease due to other serotypes. In this young man's case, his illness was due to serotype B disease, which, unfortunately, is not covered by a vaccine.

While you're visiting your pediatrician for your teen's annual check-up, make sure that your child gets the meningococcal vaccine. This case served as a great reminder. Fortunately, this was an isolated case as we watched for any other such illness in the community. The incubation period after exposure is 2-10 days.

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

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Apr 1-13: Rutherford B. Hayes: Buckeye President Exhibit, Open daily, except Monday. Admission \$7.50 adults, \$6.50 seniors, \$3 kids 6 – 12

In his first term as Ohio governor, Rutherford B. Hayes urged the legislature to establish a land-grant college funded by the sale of public lands given to the state by the Morrill Act of 1862. His persistence resulted in creation of The Ohio Agricultural & Mechanical College - later known as the Ohio State University. www.rbhayes.org

Apr 1-May: Terra Art Gallery, Terra State Community College, Building D, 2830 Napoleon Rd, Fremont. Mon – Thur 8 am-7 pm and Fri 8 am-2 pm

Free and open to the public. Featuring artwork from members of Firelands Area Art League.

Apr 2 & 9: Lenten Study and Worship Series. Apr 2nd, Pastor H. Kearns of Trinity UMC will be the Speaker at Church of the Nazarene, 1925 N. 5th St, Fremont, Study on Christ's Ministry, 7pm. Apr 9th, Pastor Ed Miller of First Brethren Church will be the Speaker at First Presbyterian Church, 120 S. Park Ave, Fremont, Study on Christ's Death, 7pm.

Apr 5: Sandusky County Stars Dancing for CASA, The Heights, 2000 Buckland Ave, Fremont, 7pm (doors open at 6:30pm). Tickets \$30.

Join us for the 4th annual fundraiser. Includes heavy hors d'oeuvres, entertainment, 50/50 raffle and auction opportunities. Cash bar will be available. Tickets at Sandusky Co. CASA Office, 500 W. State St, in Fremont.

Apr 5: Spittin' Image. Pemberville Opera House, 115 Main St, Pemberville, 7:30pm, \$10. Twin brothers reminiscent of the Smothers Brothers. 419-287-4848 carol@pembervilleoperahouse.org

Apr 5: The Good, The Bad and The Blues. Strand Concert Theatre, 220 S. Front St, Fremont, 7pm doors open, 8pm show starts, tickets \$10 at the door. BYOB, refreshments available. Call 419-355-8548 or www.thestrandconcerttheater.com

Apr 5: Color Me Fit 5K. The Fremont Rec Center, St. Joseph St, Fremont, 10am. Pontifex is sponsoring a 5K. Pre-registration available until March 26 at Pontifex. Discounts available for pre-registration and teams of 4 or more. Go to Pontifex or Body Lines Gym FB page for more info.

Apr 9: 55th Annual Kiwanis Pancake Day. The Heights, 2000 Buckland Ave, Fremont, 6:30am-7, \$6 adults (\$7 door) \$3 Children. www.fremontkiwanis.org

Apr 12: Internet Genealogy I Class. Hayes Presidential Center, Fremont, 9am, \$10 adults, \$5 students. Attendees will be provided the basics of how to utilize subscription-free genealogy websites in their family-history research. Pre-registration requested. 419-332-2081 www.rbhayes.org

Apr 12: Terra Jazz. The Strand Concert Theatre, 220 S. Front St, Fremont. 7pm doors open, 8pm show starts, tickets \$10 at the door, \$5 with student ID.

Apr 12: Annual Easter Egg Hunt. Oak Harbor Chamber of Commerce, 161 W. Water St, Oak Harbor, 2pm. Easter Egg

Hunt begins at Adolphus Kraemer (Log Cabin) Park where children receive numbers and hunt through downtown area for candy. Children then check their number at Portage Fire District Station for a chance to win a "Golden Egg Basket" and visit with Mr. and Mrs. Bunny.

April 12, 19, 26: Fremont Speedway Races. Sandusky County Fairground, 901 Rawson Ave, Fremont, gates open at 4pm with racing at 7pm, \$14 Adults Admission. Each Saturday in the 2014 season at "The Track That Action Built" will feature a unique and different theme. www.fremontohspeedway.com

Apr 12-13: Fremont Flea Market, Sandusky County Fairground, 712 North St, Fremont. 9am- 4pm Sat., 9am-3pm Sun, free.

Apr 14: Sandusky County Historic Jail Tour. 622 Croghan St, Fremont, tour times are: 5:30 pm, 6pm, 6:30pm & 7pm, admission \$2.

The 1 hour and 15 minute Guided Tour includes the 1892 jail with ties to President Rutherford B. Hayes, the 1840's Dungeon located underneath the Sandusky County Courthouse and the Gallows Exhibition Hall featuring the gallows used for the last hanging in Sandusky County. Tours are kid friendly! Tickets can be purchased at the Visitors Bureau, 712 North Street, Fremont or at the door. www.sanduskycounty.org

Apr 19: Hayes Easter Egg Roll, Hayes Presidential Center, Fremont, 2pm, free. Children ages 3-10 are invited to re-live

a White House tradition started in 1878 by President Rutherford B. Hayes. The historic Hayes Home is site of an Easter Egg Roll reminiscent of those popular during the Victorian era. Simply boil and color your own eggs (three in number) as your entry fee to a variety of "rolling" contests on the lawn in front of the home. Prizes awarded in four age groups. Bring a fourth decorated egg to enter in the optional egg-decorating contest. www.rbhayes.org

Apr 19: Fly Paper. Strand Concert Theatre, 7pm open, 8pm show starts, tickets \$10 at the door.

Apr 26: Down Under Thunder, Strand Concert Theatre, 220 S. Front St, Fremont.

Apr 26: Another Round (FKA Straight, No Chaser), Clyde High School Auditorium, 1015 Race St, Clyde, 7:30 – 9:30pm, \$15.

Indiana University's all male a cappella group. All seats are reserved. 419-547-0588 or www.communitiesfortheartsclcyde.org

Apr 28: Jailhouse Rock Dinner Theater. Historic Sandusky County Jail, Dinner at 6pm, doors open at 5:30pm, \$20. Costumed staff will greet you at the door to get your souvenir mug shot before you stand in the chow line for a delicious meal and real jailhouse entertainment! Following dinner, enjoy a tour of the Historic Jail, Dungeon and Gallows Exhibition Hall. Tickets can be purchased at the Visitors Bureau, located at 712 North St, in Fremont or on-line at www.sanduskycounty.org



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Four Days in Vegas

By Lynn Urban

Recently I was very fortunate to get away from the cold and busy world I live in to make a four day trip to Las Vegas. Once I got past the flight, I was extremely excited to get started on the Vegas experience. March was the perfect time of year to go and get that much needed warmth and sunshine. We were prepared to do a lot of walking, since this is the easiest way to see everything on the strip, I sure wouldn't want to do that in the heat of summer!

Although every hotel is like a small resort, and everything you need is under one roof, I was in awe of each fabulous hotel, with each one being more extravagant than the other. As I was walking past the Cosmopolitan I saw Liberace's wardrobe, his diamond studded piano and Rolls Royce in the lobby. It was amazing. Each lobby area is built around the casino and the many restaurants and bars, ranging from pizza and sandwiches to the finest gourmet restaurants owned by famous chefs from all over the world. Ours had a bakery featuring the most enticing little desserts-much too pretty to eat. As a food lover, I knew I was in for a real treat. The hardest part was deciding which restaurants to try in such little time.



Because of the beautiful weather, I wanted to eat outside as much as possible. We found a patio restaurant at the fashion mall called Strip Burger, that had one of the best burgers around and big enough to split. With a basket of fries, onion rings, and fried pickles, it was a great lunch, also a good way to save a few bucks. Another good spot was a café at the Paris Casino, where I enjoyed a Mandarin Chicken Salad that was fabulous. It was directly across from the Bellagio fountain, another must see while you're there.

Fremont Street in downtown Vegas is a whole other experience. It was fun to see a different outlook on the town and to know that this was where it all began. Some of the casinos and hotels are the originals, such as the Hotel Fremont and Golden Nugget, looking like they did in their glory days. This is where we decided to do a buffet. I'm not a fan of buffets and it was just okay. I wish I would have decided to try one of the more exclusive buffets on the strip.

Something else that you must do is to take in a Las Vegas show. You could see shows simulating such stars as Michael Jackson or the Beatles or see the real thing like Celine Dion. We went to a Cirque du Soleil Show, which was a theatrical and acrobatic performance. It was very entertaining. If you're a shopper, Vegas has all the designer stores at designer prices. It was fun to do a lot of window shopping.

I'm glad I had the chance to see Vegas, now I can cross that off my bucket list. They say a lot has changed in the past ten years, it's a bit more expensive than it used to be. We did manage to find some deals though, you just have to do some research and be at the right place at the right time. And don't forget your walking shoes!

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Finally spring, the season we have all been waiting for. With the brutal winter behind us, let's enjoy the warmer days ahead. Yes we are going to have some cool days and nights, and with this crazy weather maybe some single digit temperatures, but the warm days will out number the cooler days.

My hubby has big plans for me this year, working in the yard, planting flowers, and having a garden this year. This will be our first garden at this house. We haven't had a garden in a long time. At the old house we had one out in the side yard beside the garage and grew all sorts of vegetables. One year we had so much produce my hubby even canned tomatoes and pickled vegetables. The tomatoes were out of this world and the vegetables were a great compliment to any meal or snack.

We have Easter coming and that sounds so good because I know by then we shouldn't have seven inches of snow lying on the ground! The last five years we have not had Easter dinner with family so this year we are going to try and do so. The Timko Family Easter dinner always included, along with Baked Ham, what we called Barberton Sausage. It was made at a local family owned butcher shop and it was wonderful, it was like nothing you could get anywhere else around. It was a garlic sausage with just the right spices. You either loved it or didn't. The family owned butcher shop went out of business when the owners decided to retire and we have never been able to find it since. My Grandma Timko is the one that served it and then got it for us when my Mom took over the Easter dinner cooking. Once Grandma died

Cousin Tim Baker would get it for us, and once we couldn't get the garlic he found a spicy sausage for us to use. It is good but it isn't like the garlic sausage. If anyone knows where I can find that sausage I sure would appreciate a name and location.

This month I am sharing two salad recipes that would be good with Easter dinner and a leftover ham casserole recipe. If you are like my family we always have leftovers and need recipes for them. Enjoy and have a very blessed Easter and a hopefully warmer, drier April!

These first two salad recipes came from my friend Phyllis Herman who use to have a recipe column called Ummm, Ummm...That's Good! in the Peninsula News in the Lakeside-Marblehead area. The first one didn't have a name so we will call it a Springtime Salad, and the second is a Banana Cream Fruit Salad that would go good with your Easter dinner. The third recipe I found in that wonderful cookbook "The Best of the Soroptimist" and is from Jo Ann Cook. When I talked to Jo Ann she told me she found the recipe in the Rural Paper or magazine, tried it and loved it. I will be trying this one with my leftovers for sure!

Springtime Salad (will serve 8 - 10 people depending on size of head lettuce)

- 1 (10oz) package fresh spinach
- One head lettuce
- 1 (11oz) can mandarin oranges, drained
- 1 (12oz) package silvered almonds

Wash, drain, and dry spinach and lettuce. Tear into bit size pieces. Add oranges and almonds. Refrigerate until needed.

Dressing

- 1 cup vegetable or olive oil
- 1 medium onion finely chopped
- 1 tablespoon Worcestershire sauce
- ¼ cup cider vinegar
- ¼ cup sugar
- 1/3 cup catsup

Combine all dressing ingredients in blender and blend on high until well blended
Pour over salad and toss. Serve immediately.

Banana Cream Fruit Salad

- 2/3 lb. strawberries, hulled and sliced crosswise
- 1/3 cup sugar
- 1 navel orange, peeled and sliced crosswise
- 2 ounces nectarines cut into 1 inch pieces
- 1 cup seedless green grapes, halved
- 1 cup seedless red grapes, halved
- 1 banana, peeled and cut into chunks
- 1 Tbsp. Honey
- 1 cup vanilla yogurt, chilled

Combine first six ingredients in a bowl and toss. Combine banana, honey and yogurt in a blender or food processor. Puree until very smooth. Pour banana cream over fruit salad and toss. Chill before serving.

Ham Casserole

- 1/3 cup chopped green pepper (can use red or yellow instead of green)
- 2/3 cup chopped onion (I will use 1 1/2 cups because we love onions)
- 2 (7oz.) cans mushrooms, drained
- 1 stick butter, divided
- ½ cup flour
- 1 quart regular half and half or fat free half and half
- 1 cup grated cheddar cheese
- 1 cup sour cream
- 1 small jar (2oz) diced pimentos, rinsed and drained
- 1 tsp. white pepper
- 2 tsp. paprika
- 1 (12oz) package frozen noodles, cooked and drained
- 3 cups chopped ham
- ½ bag dry seasoned stuffing mix

Sauté pepper, onion and mushrooms in 4 tablespoons butter until soft. Add flour and stir until smooth. Cook one minute or two. Slowly add half and half and cook until thickened. Add cheese, sour cream, white pepper, paprika, and pimento. Add noodles and ham; spread in a 9x13 baking dish. Toss stuffing mix with 4 tablespoons of melted butter and spread over top of casserole. Bake in 350 degree oven for 30 minutes or until heated through and bubbly around edges.

Questions, comments, suggestions, and your recipes contact me at ChrisTimkoGrate@roadrunner.com



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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR APRIL:

All April activities qualify for the 'GO' Program, a county wide wellness initiative. Pick up a card at any participating location (such as Park District office or program), receive a punch for each activity you do in the month of April, return the completed card to a drop box, win prizes! For more info and a list of other participating agencies go to www.LoveMyParks.com.

Meet Me at the Cabin: Birding by the Cabin, Wed, April 2, 4pm, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. Registration required.

Bald Eagle Tour, Sat, April 5, 10am-1:30pm, Meet at the Park Office, 1970 Countryside Place, Fremont. Join us for a tour of the county's eagle nests. Bring binoculars and spotting scopes or share ours for observing nesting, feeding and territorial behaviors. For ages 15 and older. Feel free to bring a snack. Registration required.

Stargazing, April 5, sunset, Wolf Creek Campground, 2701 S.R. 53, Fremont. 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 south of Fremont.

HIKE for the Health of It: Sun, April 6, 6pm, Decoy Marsh, 2700 C.R. 259, Fremont. Just show up and walk.

Bald Eagle Tour, Sat, April 12, 10:30am-2pm, Meet at the Park Office. Join us for a tour of the county's eagle nests. Bring binoculars and spotting scopes or share ours for observing nesting, feeding and territorial behaviors. For ages 15 and older. Feel free to bring a snack. Registration required.

April 15: Campgrounds open at White Star Park and Wolf Creek Park

Puddle Jumpers: April Showers: Tues, April 15, 10am, White Star Park Simcox Shelter, 925 S. Main, Gibsonburg. Learn some rainy day facts and create a rain stick. Registration required.

Good Friday Fishing: White Star Quarry is one of the sites being stocked

with rainbow trout by ODNR Division of Wildlife. Fishing is allowed during parks hours: 8am – dark; all Ohio fishing laws apply.

Tree Huggers, Spring has Sprung! Fri, April 18, 1-3:30pm, Garlo Heritage Nature Preserve, 5777 S.R. 19, Bloomville. Ages 6-12 are invited to discover where winter has gone and how spring has sprung. Dress to be outdoors. Light snack provided. Registration required.

Track & Trail for Teens: April Adventures, Fri, April 18, 4-6:30pm, Garlo Heritage Nature Preserve, 5777 S.R. 19, Bloomville. Ages 12-17 will explore the park to discover what spring has to offer. Dress to be outdoors. Light snack provided. Registration required..

Fish Research, Sat, April 19 & Sat, April 26, 3:00, Creek Bend Farm, 654 S. Main St (SR 590), Lindsey. Dress to wade into the creek and assist with ongoing research. Fish traps have captured over 6,000 fish of 42 species since studies began in 2002. All ages welcome. Registration required.

Earth Day Clean-Up: Tues, April 22, 11am-1pm, Ringneck Ridge Wildlife Area, 1818 C.R. 74, Gibsonburg. Help us clean-up our corner of the Earth on this nature celebration day. Garbage bags provided. Please bring your own gloves. Water & trail mix snack. Registration required.

Kayak with Eagles: April 26, 7am. For those who have their own kayak, join Tom Kashmer to travel along Green Creek, a prime eagle watching area. Meet at the Park Office, 1970 Countryside Place, Fremont, then travel to launch site at Decoy Marsh. Registration required. Kayak program registration can only be taken by phone: .

Canoe with Eagles: Meet at 5 pm: Mon, April 28; Wed, April 30. All programs meet at the Park Office, then travel to launch site at Decoy Marsh. Registration is required and you must register with a partner, at least 12 years old. Canoes provided to travel along Green Creek. Canoe program registration by phone only:

Reiki Volunteer Program

Patricia Zilles Reiki Master Practitioner/Teacher

Do you feel driven to help others? Perhaps you've walked through a dark place and come out on the other side... and now you want to share your experience with others. Maybe you're at a point in your life where you have accomplished certain important goals and now you want to do something to giveback. Or maybe you're just looking for a new, rewarding career where you can set your own hours, work from anywhere, and make a genuine difference while you're making a living! (And one you can

easily start part time in under a two hour a day session)... If you are, then Reiki Training is for you and We could use you on our team and participate in the monthly Reiki Circle meetings assisting with clinical skills practice session with Reiki students. Our level I, II, III and Master level practitioners provide refresher courses in skill, technique of symbols, and attunement practice of new Master Level Practitioners.

As Reiki Practitioners, we will listen to your struggles with your health or changing your lifestyles.

We can provide you support and resources about Reiki and how it can help. Reiki is a healing modality that shows you the path to heal your pain. The question to ask is "What good will I bring to my life when I can heal my pain?" I can imagine all the goodness we can bring to others...bring to earth itself-

With our new found freedom from suffering, it is then we begin to really heal.

We are looking forward to seeing you at the next meeting, Reiki Circle, Tuesday, April 8, from 6:00 pm-8:00pm, The Bellevue Hospital, Conference Room A & B


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**April Blizzard of the Month:
Confetti Cake**



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SOMETHING DIFFERENT

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Welcome spring with a healthy salad of fresh kale

Springtime's arrival announces the start of a wonderful time in farmers' markets, as some of the freshest, brightest, most tender and flavorful produce begins to fill growers' stands. I love strolling among the stalls with my sons, enjoying what can sometimes seem like a never-ending buffet of tender, crisp leaves in a variety of shades, baby peas, the first slender young shoots of asparagus, and other vegetables, not to mention the citrus fruits holding over from winter and, in places, the earliest of the berries that will make their biggest impression from late spring to summer.

Some of the easiest ways to translate springtime produce for the table are salads. Choose greens that look good to you, whether one variety or several; rinse them with cold running water and dry them thoroughly with a salad spinner or simply with a clean kitchen towel or paper towels; add a dressing that complements the greens' flavors and textures, as well as suiting your own preferences; throw in a few other ingredients for bright contrasting sparks; and you've got a dish that celebrates the season and satisfies the appetite.

One of the most popular salad greens in recent years, which seems in no danger of waning in its appeal, is kale, whose crinkly dark-green leaves pack as much healthful nutrients as they do robust flavor and texture. Many people think of kale as a largely a cold-weather green. But, in fact, not only does it thrive well into spring but also, thanks to its popularity, now seems to be widely available in markets year-round.

If you haven't enjoyed kale in a salad before, now is a perfect time to give it a try, especially in the recipe I share here for Kale Salad with Lemon Vinaigrette, Golden Raisins, and Pine Nuts, from my

new book, "Wolfgang Puck Makes It Healthy".

I like to serve this healthful salad as a first course. But you can also offer it as a side with grilled, broiled, or roasted seafood, poultry, or meat, or make a double batch to serve as part of a buffet. If you're counting calories, something many people do in springtime as they see summer swimsuit season approaching, you'll be pleased to learn that the recipe, a generous and filling plateful of greens, is only 230 calories per serving. Yes, about half are fat calories; but most of those come from the heart-healthy fat of the olive oil in the zesty dressing.

So, please give my recipe a try, and see how easy, pleasurable, and healthful it can be to eat your springtime greens.

KALE SALAD WITH PINE NUTS, RAISINS, AND LEMON VINAIGRETTE

Serves 4

1/4 cup golden raisins

1/4 cup pine nuts

1 bunch organic kale, about 1/2 pound, leaves rinsed with cold running water and thoroughly dried

6 tablespoons Lemon Vinaigrette (recipe follows)

Kosher salt

Freshly ground black pepper

Freshly shaved Parmesan, for serving (optional)

Put the raisins in a small mixing bowl. Add hot water to the bowl to cover the raisins completely. Set the raisins aside to soak and plump up for 10 minutes.

Meanwhile, put the pine nuts in a small nonstick pan. Cook the nuts over low heat, stirring frequently, until they turn golden

brown, 3 to 5 minutes. Transfer the nuts to a bowl and set aside.

With a sharp knife, cut out the stems and tough ribs from the kale leaves. In batches, stack the leaves, roll them up lengthwise, and cut them crosswise into strips 1/2 inch wide. You should have about 8 cups packed of shredded kale.

Thoroughly drain the plumped raisins.

In a large bowl, combine the kale, raisins and toasted pine nuts. Drizzle with the Lemon Vinaigrette and season to taste with salt and pepper. Toss lightly but thoroughly.

Transfer the salad to individual chilled serving bowls or plates, taking care to divide the ingredients evenly. Garnish with Parmesan, if you like.

LEMON VINAIGRETTE

Makes about 1/2 cup

1 tablespoon grated lemon zest

2 tablespoons fresh lemon juice

2 teaspoons Dijon mustard

1 teaspoon sugar

3 tablespoons extra-virgin olive oil

Kosher salt

Freshly ground black pepper

In a small nonreactive bowl, combine the lemon zest, lemon juice, Dijon mustard and sugar. Stir with a whisk until thoroughly blended. Whisking continuously, slowly drizzle in the olive oil to form a smooth emulsion. Season to taste with salt and pepper. Use immediately or cover and refrigerate for up to 1 week.

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WORLDWIDE, INC.

Congressman Jim Jordan to Speak at Event

The Sandusky County Republican Women will welcome Spring with their annual Spring Banquet on Thursday, May 15th at Anjulina's, 2270 West Hayes Avenue, Fremont, with registration at 6 p.m. and dinner at 6:30 p.m.



The keynote speaker will be U.S. Congressman Jim Jordan. Jordan is a fiscal conservative who believes that families and taxpayers, rather than government, know best how to make decisions with their money. Throughout his career, Mr. Jordan has led the fight against tax hikes, including those proposed by his own political party. He believes that cutting taxes and letting families keep more of what they earn helps build strong communities and a vibrant economy. Congressman Jordan is also a member of the House Ways and Means Committee, and has held numerous hearings on the IRS targeting of conservative groups and Benghazi.

The cost for the Spring Banquet is \$30.00 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.

The public is welcome. You do not need to be a member of the Republican Women or a resident of Sandusky County to come to this event. If you have questions, call Anita Hahn at 419-357-2686.

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**WSOS Afterschool Program Students
Gain National Support for Literacy
through 1 Million Good Nights Pajama
Program**

WSOS Community Action Commission school-age afterschool programs were recently selected to become a recipient of the 1 Million Good Nights Pajama Program. This program provides new pajamas and new books to children in need nationwide. The program was founded in 2001. Founders of the programs sought to target children who are less likely to enjoy the simple comfort of having a mother or father tuck them in at night with warm clean pajamas and a bedtime story. Many of these children live well below the poverty levels and are in desperate need of food, clothing and sometimes shelter. The project goal is to provide One Million Good Nights for children who need them most.

Much of the success of the program can be contributed to Scholastic Books, a lead partner on the project who has donated hundreds of thousands of new children's books to the Pajama Program since 2007. The Literacy Program's goal is focused on lifelong learning and upon making a positive impact on the growth of student readers. Measuring the impact of the Pajama Program on positive change in our student readers' growth is the important focus of the Literacy Program also.

Through its partnership with Carter's, Pajama Program is able to provide hundreds of thousands warm and comforting pajamas to under-served, abused and neglected children to help create a secure and nurturing bedtime environment. Carter's have been supporting Pajama Program with generous contributions of new pajamas, funding and annual in-store donation drives since 2001.

Before the Christmas holiday season WSOS was contacted by a representative from the Pajama Program Headquarters & Reading Center in New York City with the award notification. One hundred and twenty-two pairs of boys and girls pajamas were delivered to the afterschool program children in January along with 85 readers. Students who attend Afterschool and Head Start programs in Clyde and Fremont were beneficiaries of the Pajama Project. Thanks to this program over one hundred needy children who live in Sandusky County will have "Good Nights."

The Sandusky County Afterschool Programs are operated by WSOS Community Action Commission Inc in collaboration with Clyde-Green Springs Exempted Village Schools and Fremont City School District. All programs are supported by the Ohio Department of Education 21st Century Community Learning Centers Grants, the United Way of Sandusky County, and Carmuse Lime & Stone. To learn more about local program or the Pajama Program for children contact Mae Leake at WSOS Community Action Commission Inc. 419-333-4012.

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The Winter That wouldn't Go Away/Redhead Ducks/The Broody Bunch

Although we hope it's sunny and warm as you read this, we're not making any commitments. This was "The Winter that Wouldn't Go Away." If it sounds like the title of a horror movie, it WAS a horror story in many ways. It is the middle of March as we are putting this together. Two nights ago it was 4 below zero and we had just gone through one of the worst snowstorms we've had here in many years. About 7-10 inches of snow still blankets the ground and thick ice covers rivers, lakes and our pond. We're expecting a massive fish kill this spring when our pond finally thaws.

Looking back in our journal, the pond and marsh were open last year at this time and we had all kinds of ducks and geese coming and going. But, this year unless they're wearing ice skates, we won't see any on our pond for some time to come. Already many waterfowl are here in northwest Ohio trying to find open water.

Last spring one of our visitors was a male redhead duck. He flew in with a couple of other male redhead ducks and landed on the pond. When our ducks swam out to investigate the newcomers, all of the redheads flew off except for one. He ignored our ducks and proceeded to eat and bathe. Since it was a duck



that neither of us had seen on the pond before, Robin took the opportunity to snap off a few photos.

Redheads are medium-sized diving ducks that resemble canvas back ducks and may be mistaken for them if seen from a distance. The male redhead has a reddish head and neck with a black breast and dark gray back. His rump is black, his eye is golden and his bill is blue with a black tip. The female is brown overall with a reddish-brown head, neck and breast, and a buff white chin. Her bill is similar to the male's but not as brightly colored. Her eyes are dark with an indistinct eye ring, and a stripe behind the eye.

Redheads winter in the south with huge flocks gathering in lagoons along the Texas coast, and begin migrating northward from January through March. Although they rarely nest in the western Lake Erie marshes, redheads are very common migrants statewide in Ohio.

They take new mates each year and begin to form monogamous pairs in late winter. By the time they reach their primary breeding grounds in the northern prairie marshes in the United States and Canada they are already paired up. Although redheads build their own nests, the female sometimes lays her eggs in the nests of other ducks--especially canvas backs. While the female is incubating her eggs, the male redhead leaves her and travels further north to begin a molt that will leave him unable to fly for almost a month. According to the Cornell "Birds of North America" website, this is actually called a "molt migration" and includes postbreed-

ing male redheads and unsuccessful females. These ducks travel to traditional "molting lakes."

Fall migration begins in August and continues through the early part of December as the ducks head back south.

What do "Angry Birds" and "crabby chickens" have in common? Or "The Brady Bunch" and the "broody bunch?" We don't know either, but we have 2 very ill-tempered young hens who refuse to leave their nest boxes. In order to make sure they get out to eat and drink we have to extricate them kicking and screaming (them--not us) from the boxes a couple of times a day. They have parked themselves in the only 2 nest boxes (out of a total of 10 boxes) that everybody else seems to want to use, too. They start growling and fluffing up their feathers as soon as we open the coop door. And when we reach under them to check for eggs they shriek and peck at our hands. Sometimes we find 2 or 3 eggs under one or the other of them--none of which



is hers. We've heard stories and read articles about broody hens, but this is our first encounter with them. None of the chickens in our first flock behaved quite like these two--they've been a real challenge.

Hopefully, the arrival of spring will bring a huge improvement in the weather. Maybe by the time you read this we will finally have bright sunshine, blue skies, and warmer temperatures--it will be sweet after the winter we've all been through!

Happy Easter from all of us at 12 Acres in Ohio!

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Massage Self Treatment Tips

By Jamie Meade, LMT and owner of Knead It Massage

Massage For Tired Eyes

Great for tired eyes from staring at the computer-- it brings circulation to the area and relieves sinus pressure, eye strain, and headaches.

Close your eyes. Place thumbs under your eyebrows, starting at the inside corner of each eye socket. Press and gently move your thumbs in tiny circles, working slowly towards the outsides if your eyebrows and continuing this movement all around your eyes ending back at the bridge of your nose. Repeat several times, spending a little extra time at the indentation of the inner eye socket, where the bridge of the nose meets the ridge of the eyebrows- an especially tender point on many people.

Massage Therapy To Ease Headaches and Tension

Start by placing your thumb on your cheekbones close to your ears, and use your fingertips to gently apply pressure and rub the temples (the soft spot between the corner of your eye and ear).

Using very firm pressure and a tiny circular motion, gradually move your fingers up along your forehead, massaging your entire forehead and scalp as you inch along.

Massage Therapy To Relieve Neck Tension

While you are sitting, mold your hands over your shoulders. Exhale while letting your head drop back, squeeze your fingers towards your palms, gliding up the muscles of your back to your shoulders and up your neck.

Now rest your elbows on your table, drop your head forwards and make small, deep circular movements up the muscles on both sides your neck to the base of your skull.

Place your hand behind your neck and interlace your fingers and allow the weight of your elbows to gently pull your head

gently forward. This will stretch your neck muscles and those that run down your back.

Massage Therapy To Loosen Tight Shoulders

For this one you will need a tennis ball or another type of rubber ball.

Stand about 18 inches from the wall and go down into a partial squat position with your butt against the wall.

Lean forward, place the ball at the top of your shoulder and start to stand up. Go slowly- an inch at a time- pressing your back towards the wall and rolling the ball down your spine, stopping when you find a tender spot and press until the pain subsides. If you have a hard time controlling the ball, I suggest placing it in a sock and controlling it with your hand hanging it over your shoulder. Now repeat the other side.

I hope these helpful tips can help you relieve tension at home or at work.

To schedule your massage therapy appointment, call or text Jamie at (419) 307-2324.

Knead It Massage

by Jamie Meade (419) 307-2324
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The anniversary of the bear market

March 9, 2014 marked the five-year anniversary of the stock market's closing low. That trading day, the Dow Jones Industrial Average was at 6547, its lowest level since April 15, 1997; the S&P 500 was at 676, its lowest level since Sept 12, 1996; and the NASDAQ was at 1268, its lowest level since Oct 9, 2002.

Since then, U.S. markets have charged higher. Through the end of February, the S&P 500 has shot up 175 percent and including dividends, returns have more than tripled since the bear market low. For the first few years of the recovery, ordinary investors were largely on the sidelines. The experience of watching a retirement account plunge by half prompted many to say that they would never again put themselves through the pain. But over the past five years, many risk-averse investors have reentered the market, though this time, hopefully a little bit wiser.

In a totally non-scientific study, I have seen the change first-hand. When I first arrived at CBS in April 2009, CBS stock had sunk to \$3.50 per share. When coworkers found out that my previous career was as an investment advisor, they sought my guidance about their 401K plans. The typical exchange went something like this:

Joe: Can you look at my 401K? I thought I would retire in the next couple of years, but now, I don't think I will ever be able to retire!

Jill: You have a pile of money in cash - what did you sell?

Joe: Half of my money was in CBS stock, and then I split the rest between stocks and bonds. I sold the CBS because I thought it was going to ZERO!

I was startled by how many of my near-retirement age co-workers had so much money in the company stock. For years, I had counseled clients to keep allocation in company stock to no more than 10 percent of the total, especially those who were nearing retirement. But many of my CBS pals had 30 or 40 percent of their accounts allocated to company stock.

When the stock was flying high in mid-2007 at \$35 per share, nobody imagined that within two years, it would be trading at a tenth of that price. And when the stock did nosedive, many of them

could not stand it anymore, so like Joe, they sold.

Joe recently quipped, "If only I had the courage to hold on and buy MORE CBS five years ago!" I reminded him that five years ago, he was frozen with fear and the idea of assuming any risk was an anathema. In fact, back in 2009, it took a lot of hand holding to help him rotate the cash inside his retirement account into a more diversified allocation. He laughed and said, "I know...I would never want to go through that again!"

Of course, five years later, CBS stock is trading at \$67 per share, which makes many some employees wistful. "I never should have sold in 2009," or "If only I held on" are phrases that I hear today. Oh sure, if only...easy to say after the stock has soared nearly 20 times from five years ago!

The past five years have been instructive in the two main emotions that guide many investors: fear and greed. In 2007, when stocks were flying high and financial crisis had not yet entered the vernacular, many investors allowed greed to rule, piling into risky assets or having allocations that were heavy in company stock. Then at some point, maybe near the bottom in 2009, or even earlier in 2008, fear prompted many to sell.

Those who adhered to a more balanced approach were better able to keep those emotions in check. Yes, Joe would have been handsomely rewarded if he had kept his CBS stock, but the fact that so much of his retirement nest egg was vanishing before his eyes in 2009, made it more likely that he would not be able to withstand the pain. A thoughtful, balanced approach, which incorporates periodic rebalancing, can help investors avoid the emotional decisions that greed and fear often prompt.

(Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com) TRIBUNE CONTENT AGENCY, LLC

Sandusky County GO



A collaborative effort between local business agencies, county parks, hospitals, the health department, schools and recreation centers to create a healthier Sandusky County.

In April the GO program will begin throughout the county. After determining the need for a collaborative effort to combat obesity and increase the overall wellness of the county, local organizations have come together to create a movement for movement. Over 15,000 participation cards will be going out to children at area schools. The participation cards will have instructions on how to participate along with a punch card. There are 10 spots to receive a punch by participating in a local health and wellness activity. Once the card is complete, the participant will then turn it in at a participating location for a chance to win 1 of 50 prizes. Although the cards are going out through the schools this program is open for everyone and anyone of all ages. Seniors and adults are encouraged to participate as well and can receive their punch card at a participating location. Participate as a family or create some friendly competition in your office.

For more information please call 419-334-5906, email mbauman@fremontohio.org, or visit <http://alwaysschoosethehealth.com/>.

Bob says



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Exact cause of stomach cancer not known, though a number of factors can increase risk

DEAR MAYO CLINIC: My mother was diagnosed with stomach cancer and has begun chemotherapy. Her doctors say she may need surgery, too. I know this type of cancer is rare, but what are the survival rates for those who do get it? What causes it?

ANSWER: Although it greatly depends on the individual situation, overall the outlook for people diagnosed with stomach cancer is often good after treatment, especially when it is caught early. The exact cause of stomach cancer is not known. However, a number of factors can raise a person's risk for this cancer, including diet, family history and other medical conditions.

In the United States, stomach cancer used to be much more common than it is today. The number of stomach cancer cases has dropped dramatically within the past few decades, and now it is rare in this country. Stomach cancer is still common, however, in other parts of the world, particularly Japan.

There's a strong correlation between a diet high in smoked, salted and pickled foods and stomach cancer. Other risk factors include smoking, a diet low in fruits and vegetables and eating foods contaminated with aflatoxin-producing fungus. People who have had a bacterial infection with *Helicobacter pylori* also are at a slightly increased risk.

A variety of medical conditions may raise the risk of stomach cancer, too, including stomach polyps; an infection that involves long-term inflammation of the stomach known as chronic gastritis; and vitamin B12 deficiency due to pernicious anemia. In addition, some genetic mutations that run in families can predispose a person to stomach cancer.

There are several kinds of stomach cancer. The one that makes up the vast majority of cases is adenocarcinoma - stomach cancer that begins in the glandular cells. These glandular cells line the inside of the stomach and secrete a protective layer of mucus to shield the lining of the stomach from acidic digestive juices.

If the cancer has not spread outside the stomach, a typical treatment approach includes chemotherapy followed by surgery to remove the tumor. In many cases, chemotherapy after surgery is recommended, as well.

Research has shown that this approach of using chemotherapy before and after surgery is associated with improved survival when compared to just surgery alone. That's because with stomach cancer, some tiny cancer cells that may be difficult for a surgeon to see can be effectively eliminated by chemotherapy. Chemotherapy before the surgery also is helpful because it can shrink the tumor, making surgical removal easier.

Chemotherapy drugs used for stomach cancer have improved a great deal in the past 15 to 20 years. Before that, not many chemotherapy agents existed that were proven to be effective in treating stomach cancer. But stomach cancer is usually quite responsive to many of the newer drugs. With the choices available now, doctors are often able to pick a chemotherapy drug that is aggressive against the cancer while minimizing side effects such as nausea, vomiting, weakness and hair loss.

After surgery to remove the cancer and follow-up chemotherapy, your mother will likely have checkup appointments periodically for several years to make sure the cancer is gone. But for now, if she hasn't already done so, it may be helpful for her to have a conversation with her oncologist to discuss her overall treatment plan. That will give her a chance to ask questions and better understand the long-term outlook for her specific situation. - Robert McWilliams, M.D., Medical Oncology, 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\(AT\)SIGNmayo.edu](mailto:medicaledge(AT)SIGNmayo.edu). For more information, visit www.mayoclinic.org.)

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In Your Own Backyard

Hayes Memorial Garage sale, Sat., April 5, 9am-3pm, 1441 Fangboner Rd. behind YMCA. 2pm is \$2.00 bag sale.

Heartbeat/Hope Medical Pregnancy Support Center will hold an Annual "Walk for Life" in Fremont on Saturday, May 10. Registration begins at 8:30 a.m. at the Heartbeat/Hope Medical Center at 1209 Oak Harbor Rd, Fremont with the two-mile noncompetitive walk beginning at 9 a.m. For registration log on to the website www.friendsofheartbeat.org or call 419-334-9079.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held Wednesday, April 30th at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. There will be a guest speaker followed by a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more information, contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

Birchard Library Book Sale. Members of the Friends of the library only are invited to come Wednesday April 16th from 5--8pm. Please bring your membership card or join that night. The book sale is open to the public Thursday, April 17th from 10am-8pm, Friday April 18th, 10am-5pm and Saturday April 19th from 9am-1pm with Saturday being a bag day sale. We supply the bags, you fill them for \$3.00. If you would like to join the Friends of the Library it is \$4 for a Student/Senior membership, \$10 for an Individual, \$15 for a Family, \$30 for a Individual Sponsor/Business Associate and \$50 for a Corporate Patron. We are located at 423 Croghan Street in Fremont. We have hundreds of books on every subject with prices from 25 cents to \$3.00.

Crafting for a Cause 2014, 9:30 a.m. - 2 p.m. at Grace Lutheran Church, enter Clover Street entrance, Saturday, April 26, Contact Cheryl Paeth, 402-850-1581 or cheryl.a.paeth@gmail.com.

The women of the First Presbyterian Church on Park Avenue in Fremont

invite the public to experience one of their large rummage sales on Friday, May 2. Doors open at 9 a.m. and ends at 4 p.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. St. Mary's Church, 609 Vine St. in Clyde, 41st Annual Rummage Sale, Thurs., April 24th, 9-6; Friday, April 25th, 9-5 and Sat., April 26th from 9-noon. Sat. is also bag day. For info call 419-547-9687.

April 6th Brain Tumor Awareness Fundraiser for Angela Martin: Angela is an Old Fort resident and the mother of two children diagnosed with Inoperable Brain Tumors. The Fundraiser is to help raise money for her medical expenses. The event begins at noon at the Ballville Volunteer Fire Dept. Community Hall at 1413 W. Cole Road in Fremont. Come join us for: food, fun, 50/50, bake sale, raffles, and 30 vendors!

Opening Day for the Clyde Museum 2014 season is Thursday, April 3rd. Museum will be open from 1-4pm every Thursday through the end of September and by appointment by calling Brenda Stultz, Curator at 419.547.7946 or 419.639.3017. The museum is located at 124 W. Buckeye Street across from the Clyde Post Office. The General McPherson House is open for special events and by appointment by calling the above.

You are invited to a luncheon and program with Fremont Area Women's Connection to be held at Anjulina's Catering, 2270 W. Hayes Avenue, Tues., April 8, Luncheon 11am - 12:30 pm. Cost \$12 inclusive. The Feature will be Christie Weininger of the Hayes Presidential Center, telling us about the history of Easter Egg Roll Events. The Speaker will be Eleanor Daum, Warren, , telling us "What to do when your world is falling apart". Our Community Project for April will be the Liberty Center. Items needed: personal hygiene, kitchen supplies, bathroom tissue, soaps, etc.,. Reservations: call by April 3rd -Donna at 419-680-2251 or email - Carrol at fawcluncheon@gmail.com

April 12th at the Strand Concert Theater (220 S. Front St. Fremont) show for the Humane Society. Doors open at 7p.m. Admission is either a cash donation or non-perishable animal food item(s). The headliner is Nathan Roberts & The New Birds. Other bands include Martin Koop of Free Wild, Nick Davenport, Clark's Cape, TSCC Contemporary Ensemble, and TSCC Fusion Machine.

Race 4 Grace 5K Run/Walk: Sat., April 12th, Registration & packet pick-up at shelter 8- 8:45 a.m. Race begins at 9 a.m. This is a flat course on the Scenic Inland Northcoast Bike Trail. Registration forms available @ womenofgraceministries.org. Women of Grace Ministries is a non-profit organization reaching out to teen girls. Women of Grace Ministries is not affiliated with any one church. 419-332-1001

Soroptimist Sweet Indulgences Annual Fun Night: Sandwich, Salad and Dessert buffet, Tues., April 29th, American Legion, Doors open at 6pm, donation \$8.. Reservations, 419-332-8161 or wurzelsic@aol.com.

Mothers of Preschoolers Mom 2 Mom Sale set for May 3, 2014. Local Mothers of Preschoolers Organization is hosting a Mom 2 Mom Sale on Saturday, May 3rd, 2014 from 9:00 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 Sandusky County's Habitat for Humanity



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Sandusky County 'Stars' getting ready to shine for CASA

The 4th annual Sandusky County 'Stars' dancing for CASA will be held on Saturday, April 5 at 7pm at the Heights, 2000 Buckland Ave. in Fremont.

The five Sandusky County dance competitors vying to win the People's Choice Award are: Peggy Courtney, Director of Marketing, Fremont Federal Credit Union; Monica Jay, MSW, LISW-S, Bereavement Coordinator, Hospice of Promedica Memorial Hospital and CASA volunteer; Christie Weininger, Executive Director Hayes Center; Attorney Christopher P. Fiegl; and Don Sartin, Probation Officer, Sandusky County Juvenile Court. These five will put their best foot forward and dance to help the abused and neglected children in Sandusky County.

The star dancer receiving the most votes will be awarded the People's Choice Award at the end of the evening on April 5th. Voting is accomplished by making a monetary donation to the dancer of choice. Each dollar donation equals one vote. Donations can be made directly to the dancer or to the CASA office in Fremont – 419-355-1442. Cash, check and credit cards are accepted. When placing your vote, make sure to specify which dancer or dancers you want to receive your vote.

Additional voting will take place on April 5. Guests in attendance will have an opportunity to cast their vote with their dollar donations after each dance performance. Tickets for the event can be purchased for \$30 per person at the CASA office in Fremont, 500 W. State St., Suite D. Call 419-355-1442 or 419-448-1442 (Tiffin) to reserve your tickets. Credit cards and checks are accepted. Hors d'oeuvres will be served and a cash bar will be available with dance competition beginning at 7:30. CASA of Seneca, Sandusky and Wyandot Counties is a 501(c)(3) organization.

My Mother's Recipes

By Joanne McDowell

Here we are in April, the month that celebrates Easter this year and what better way to celebrate than a delicious cake.

This cake was an auction item at Whiskers 'n Whine last year and donated by Judy Schneider. It is a great deal of work, but worth it.

APPLE SPICE CAKE BY JUDY SCHNEIDER

4 cups all purpose flour
2 tsp baking soda
1 tsp baking powder
1 tsp salt
2 tsp cinnamon
1 tsp ground clove
1 ½ (3 sticks) of unsalted butter cut into 1-inch cubes at room temperature
2 ½ cups sugar
2 large eggs
4 cups of applesauce

You can add apples if you like, 3 large tart apples peeled and cubed, cook on the stove in a small amount of water under tender and water is absorbed.

Preheat the oven to 325 degrees, grease 3 8-inch cake pans, line the bottoms with parchment paper and butter the paper. (the cake is very moist, so if you grease and flour without the paper it will stick and you will lose some of the cake). Dust the parchment with flour and knock out extra flour.

Whisk the flour, baking soda, powder, salt, cinnamon, cloves together in a large bowl, set aside.

In the bowl of a standing mixer fitted with the paddle attachment beat the butter until creamy, about 4 minutes.

Add the sugar and beat until light and fluffy about 3 minutes, add the eggs and beat until combined.

Add the flour mixture to the mixer bowl in 3 parts, alternating with the applesauce. Scrape down the bowl, then mix on low speed for a few seconds, gently fold in the apples, if using. Divide the batter among the prepared pans and smooth the tops. Bake for 40-45 minutes until a toothpick inserted in the center of the cake comes out clean. Transfer the pans on to a wire rack for 10 minutes, turn the cakes out onto the rack, remove the parchment and let cool completely.

Fill the layers, then frost with caramel frosting.

BUTTER CREAM FROSTING

1 cup unsalted butter
½ cup shortening
2 cups of confectioners' sugar
1 tsp vanilla extract
½ cup of whipping cream
4 tbs all purpose flour

DIRECTIONS:

Mix heavy cream and flour in a small bowl. Heat the mixture in the microwave for 45 seconds on high. Set aside to cool. In a mixing bowl combine butter, shortening, confectioners sugar & vanilla extract. Using an electric mixer, beat on low until combines. Then beat on medium for 6-8 minutes. Next add the

cooled heavy cream mixture, beat on medium speed for another 10 minutes. (mixture will appear soupy at first but will become fluffy).

Here is an easy dinner fix, probably not really low carb, but tasty!

Crescent Roll Taco Bake

2 crescent roll tubes
1 LB ground beef (or ground turkey)
1 packet of taco seasoning
1 1/2 cups grated cheddar cheese
Shredded lettuce
1 or 2 diced tomatoes depending on size
1/2 small can sliced olives if desired
Sour cream optional
sliced avocado optional

Lay out the two tubes of crescent pastry, thick sides in. Use some of the left over crescent rolls to make the center a bit thicker.

Brown beef and add taco seasoning. Lay beef in a circle inside of the laid out crescent rolls

Add cheese to the top

Pull over crescent rolls and tuck in under meat and cheese.

Add cheese, lettuce, tomato, black olives, sour cream or whatever you desire for your tacos, in the middle.

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Helen Marketti's Music Corner

Melissa Manchester



Sandusky State Theatre will welcome Grammy Award winning artist, Melissa Manchester on Friday, May 2, 2014.

Melissa Manchester has a career spanning over forty years with many hit songs. Her beautiful and powerful voice can be heard and felt on, Don't Cry Out Loud, Fire In The Morning, Midnight Blue, You Should Hear How She Talks About You, Looking Through the Eyes of Love (theme from Ice Castles) and many more.

Melissa knew in her heart that she wanted to sing by the tender age of five when she discovered Ella Fitzgerald and Judy Garland. "Ella and Judy were the musical Godmothers for me," said Melissa. "They formed my soul in terms of Judy's deep well of emotion and Ella's beautiful and honest command of the lyrics. As for the male artists, I always loved Frank Sinatra, Tony Bennett and Nat King Cole."

Melissa's work over the past several years has included composing, acting, singing and songwriting. "I came from a family with a musical background. My father was a bassoonist for the Metropolitan Opera and my mother was one of the first women to own a clothing design and manufacturing firm on Seventh Avenue. I grew up during the wonderful Golden Age of Hollywood where there were actors like Cary Grant. They all seemed to be groomed a little more magnificent than us mere mortals." (Laughs)

"I am filled with joy and gratitude for what I do," said Melissa. "I also spend time teaching as well. I teach one day per week at the Thornton School of Music, which is at the University of Southern California. I am an adjunct professor so that keeps my schedule open to continue with my other projects. I work with students who are singers and songwriters and teach them whatever they want to learn whether it's discussing a composition or a vocal performance. I find that everything I do fulfills the creative urge to commu-

nicate ideas. Inspiration for my work comes from life experiences, eavesdropping on people's conversations, discussions with friends and family and when collaborating with others. The muse starts singing to you."

Melissa is currently working on her twentieth album titled, "You Gotta Love The Life" which is due for release in the fall of 2014. "At the end of each of my concerts I like to meet my fans. I enjoy saying 'hello' and signing items. Everyone has a story about how my music touched them or helped them make a decision. I think it's an unexpected gift for what I do and I find it to be very sweet."

"I have reached out to my fans for my upcoming twentieth album. The idea came from my students about fan funding. My fans have been a great help through the Indiegogo campaign where they can contribute money at different levels and we give different premiums. Some fans have been able to visit my studio while I am recording. It is unbelievable how we are into a new industrial revolution for recording. Young people now are not used to albums. Everything has changed so much and the industry is more single-driven than having an entire album. When you did a full album in the early days, it was great to have the record company behind you. On the other hand, it's also nice to be independent because you can call the shots and make it more of your own responsibility."

Melissa has a regiment that she usually follows on the day of a show. "I drink lots of water and work out. I usually stay quiet for most of the day. Sound check is around 5:00 pm and then I start getting ready around 6:00 if the show starts at 8:00. It's all part of taking care of myself, my energy and keeping it right."

The Sandusky State Theatre performance is a co-adventure with Terra State Community College. It includes a Master Class on May 1st. "I am looking forward to playing at Sandusky State Theatre," said Melissa. "I am excited to also be teaching a Master Class with the AmeriKids on May 1st. They are going to be singing with me onstage. We will be rehearsing a choral piece that I have written. My time in Sandusky is going to be very special."

For more information about Melissa Manchester:

www.melissa-manchester.com

For ticket information:

www.sanduskystate.com



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Video View

By Jay Bobbin

"THE WOLF OF WALL STREET": Leonardo DiCaprio and director Martin Scorsese earned much praise - and a public rebuke from the daughter of one of the real-life subject's financial victims - in their fifth screen teaming, a lengthy and colorfully edgy portrait of Jordan Belfort, a financial wizard who satisfied his many vices to excess while convincing others to put their monetary faith in him. Jonah Hill is excellent as Belfort's principal partner in scheming; Matthew McConaughey, Kyle Chandler, Rob Reiner, Margot Robbie, Jon Favreau, Jean Dujardin ("The Artist") and Cristin Milioti ("How I Met Your Mother") also are featured. *** (R: AS, N, P, V)

"DELIVERY MAN": The title works two ways for Vince Vaughn's character in this moderately entertaining serio-comic tale of an ex-sperm donor, many of whose progeny want to know who their father is. He has quite a few of them, too ... more than 500, making him panicked when about one-third of them take legal steps to determine his identity. Eventually, though, the fact he's having a child with his girlfriend (Cobie Smulders, "How I Met Your Mother") prompts him to look into the lives of some of those he already has sired. Chris Pratt ("Parks and Recreation") and Britt Robertson ("Life Unexpected") also appear in the film, a remake by director Ken Scott of his own movie "Starbuck." DVD extras: deleted scene; outtakes. *** (PG-13: AS, P, V)

"WALKING WITH DINOSAURS": Though the title is a brand name thanks to the long-popular BBC-made documentary series, this family-friendly film goes its own way, putting a story to its visuals of computer-generated creatures set against real backdrops. Justin Long voices a young dinosaur who struggles to make

his way through an often harsh prehistoric world, with a bird (voiced by John Leguizamo) as his principal companion. The picture still strives to be educational by identifying the species of different characters, which interrupts the narrative flow though it's well-intentioned. Karl Urban ("Star Trek") is featured in live-action sequences. *** (PG: AS)

"ODD THOMAS": A Dean Koontz suspense novel is the source of this melodrama with Anton Yelchin ("Star Trek") as the title character, a short-order cook who has the "Sixth Sense" gift - or curse, depending on your view - of being able to see dead people. They're a malevolent bunch with sinister intentions, so he enlists his girlfriend (Addison Timlin, "Zero Hour") and the local sheriff (Willem Dafoe) to help him save their town. Patton Oswalt and 50 Cent also appear for director-screenwriter Stephen Sommers ("The Mummy"). ** (Not rated: AS, P, V)

"47 RONIN" (April 1): Keanu Reeves plays one of the warriors battling mystical forces in the course of avenging the death of their master. (PG-13: AS, V)

"ANCHORMAN 2: THE LEGEND CONTINUES" (April 1): Ron Burgundy (Will Ferrell) leaves San Diego to join a 24-hour news network in New York; Christina Applegate, Steve Carell and Paul Rudd also return. (PG-13: AS, P)

"I LOVE LUCY: THE ULTIMATE SEASON 1" (April 8): If you've been waiting for Vitameatavegamin in hi-def, here's your chance, as Lucille Ball's classic sitcom comes to Blu-ray.

"SORCERER" (April 22): On Blu-ray for the first time, director William Friedkin's take on "The Wages of Fear" casts Roy Scheider as one of several drivers transporting very dangerous cargo. (PG: P, V)

"HILL STREET BLUES: THE COMPLETE SERIES" (April 29): The classic Steven Bochco-produced police drama stars Daniel J. Travanti, Veronica Hamel and Dennis Franz. (Not rated: AS, P, V)

"SOPHIE'S CHOICE" (April 29): Meryl Streep earned her second Oscar for the shattering drama, coming to Blu-ray in a "Collector's Edition"; Kevin Kline also stars. (R: AS, P) **FAMILY-VIEWING GUIDE KEY:** AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

The Home and Garden Show is history for 2014, we will have an evaluation meeting at The Old Garden House in April. If you have any thoughts you would wish to share or suggestions for improvements, please call and I will pass them on to the Sandusky County Builders Association.

Thanks for stopping by our booth, it was good to visit with so many of our readers. We still have a good number of Scarlet Flax seed packets. I must have gotten carried away with my enthusiasm for spring when I ordered the seeds and made the packets! I will keep the extra ones handy and you are most welcome to ask for a pack or two when you come to The Old Garden House. The seeds produce an annual plant (blooms only one summer) that is about 20" high and blooms with scarlet red flowers. It can stand drought and will tolerate intense heat. Of course, it prefers fertile soil and ideal growing conditions, but like lots of people I know, who also know what they want, but will "bloom" anyway, even if they don't get it.

Thanks so much for your support and words of encouragement since I disclosed an interest in becoming a writer in my February column. I'm still not sure exactly when I'll be ready to begin, or what I will write when I do. For now, I am reading books on writing children stories and what a memoir is and what it is not. I've learned one thing, what I thought it was-it isn't! So, it's back to the books, making notes in my journal and doing some creative thinking. I've joined a writer's

group that is forming at the Clyde library and I'm taking computer classes. Then I will be ready when inspiration strikes! In the meantime I plan to submit, to Christian Publishers, a short story I wrote for the children at church years ago when I was asked to do a program on Earth Day for their Sunday Service. It is titled, "A Square Worm Won't Fit in a Round Hole." I know I will learn from the attempt, whether they choose to publish it or not.

The Spring Pass Along Plant date is set for Sunday April 13. Come any time between 1 pm and 4 pm. I'll have the Scarlet Flax seed packets, Forsythia starts, Hostas, Tall Garden Phlox, Black Eyed Susan's, etc. Bring extra plants you wish to share and take what others have brought. If you are just beginning a garden and have

nothing to bring-come anyway-there will be lots of plants of all kinds. We welcome experience and inexperience as we learn from each other. It is not necessary to call a reservation-just come.

A reminder about the April Tea at Two that is scheduled for Tuesday, April 29 at 5:30 pm, the program will be "April Showers, Parasols and Umbrellas." Call 419-332-7427 for reservations. This is our 'High Tea' and we will serve a light dinner menu and our House Blend Tea.

Spring is here-soon life will be filled with cleaning up the yard and garden, accessing the damage from the long cold winter and preparing for the summer, sounds good to this anxious to-get-at-it gardener who truly believes that LIFE IS GOOD.

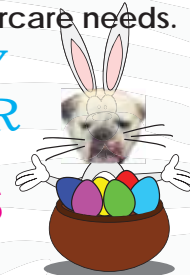
Ms. Grace is the owner-manager of the Old Garden House. She is the mother of eight grown children, has 16 grandchildren and 7 great-grandchildren. She has over 45 years of "hands in the dirt" experience with flowers which she loves with a passion second only to her love for people - especially children.

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Campfire News and Notes



As I drove to work today,
I saw a robin on the way.
It won't be long,
The snow will be gone,
And Spring is on its way!

Camp Fire would like to extend its' gratitude to all the donors who made our "Uncork the Fun" fundraiser a possibility. It was a great success!

On March 18th, Camp Fire held its annual Birthday Potluck where members and their family joined together for an evening of celebration, and the winners of the art contest were announced. This year's artwork focused on photography. After being judged for Camp Fire, artwork is then entered into the Sandusky County fair to be judged again. This year's Council winners are as follows:

Starflight Level – (grades K-2)

- 1st Place – Rebeca Pendleton
- 2nd Place – Adaline Warren
- 3rd Place – Martin Groweg

Adventure Level – (grades 3-5)

- 1st Place – Eden Sheidler
- 2nd Place – Violet Warren
- 3rd Place – Ethan Mariscal

Discovery Level – (grades 6-8)

- 1st Place – Reece Bollenbacher
- 2nd Place – Tori Meggit
- 3rd Place – Cali Howell

Best Of Show -

Rachel Pendleton

Save the date! Summer Camps are right around the corner. During the 2014 season, Camp Fire will offer the following schedule of camps; Make A Difference Leadership Camp-held June 17th-19th, Horseback Riding Camp-held June 26th-27th, Traditional Day Camps-held July 7th-11th and July 14th-17th, Arts, Crafts, and Nature-held July 22nd-23rd, Kids Kamp-held July 30th, Wild About Water Camp-held July 31st, and finally Outdoor Adventure Camp-held August 4th-7th.

Details and registration forms will be available in May at the Camp Fire Office. For more information go to www.campfirefremont.com or contact our office. Camp Fire's spring product sale will be ending shortly. If you would like to purchase bedding plants, chocolate bars, or mint meltaways contact the office at: 419-332-8641.

Committee Planning Volunteer Appreciation Event

The Volunteer Center Committee is planning the 13th annual Celebration of Community Service event for April 22, at the Sandusky County Job and Family Services Building, 2511 Countryside Drive in the Sandusky County Office Complex. Doors will open at 5 pm and the evening will begin at 5:30 PM with a light supper buffet.

Musical entertainment will be provided by Kaleidoscope, a select show choir of approximately 25 students from Clyde High School, under the direction of Lindsey Atkinson.

Various agencies will be using this opportunity to thank and recognize volunteers for their community service. Agencies honoring their volunteers include: Heartbeat/Hope Medical Center, 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, Village House/K.I.C. Start

Board, WSOS Senior and TRIPS Program 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, Crown Battery, Elmwood Centers, Inc., Fremont Federal Credit Union and Mosser Construction, Inc.

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 annual event as a follow-up to National Volunteer Week held April 6-13, 2014.

For information and to respond to the mailed invitation, please call Joyce Garvey at First Call for Help, 419 334 2720 or email jgarvey@uwsandco.org by April 15. Regrets need not call.

Introduction to Parkinson at Clyde Gardens Place



Tuesday, April 29, 2014
1:00 p.m. - 2:00 p.m.

Presented by:
Kristen Schuchmann
Social Worker

The University of Toledo Medical Center

Gardens at Clyde
Senior Living
700 Coulson Street, Clyde, OH 43410
(419)547-7746
www.alcco.com

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Sandusky County Positive People Power Packed Luncheon

Sandusky County Positive People (SCPP) will hold their next Power Packed Luncheon from 11:45 a.m. – 1 p.m. Tuesday, April 15 at Our Lady of the Pines, located at 1250 Tiffin St. in Fremont. “My Journey Living With Autism and Living With Purpose” will be the theme of the luncheon. One of SCPP’s 2013 scholarship winners, Tyler Aldrich, will present.

The cost for the luncheon is \$15. Checks should be made payable to SCPP – Luncheon. Reservations can be made by calling 419-355-2251 or email jgeary@croghan.com. If preferred, reservation forms can be found on the Sandusky County Positive People website at www.sanduskycountypositivepeople.com and mailed to Croghan Colonial Bank, c/o SCPP, 323 Croghan St., Fremont, OH 43420. Be sure to make your reservation today as seating is limited. The luncheon is open to the community.

Sandusky County Positive People is a group of community professionals who have come together to further develop themselves as leaders, advance a culture of continuous improvement in the organization and to promote life-long learning and positive living in the community. The organization awards scholarships to graduating seniors who have overcome some kind of serious adversity in their lives and have come out on the other side in a better place.

NAMI SSW AFFILIATE SAYS “TOGETHER WE CAN MAKE A DIFFERENCE”! 9TH ANNUAL NAMI WALK IS COMING SOON!

We welcome our communities to join us at the 9TH ANNUAL NAMI WALK ON MAY 3rd at CONNOR PARK, FREMONT. We begin our WALK (Rain or Shine) at 10:00 am. We are looking for people to sign up for TEAMS/ or Individuals. We also appreciate CORPORATE Sponsorship! Mental illness affects 1 in 4 families. Mental illness can affect persons of any age, race, religion, or income.

Our fund raising efforts are to ensure we can CONTINUE to build a community of Hope for people affected by mental illness. We offer FREE education, support, advocacy and resources. Contact Us at (419) 334-8021- 428 Croghan St. Fremont (Melanie White, Executive Director)



Sunday May 18th
from 1-3pm
WALSH PARK
610 Morrison St • Fremont



Win big prizes!

Prizes will include 4 Cedar Point Passes and Parking, Jet Express Round Trip Tickets for 4, African Safari Pass for up to 6 people, 4 Mud Hen tickets and gift card \$25, Ciao’ Bella gift card, Dairy Queen Cake and more!

Prizes Courtesy of Eagle 99, Lifestyles2000, Cecilia Boucher, Dairy Queen West & Ciao’ Bella

Free Give Aways & Prizes

Get Your Dog Ready for Our Talent Show!

Baked goods needed day of the walk,
or at the shelter by Sat., 4pm

Directions

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.

Event Schedule

12:30 pm: Registration Begins

1:30 pm: Winners Announced

1:45 pm: Dog Contests

2:15 pm: Dog Parade

Pet Psychic April Smith

Music • Dog Photographer

Sunshine Farms (Tim & Lisa Sidoti)

Petting Farm & Pony Rides

Bake Sale

Doggy Bake Sale

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.

SPONSORSHIP FORM

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Name (Please Print Clearly)	ADDRESS, CITY STATE, ZIP		CASH	CHECK	DONATION AMT
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		
<div><div><input type="checkbox"/></div><div>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</div></div> <div>WAIVER (EACH PARTICIPANT MUST READ AND SIGN BELOW)</div> <div>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.</div> <div><div></div><div>Signature (Parent or guardian if under 18 years of age)</div></div> <div><div><input type="checkbox"/></div><div>MY PETS ARE CURRENT ON THEIR RABIES VACCINATIONS</div></div>					

Q: I've begun to notice that our 10-year-old Shih Tzu's leg quivers when she lifts it to go to the bathroom. Is this a warning that something is wrong? - R.M.

A: "Your observation is astute," cheers Dr. Kate Knutson, AAHA President. "Anytime, there is a change in your pet's behavior, contacting your veterinarian is the right thing to do. In this case, the leg quivering could be an indication of pain."

Since your dog isn't likely to replicate this particular behavior at the veterinary clinic, try to capture it on video, suggests Knutson, of Bloomington, MN

If indeed your dog is in pain, the next step, of course, is to determine why, which can only be done with a thorough examination.

Q: We took home a sweet kitten and nursed her back to health. She didn't even have a tail. However, when my grandson brought another kitten home a month later, the "sweet" kitten began attacking people. She became so mean that all the pets in the neighborhood are afraid of her. Could her meanness come from being spayed, or is this just her nature? - C.S.

A: "It's wonderful you took in these kittens, and spaying is the right thing to do," says feline veterinarian Dr. Ilona Rodan, of Madison, WI, past president of the American Association of Feline Practitioners. "Spaying doesn't cause a cat to become mean. However, pain related or unrelated to the procedure might cause aggression. Some cats just don't like to be held and restrained. And most cats don't like to be forced to anything they don't want to do. Cats prefer to be in control of their environments."

Depending on how the second kitten was added to the household, the first kitten may have taken offense. This first kitten may also be persistently on edge or anxious, leading to the aggressive behavior.

A medical checkup seems prudent, and you may need to consult a cat behavior consultant (www.iaabc.org), a veterinarian interested in behavior (www.avsa-online.org), or a veterinary behaviorist (www.dacvb.org) to pinpoint what's going on, or at least hear a more detailed description.

Q: We got Bunny, our long-haired cat, from a rescue organization. She's not as shy as when we first adopted her (after working with her), and we're proud of

that because she was originally found in a home with about 100 other cats. We think her unusual eating habits are the result of being in that environment, as she gorges herself. We've begun to feel her a quarter cup of food twice a day. Any advice about this problem? - S.B.

A: "You're right, there has always been competition for food," says Dr. Elizabeth Colleran, past president of the American Association of Feline Practitioners. "Do attempt to slow down her eating."

For starters, if there are other cats in the home, start feeding each one individually. If possible, feed Bunny three to five times a day. Also, speak with your veterinarian about gradually introducing moist food into her diet. At each meal, divide the portion into two or three parts. Place the food on plastic food lids at different locations (above dog level, if there's a dog around). When you feed your cat kibble, put it on a plastic dinner plate (so the food is scattered) or in an egg carton (dropping some kibble into each hole). The idea is to slow down Bunny's eating.

Also, a wide variety of food-dispensing toys are available online and in pet stores. Examples include the Play 'n Treat Ball, Eggsercizer and the Slim Cat.

(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 Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to [petworld\(at\)steve.dale.tv](mailto:petworld(at)steve.dale.tv). Include your name, city and state.) (c) 2014 DISTRIBUTED BY TMS.

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Sometimes a pet pulls at your heart strings enough that you will do whatever is necessary to save him. Such was the case with Timone. He was brought to the shelter by a nice man who found him in the winter snow. Timone's eye was severely infected and it was obvious to us that it would probably have to be removed.



But more than that, his ears were also infected and he would not be a typical neuter because his testicles had not dropped. My usual opinion would have been to put him

down, but after meeting the sweet little guy he became a shelter project!

One of our board members called the local vets to get the best price to remove the eye and have him neutered at the same time. The best offer we got was \$700.00 and we immediately posted our need upon our FaceBook page. We raised \$300.00 in one day and opted to go ahead with the surgery.

Timone is now recovering from a double surgery and starting to feel like a kitten should. We are hoping that this arti-

cle will bring in the additional money needed to pay for his surgeries. Because he was under a year old, and had led such a sad life, we opted to give him a chance, we are glad we did!

He already has a fantastic foster home and will soon be adopted by a family that has a special love for needy cats. Timone is one of the lucky ones, there are so many others that will die because there are a limited number of homes. Every year, in our country alone, five million pets are destroyed because of a lack of homes.

Please spay and neuter, if you need help with the expense, come to our shelter at 2520 Port Clinton Road in Fremont and we will gladly sell you a low cost voucher. Or contact Humane Ohio in Toledo for a low cost rate. All cats are only \$45.00 and dogs under 70 lbs. are \$65.00. Visit humaneohio.org or call 419-266-5607. There is never an excuse to not spay or neuter.



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FOR SALE

FOR SALE: Antique library table \$100; newly reupholstered chaise lounge loveseat with matching chair, medium gray velvety fabric with jacquard print, bronze nail head trim, vintage look \$500 for both (beautiful pieces). Call 419-345-4349.

FOR SALE: 33' CASA park model trailer in Little Eillie's RV Resort, a retirement community in Arcadia, Florida; or Fort Meyers area. 1-800-222-7675 for a lot rental of \$210 per month. Have lot of photos. Serious inquiries can see. \$25,000 or best offer.. Call 419-332-4998.

FOR SALE: Oak Buffet, \$90; 6 Oak Chairs, Curved Arrowback, \$270; Small lighted curio, \$45; 2 Maple Pedestal Bunch Stands, \$60; Vintage Hotpoint Elect. Stainless Wall Oven & Whirlpool Elect. Stainless Cooktop, make offer. All in excellent condition, will email photos, call 567-201-6062 (Fremont).

SERVICES

SERVICES: Dust Free Cleaning for all your spring cleaning needs! Tired of the dirt and dust? Let us make your place spotless. \$12 per hour, 4 hour minimum, references, insured. Call Dust Free Cleaning today at 419-603-6667.

FOR RENT

OFFICE SPACE FOR RENT: Multi-tenant space available for medical or business professional uses. Location 728 Stone St., Fremont, formerly Silcox Chiropractic. Contact Ray @ 419-680-6842.

HELP WANTED

HELP WANTED: Responsible, dependable part time kennel worker, some weekends. Must have transportation and be able to do hard work (cleaning, laundry, etc.) If you fit this criteria, fill out an application form at the Humane Society of Sandusky County, 2520 Port Clinton Road in Fremont daily between 1-4pm. NO PHONE CALLS PLEASE.

MOVING SALE

TAG IT MOVING SALE: April 7-19, Mon.-Thurs, 10-6, Friday & Sat. 9-7. No Sunday Sales. 3 pc Living Room/ottoman, love seat, recliner, tables, lamps, 3 piece King size bedroom/dresser, armoire, Trundle, glassware, china. Antiques: Mini Hoosier rockers and table, sets of collector plates, oil lamps, cast iron tea pots and skillets, numerous old magazines. Numerous shop and garden tools, New Holland tractor and a Ford 8N tractor. 419-637-2092. Location: 1850 CR 32, Gibsonburg.

FOR SALE: Gulbransen home organ with bench. Very good condition. \$100 or best offer. 419-366-3488



To advertise send a check for \$25 and your copy to: Classifieds, 30 Ponds Side Drive, Fremont, OH 43420. If you want a photo included, please send \$50 check with copy. Questions, call 419-334-3602.

SATURDAY NIGHT BINGO!

Doors Open at 4pm Early Birds at 6:30pm
YMCA - 1000 North Street, Fremont 419-332-9622

More FUN added

Patriot Progressive Game
Win up to \$3000

Joker's Wild Bonanza
Win up to \$1000

Four admission prizes of \$25 given nightly

- \$100 every game (with 100 players)
- \$1000 progressive jackpot
- Triple Jackpot Keno
- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of instants

1st and 3rd Wednesday of each month. Doors open - and pull tabs sold - at noon. Bingo starts at 2 pm

BUSINESS BRIEFS: TBH EMPLOYEE IS CERTIFIED MEDICAL EXAMINER

Lisa Aichholz, APRN, BC, CNP, with The Bellevue Hospital's (TBH) Occupational Health Center, was recently certified as a Medical Examiner on the National Registry of Certified Medical Examiners.



Aichholz is now authorized to provide medical examinations to commercial motor vehicle (CMV) drivers in accordance with a new program through the Federal Motor Carrier Safety Administration (FMCSA). After May 21, 2014, all CMV drivers who are required to be medically certified must be examined and certified by a medical examiner listed on the National Registry.

CMV drivers, motor carriers, and the general public will be able to find Aichholz's listing on the National Registry (<https://nationalregistry.fmcsa.dot.gov>) using geographic search criteria, or by a search of name or medical profession. Aichholz is currently the only Medical Examiner serving TBH.

As part of her certification, Aichholz must complete a required refresher course every five years, and successfully pass the Medical Examiner certification test every 10 years.

A resident of New Washington, Lisa and her husband, David, have two children, Madison and Max. She has been employed with TBH for the past 19 years.

FOR SALE: 2008 Harley Sportster 1200 cc



Mint Condition, only 1,400 miles

Asking: \$6,300

Price includes: Windshield, cover, battery charger and new helmet

419-334-3602

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New Owner
Kaylin Berger
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Massage Therapist, Reflexology, and Pregnancy Massage • Gift Certificates

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NEW 43,510 Sq. Ft. Addition Will Feature:

- 30-Skilled Nursing Suites
- Private Rooms w/Full Baths
- Homelike Setting
- Inpatient/Outpatient Therapy & Pool
- Hydro/Whirlpool Spa
- Electronic Health Records
- 18-Alzheimer's/Memory-Care Suites

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FREMONT'S FAMILIES START HERE

*Fremont's baby birthing
center since 1918.*

Nurses from left to right:
Shannon Howell, RN and Jenni Wigglesworth, RN

Memorial Hospital's team is committed to providing the safest, most compassionate care to every mother and new baby in our care.

Know your hospital: Birthing Center/Obstetrics

- Postpartum area renovated in 2013
- Board certified OB/GYN physicians
- Certified lactation consultant
- Childbirth and breastfeeding education
- 3D ultrasounds

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Fremont, Ohio
419.332.7321
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