

A close-up photograph of several Easter eggs nestled in vibrant green grass. The eggs are decorated with various patterns, including polka dots, floral motifs, and stripes in colors like blue, green, and red. The lighting is bright, creating a cheerful and festive atmosphere.

# Lifestyles

**Free**

Vol. 17 Issue 4

**April 2015**

**Happy  
Easter**

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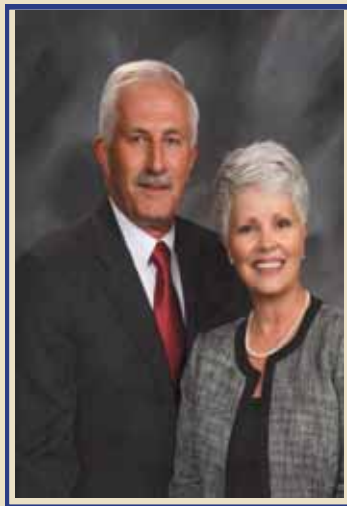
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# THANK YOU!

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# Lifestyles 2000

April 15

Vol. 17 • Issue 4

www.lifestyles2000.net



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# Campfire News and Notes

Camp Fire would like to extend its' gratitude to all those who purchased candy and flowers from our youth. It is very much appreciated. If you would like to make a purchase the sale is not over until April 7th. Please contact the Camp Fire office if you are interested.

On March 17th, 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 medium was clay and the theme for their artwork was "I want to shape the World." 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 – Ellenisa Cooley  
3rd Place – Jaina Goble

Adventure Level – (grades 3-5)

1st Place – Violet Warren  
2nd Place – Jacen Goble  
3rd Place – Zandra Greear

Discovery Level – (grades 6-8)

1st Place – Lexus Greear  
2nd Place – Mallory Brace  
3rd Place – Chloe Holsinger

Horizon Level – (grades 9-11) -

1st Place – Tori Meggitt

Church Ladies'  
**Rummage Sale**  
Friday, May 1  
9 a.m. to 4 p.m.  
First Presbyterian Church  
120 W. Park Ave, Fremont  
Clothing, household items,  
collectibles  
Bag Sale begins at 2 p.m.  
Lunch served  
"Eat your fill, pay as you will."  
Proceeds to Local Charities  
Call 419-334-9504 for details

2nd Place - Julia Jacobs

Best of Show - Angel Moser 7th Grade

Save the date! Summer Camps are right around the corner. During the 2015 season, Camp Fire will offer a variety of camps. Traditional Day Camps have been scheduled and are as follows: June 22nd – 25th & July 27th – 30th. Camp Fire will be seeking teens and adult volunteers to work during the 2015 camp season. To be eligible you must be going into grade 7 or above, have transportation to and from camp, attend training and have the desire to mentor children. If interested, contact Camp Fire. There will be a background check done if you are over the age of 18. Details and registration forms will be available in May at the Camp Fire Office or go to [www.campfirefremont.com](http://www.campfirefremont.com).



Camp Fire Sandusky County would like to thank all the sponsors, volunteers, and guests who made our  
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a success.

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## Advertising/General Information

For advertising and general information call, 419-334-3602, or e-mail lifestyles2000@sbcglobal.net

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.

Lifestyles 2000 is a monthly publication available free of charge at over 200 retail locations in Sandusky, Ottawa and Erie counties.

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

*Spring is here...or so we hope!*

In May we will celebrate our 16th birthday, where has the time gone? In honor of the occasion we are again giving away 2 monthly passes to African Safari for a group of up to six (\$130 value), and one Dairy Queen cake. This contest will run for the next three months. To enter we ask you put "Celebrating 16 Years" on your contest entry, or if not entering "Find Pete", you can mail just the words on a piece of paper.

Enjoy the warmer weather and Happy Easter!

Joanne



There were a smaller number of entries for March, 139, so perhaps it was just a bit more difficult! If you guessed Westview Veterinary, you had it right.

## Find Pete Winners

Winners are: Elaine Dickman, Bob Goedicke, Jenny Topel, Tom Wadsworth, Sally Herr, Paul Ohms, Mary Franks, Fremont; Ann Foos, Helena; Kimberly Williams, Chloe Herrera, Bellevue; Devin Rando, Julie Toy, Bonnie Kistler, Tammy Taylor, Denice Klask, Clyde; Terri Davenport, Tillie Wismer, Green Springs; Spenser Pendleton, Sue Waggoner, Lindsey; Mrs. Randy Simmons, Sandusky.

## Find Pete Prizes

Prizes are from Jenesis Salon, Dairy Queen West, Rally's Fremont, The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry. Mention "Celebrating 16 Years" to be eligible for a pass to African Safari for 6, valued at \$130!

## 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

## "Have Fun", the motto for great coaching

By Robert Morton

John volunteered to coach his fifth-grade son's Little League baseball team. He was a great guy and wanted to have a positive impact on them, so he asked me if I knew of any research on what makes a great children's coach. I steered him to a research-based program called the Coaching Effectiveness Training Program (CETP).

The CETP created a constructive and upbeat baseball season for John and his son's team-one that they will always remember. Researchers examined the impact of coaching behaviors on 152 boys (ages 10 to 12) participating in Little League baseball programs and uncovered major results with far-reaching implications.

Half the coaches attended a Coaching Effectiveness Training Program two weeks before the season began - the other half did not. The trained CET coaches learned ways to relate more effectively with child athletes and more readily praised kids for their efforts and good performances. They also dispensed corrective instruction in a supportive and encouraging way. The other coaches did not.

The CET- trained coaches noticed kids being good and rarely overlooked improving performances, using praises such as: "Johnny, I like your stance while at bat." They also shouted out encouraging words and reassurances from the sidelines when errors were made, such as: "That's OK, Tommy; you'll get it next time!" The other group of children seldom heard such words of support.

The CETP researchers noted that kids heard more criticizing remarks and punitive responses from their untrained coaches when they made mistakes on the baseball field, such as: "How many times do I have to tell you to use both hands!"

Preseason and postseason interviews with the 152 Little League boys uncovered major findings: the boys enjoyed playing for the CET coaches better and their worship for the game of baseball outshined the others. They also liked their teammates better and greater childhood friendships were forged.

All 152 boys completed a measure of general self-esteem before and after the baseball season. Boys with low self-esteem playing under the trained coaches showed dramatic rises in their feelings of self-worth, while boys with low self-esteem playing under the untrained coaches did not.

Here's the bottom-line: the win-loss records between CET-trained coaches and those with a "take no prisoners" approach to Little League baseball were identical.

Thanks to parents like John, 21 million American children are able to participate in community team sports programs, but the numbers are falling for several reasons. An ESPN W/Aspen Institute study revealed that 82.4% of parents are concerned about the quality of their children's coaches, while two-thirds said there's "too much emphasis on winning over having fun."

Thank goodness that Mike Piero, Coordinator of Recreational Sports at the Fremont Rec Center, told me the motto for all their children's sports teams is to "Have Fun!" So far, over 140 boys and girls have signed up for the two Little League Baseball groups for ages 10-12 and for over age 13, and many more are expected to join after spring break. Piero helps new volunteer coaches on the playing field during beginning practices to implement the game rules and to make sure they live up to the motto, "Have Fun!". If you would like to become a great volunteer coach like John, give Mike Piero a call at 419-334-5906.

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist at Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at BGSU. He is author of the book, "Finding Happiness in America."



**GOLF SCRAMBLE**

**Saturday, May 16, 2015**

**\$60 Per Person  
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This is a fundraising event to support Bethesda Care Center. Grab your friends and family and join us for a day of golf!

All proceeds from this event will support programs and activities designed to improve the lives of seniors living at Bethesda Care Center.

**Prizes - 1st \$500 • 2nd \$250  
3rd \$100 • Door Prizes**

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**BETHESDA CARE  
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# My Mother's Recipes

By Joanne McDowell

## Out to Lunch

By Lynn Urban



### A.M. Korner Cafe

Recently I ran into an old friend at Perfect Ten, she and Chris were discussing having eaten this recipe and how delicious it was, so I immediately asked for it to share with you. I made it a few days later in the crock pot, but I do believe it would have been better if baked in the oven. I also cut the ingredients in half for just the two of us, what was left over was greatly enjoyed by the dogs! It is another one of those really simple to create meals that we all love.

If there is one column in Lifestyles that I hear about often, it is this one. Many of you think these are still recipes from my mother, who passed away over five years ago, but actually I now use what you send me. So if you have a favorite, please email it to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) and I will share it.

#### Chicken Pot Pie

Barb Miller

2 bags frozen vegetables  
2 cans cream of chicken soup  
1-2 cans of milk (from the soup cans)

2 packages of Tyson ready grilled diced chicken

Mix all together and put in a greased casserole dish. (I use a 9" x 9") Cover with foil. Bake @ 350\* for 90 minutes. Uncover while you bake a tube of GRANDS biscuits. (keep both in the oven)

When done, split biscuits and butter. Serve chicken pot pie mix over the top. Serves 4-6.

This is another one of the easiest recipes I have ever made, so simple and so delicious.

#### Cherry/Pineapple Dump Cake

1 can of cherry pie filling  
1 can of chunk pineapple, do not drain  
1 box of yellow cake mix  
1 stick of butter

Pour cherry pie filling into an ungreased cake pan, pour pineapple over the top, sprinkle cake mix over the fruit and drizzle with butter. Bake at 350 for 45 minutes or until the top turns golden brown.

One of Fremont's best breakfast places is the A.M. Korner Cafe at the corner of West State and Park Avenue. It looks small but it serves a mighty big breakfast at a reasonable price. With the tables and counter space, the restaurant comfortably seats around 35 people. The building has been around for along time and has lots of character. It's decorated with lots of old kitchen gadgets, tins, and old signs.

The breakfasts are big, so if they offer a half size, that's plenty, unless you want to take some to go, which a lot of people do. The A.M. Scramble is one of my favorites, made with diced ham, green peppers, onion, and mushrooms mixed in scrambled eggs and topped with cheese, it's served with lots of home fries and toast for \$6.75. . Another favorite is the homemade sausage gravy and biscuits, a half order with two eggs, only \$4.75. My daughter got the homemade corned beef hash, lots of corned beef tossed with big chunks of home fries. And don't forget to ask for the homemade strawberry jam which is sold in pint jars for \$4.00.

Besides breakfast they serve really great lunches and dinners. During the week they offer daily specials and always have a choice of homemade soups. I've had the Bistro Chick Melt for \$5.50, a grilled chicken breast with tomato, two kinds of cheese, topped with a tangy bistro sauce on a ciabetta roll and served with chips. I would definitely get that again.

A popular dinner choice is the freshly breaded Lake Erie perch and walleye, half pound and pound dinners, served with fresh cut fries, and a side. A friend also told me, they serve the best Chicken fried steak that she has ever had.

It's a nice little local place worth checking out. Saturday and Sunday hours are 6am -2pm, and there is no fryer on Sunday, but the rest of the week's hours are 6am-9pm with a full menu.



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## TBH'S NUTRITIONAL SERVICES DEPT. WINS AWARD

The Bellevue Hospital's (TBH) Nutritional Services Department has been awarded The 2014 Gold Plate Award for food safety practices. The award is administered through the Huron County General Health District. This is the third consecutive year TBH received the award.

The Gold Plate Award is an acknowledgement given to food services that have excellent food safety practices. This award is given annually and is based on the facility's performance from the previous year. It is a voluntary program.

"The staff is very, very happy. This is a big deal for them," noted TBH Nutritional Services Leader Tracey Nason. "The staff receives extensive food service and safety training, and most of my staff has been trained in food safety through the Huron County Health Department as part of their certification process."

Continued Nason, "I am extremely proud of my staff for all of their hard work and effort. It takes a lot of work each day to ensure food safety when you work in our field. This award is an excellent opportunity to show the community how important food safety is to us."

The Gold Plate Awards are reserved for facilities that meet the following criteria:

Have a valid FSO or RFE license

Send in an application

Receive a score of 90 or higher

Have not had any warning letters are administrative hearings in the past two years

Have not been responsible for a foodborne outbreak in the last two years.

Each facility starts with a score of 100 and points are then deducted for critical and non-critical violations as reported by the Huron County General Health District.

"We are very proud of the accomplishments of our Nutritional Services Department. Being a hospital, our first concern is making sure we present the best quality food since we serve over 600 meals each day to patients, employees, and community members," said Patty Semer, TBH Vice President of Administrative Services. "This award is also a testament that the food is prepared in a clean and healthy environment."

## PAIN MANAGEMENT CLYDE OFFICE NOW OPEN

A year after opening the Bellevue location of its Pain Management Center, The Bellevue Hospital (TBH) has added a Clyde office location. The Pain Management Center is located at 402 W. McPherson Highway.

Kaveh Nabavighadi, M.D., will see patients every other Tuesday at the Clyde location from 7:45-11:30 a.m. "Dr. N" is a pain management physician specialist and is board certified as an interventional pain anesthesiologist with experience in pain management techniques as well as conventional pain management.

The Bellevue Office location, 1400 W. Main St., Building 1, Suite C, is open Monday through Friday from 8 a.m. until 4 p.m.

Patients who suffer from chronic pain, or pain that affects their quality of life and the ability to participate in normal activities can benefit from pain management. The Pain Management Clinic will assist in the diagnosis and treatment of many disorders including neck pain, back pain, headaches, arthritis pain in the neck or lower back, nerve damage or muscle spasm pain, chronic pelvic pain, and pain from shingles.

For appointments at the Bellevue or Clyde Office locations, please contact the office staff at the Pain Management Clinic, 419.484.5903.

## 2015 Relay For Life of Sandusky County

This year the Relay For Life of Sandusky County is going to try something new. The event will be held June 13th at Connor Park as usual, but instead of having an overnight event, the event will run from noon to midnight. We are hoping to get more of the community involved with the event by having extra daylight hours and therefore time for even more activities for the whole family.

This day-long event remembers those we have lost due to cancer and also celebrates the cancer survivors from our community. The event kicks off with the survivors and their caregivers walking the track. This part of the event is very inspiring. If you know someone who is a cancer survivor that would like to take part in this event, please have them call Brian Gibson at the American Cancer Society at (888) 227-6446 ext. 5205.

One of the most powerful events of any Relay For Life is the Lumanaria Ceremony. This ceremony is held after dark and votive candles are lit inside of personalized bags that people in the community have purchased in honor or in memory of their loved ones. The walking track is lined with them and as people walk around the track we are able to reflect on the courage and strength of all who are affected by cancer.

For more information on the Relay, please visit the website at [www.relayforlife.org](http://www.relayforlife.org).



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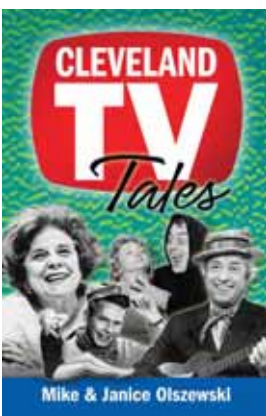
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## Cleveland TV Tales



If you have lived in Cleveland and the surrounding areas for most of your life chances are you have seen or heard about some of these great television personalities that made

Mike has the Ohio Broadcast Archive and Museum at the University of Akron. He is considering having the information available on line. "The artifacts are wonderful and if anyone wants to donate an item that would be great. Many artifacts that we recognize and/or grew up with should be preserved. The most important items are photos, recorded voices and video of the people who shaped our lives when we were kids such as Jerry G and many others."

While Cleveland has its wealth of history in radio, it has quite a visual history of TV personalities who have kept many generations company throughout the years. "Media is like a water tap," said Mike. "You turn it on or off when you need it and when you don't really think about it. These people affected our lives because we considered them part of our family."

"My wife, Janice was critical in her research to help make this book happen. We wanted to set many stories straight. I had seen so much of it firsthand but took myself out of it so I could write from an impartial perspective. We wanted an impartial history of the Cleveland television scene. This book tells the stories about the people who were in the industry, what shaped them and what they thought. Many of the people we talked to did not think of themselves as pioneers of Cleveland television but just going to their job."

Mike continues, "We wanted the legacy and the history of these wonderful people to be remembered. Quite honestly, we are already in a generation that doesn't watch as much TV. Twenty years from now, who is going to remember Dorothy Fuldheim and all of those people that were so important. Dorothy was one tough woman who never put up with any nonsense. It was a very segregated and sexist time during the 40s and 50s. It's amazing to think that the first employee of WEWS was a Jewish woman in her 50s! That is truly remarkable and you have to salute the people who had such great foresight. Dorothy remained sharp as a tack and still worked until her early 90s."

Many television personalities emerged from Cleveland. "When Linn Sheldon (Barnaby) closed his show by telling the viewers that "if anyone calls, tell them that Barnaby said hello and that you are

the nicest person in the whole world, just you." You believed it because you felt sure he was talking to you. Linn was Cleveland's biggest star during the 40s and the highest paid actor," said Mike. "Ernie Anderson who played Ghouardi didn't think he was that funny but he was that funny. Ron Penfound (Captain Penny) was on the air for 17 years. He was also the one that referenced The Three Stooges as Larry, Curly and Moe when they were originally known as Larry, Moe and Curly. Ron's roommate in college was Paul Newman, another Cleveland native."

"Jim Backus who played Thurston Howell on Giligan's Island and also the voice of Mr. Magoo based his character roles on people he knew in real life. Thurston Howell was based on Jim's neighbor in the Bratenahl area of Cleveland."

Another Cleveland treasure was watching Jim Doney's Adventure Road. "That

program was the first local TV show in color," said Mike. "Jim showed people's vacation movies. The show lasted for several years."

Mike and his wife, Janice are working on a sequel to Cleveland TV Tales which may include work on a documentary.

"These wonderful people didn't see themselves in terms of breaking new ground for future generations. They sold themselves on personality and talent. This is how they lasted for so many years. They were our TV heroes yet they were accessible and bigger than life."

If you have any items that might be suitable for the Ohio Broadcast Archive & Museum, please contact Mike Olszewski.

[molszew1@kent.edu](mailto:molszew1@kent.edu)

For more information about Gray & Company books in Cleveland:

<http://www.grayco.com>

an appearance each week or each day whenever we tuned in for entertainment or news.

In their new book, Cleveland TV Tales (Gray & Company, 2014), Mike and Janice Olszewski have captured the stories of what made Cleveland a buzzing hub with the famous names that we've come to know, love and recognize. Ghouardi (Ernie Anderson), Linn Sheldon (Barnaby), Ron Penfound (Captain Penny), Miss Barbara (Romper Room), Dorothy Fuldheim, Gene Carroll, Jim Doney's Adventure Road and the talented list continues.

The book is a nostalgic read through a time when Cleveland TV programs were thought of as cutting edge. It will bring back memories of days gone by with the television personalities we felt we knew as well as our own family.

Mike Olszewski is a veteran of Cleveland radio (WERE, WMMS) and is the archivist and curator for the Ohio Broadcast Archive and Museum.

"I first became interested in radio when I was a kid because my grandmother used to listen to some of the ole radio plays during the 50s and 60s. She enjoyed listening to the programs. She would tell me about this magical world of radio and all of the characters. It was a wonderful theatre of the mind," said Mike. "I really got into radio during the 60s with Top 40 playing on WIXY 1260 and of course WNCR, WMMS and KYW. I started out with news broadcasts at WERE and after close to ten years went to WMMS. One of the reasons I got into radio was the free form format, which was the most exciting thing that I had ever heard. I was able to work with many Cleveland legends."

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## Committee Planning Volunteer Appreciation Event

The Volunteer Center Committee is planning the 14th annual Celebration of Community Service event for April 16, at the Sandusky County Job and Family Services Building, 2511 Countryside Drive in Fremont. Doors open at 5 pm and the evening will begin at 5:30 PM with a light supper buffet.

Musical entertainment will be provided by "The Spotlight Singers", a mixed ensemble of students from Gibsonburg High School. This group is under the direction of Katrina Kohman and has performed in New York City at St. John's Divine Cathedral and at Times Square.

Various agencies will be using this opportunity to thank and recognize volunteers for their community service. Agencies honoring their volunteers include: 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 After-School Program, 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, Croghan Colonial Bank, Crown Battery, Fort Stephenson LLC, Fremont Federal Credit Union and Green Bay Packaging, 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 in observance of National Volunteer Week held April 12-18, 2015.

For info to respond to the mailed invitation, please call Jill Simpson at First Call for Help, 419 334 2720 or email jsimpson@uwsandco.org by April 9. Regrets need not call.



## Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

The writing part is finished! I'm beginning to believe that was the easy part. I have just about worn out the pages on my dictionary. I have trouble with words that end in 'e' – whether to drop the 'e' before adding the 'ing' or leave it there. Ordinary spelling will be corrected by the computer however, the writer needs to know if it's bear or bare or if the comma is in the right place. The computer doesn't know that either. I've learned so much already. I'm asking lots of questions of people who have walked the printing/publishing path before and they have been very helpful. A friend will do the computer work when we get to that point. So, Ms. Grace the budding writer, may blossom with the spring. Thanks so much for your encouragement.

The winter weather lull in my luncheon/dinner schedule that provided writing time ends tomorrow. I'm grateful for that space of time and also excited about the busy days ahead...spring and summer, yeah!

Soon, I can plant the green house. I'm going to figure out a warming system so I can plant earlier this year. I have a feeling we are finished with winter and it's time to think spring. Remember last year when it snowed the first week in April?

In addition to its showers, April has its plan here at the Old Garden House. Pass Along Plant Day will not be

on the 2nd Sunday as usual but rather the 3rd, Sunday the 19th. Our Victorian Fashion Show staff has an after dinner date with the residents and their families at Fremont's Elmwood Assisted Living Center on the 2nd Sunday.

Our Tea at Two is scheduled for Tuesday, the 28th at 5:30 p.m. (Note: The months of April and September are high teas and begin at 5:30 p.m. instead of 2:00 p.m.) A light dinner replaces the usual small sandwiches and sweet treats. The program will include some "old weather sayings" used in the Victorian days; also we have been in touch with Skywarn to seek a speaker to give us information on their program as well. Call 419-332-7427 to make reservations.

May also brings a change from the ordinary. The tea will be served at 2:00 p.m. on Sunday May 17th (Sunday after Mother's Day) It is designed for mothers, grandmothers, great grandmothers and their adult or young children. We hope to serve outside on the veranda. We plan to put the May Pole up and teach the Ribbon/Maypole Dance. Have a cute critter hunt in the Woodland Garden and who knows what else we'll think of by then. Cost for these and all Teas, is \$12.00 which includes the tea, tax and tip. Phone 419-332-7427.



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## 46th Annual Sandusky County Art & Music Festival

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**Saturday May 16:** Local School Performances 9am to 4pm  
Live Entertainment TBA 4pm to 9pm

**Sunday May 17:** Battle of The Bands 12pm to 4pm  
Artists Displays: In the Big Top during all festival hours  
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Saturday from 12pm to 9pm  
Sunday from 12pm to 4pm

**Entry Fee:** \$3.00  
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Free with Student ID  
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Drawings by Rhonda Parks



This warmer weather sure feels good! No it isn't in the 70's and 80's, but the 40's and 50's sure feel better than the zero degrees we have had to endure these past few months!

We have Easter starting out our April and I am hosting Easter Dinner. Of course we will have ham and two of our family favorites; Tomato Pudding and Butter Beans. These are old Timko Family recipes that we all love but for some reason we usually don't make them any other time of the year, don't know why because they are so good! We all pack leftovers to nibble on for that night or for the next day. Now usually the day after Easter I look forward to making Scalloped Potatoes and Ham using my leftover ham, but this year I am going to change that up a bit. I will be using the leftover ham, but instead I am going to make a Ham Loaf with a Mustard Sauce to go with it. This recipe is my mom's which is from her mom, so it has been in the family for a very long time. Mom use to make this alot but we haven't had one in years so I am really looking forward to making this.

I am going to also share another recipe of my Mom's. Back in the late 50's Mom and some of the other ladies at our church were in a group known as the Woman's Society of Christian Service, they decided to put a cookbook together and to this day I refer back to this cookbook because it has so many good recipes. The name of the book

is "Fascinating Ideas on Parade" and it was mom's responsibility to come up with a signature dish for the book. She came up with a pie recipe called Fascination Pie and I am also going to share that reicpe, it is easy to make and very refreshing after a big meal.

Enjoy a very blessed Easter!

## Ham Loaf

2 lbs ground pork or 1 lb ground ham  
Or

1-1/2 lbs ground ham or 1-1/2 lbs ground beef

2 beaten eggs

1 cup bread crumbs

1/2 cup milk

3 tablespoons tomato soup

1/2 teaspoon paprika

1/4 teaspoon salt

Mix all of above well, make into one or two loaves. Bake 325 to 350 degrees for 1 1/2 hours or until done. Baste with water 2 or 3 times with hot water. Serve with Mustard Sauce

## Mustard Sauce for Ham Loaf

1/2 cup tomato soup

1/2 cup prepared mustard

1/4 cup vinegar

1/2 cup sugar

1/2 cup butter

## Activities include:

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3 egg yolks beaten or 2 tablespoons corn Starch dissolved in a little cold water.

pinch of salt

Mix all ingredients together and cook until thick. Serve warm with Ham Loaf.

## Fascination Pie

Single pie crust for a 9 inch pie pan. You can make this or buy as I do!

Line your pie plate with crust prick with a fork the sides and bottom, then bake in 450 degree oven for fifteen minutes or until golden brown.

## Filling

1 cup apricot juice

1/2 cup pineapple juice

1 tablespoon lemon juice

1/2 cup sugar

4 tablespoons corn starch dissolved in 1/3 cup apricot juice

1 cup apricots cut in pieces

1/2 cup crushed pineapple well drained  
1/2 cup mandarin oranges (for filling)  
You will need more for decorating  
Dash of salt

16oz heavy whipping cream

Bring to a boil the apricot, pineapple, lemon juice and sugar. Add a little hot mixture to corn starch paste, blend, then add to hot syrup. Cook until clear and thickened. Remove from heat and add apricots and a dash of salt. Cool, then fold in pineapple and mandarin oranges. Put in baked pastry shell. Refrigerate. Whip cream and add 3 tablespoons powdered sugar, 1 teaspoon vanilla and spread on top of pie. Sprinkle with toasted cocnut and garnish with the remaining mandarin oranges and mint leaves.

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

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## Tufted Titmouse / New Feeders



Robin Arnold



Gena Husman

Each year as the land matures changing the environment here, we notice new birds showing up. First came the chickadees...last year one or two showed up at the feeder at the back of the pond. If we wanted to see them we had to walk back there. This year we've spotted at least three or four chickadees at the feeders up by the house. Sometimes they'll even perch in the branches just above our heads

A few weeks ago we heard a different bird call. It was one we knew, but not one we'd heard around our property very often. Robin thought it belonged to a tufted titmouse and shortly after, she noticed one tentatively checking out the feeder in the backyard. Since then, it has become a regular visitor to all our feeders.

Related to chickadees, but having a crested head, tufted titmice are mostly gray and white with a pale face and a black forehead. They prefer large trees in woodlands, orchards, suburbs and city parks, and are year-round residents in the eastern half of North America. Like chickadees, titmice are active and tame little birds that readily visit feeders for seeds and suet. Their diet normally consists of seeds, insects, small fruits, and caterpillars in the summer. They open seeds by holding them with their feet and pounding them with their bill.

Unlike chickadees, titmice don't excavate their own nesting holes, but will use nest boxes, a natural tree cavity or an abandoned woodpecker hole. They use grass, leaves and bark to build the nest founda-

tion and then line the nest with soft material. They've been known to pluck hair from dogs, woodchucks and other animals, including humans--a good reason to wear a hat while outdoors.

When it finally warmed up enough to spend some time outside, we took our Christmas gift money and picked out a couple of new birdfeeders, a squirrel baffle (because we finally have squirrels here) and a pole. We had feeders in the backyard but none in the front and wanted to see if we could attract different birds to each spot. Of course, the ground was still frozen solid so we were forced to wait impatiently a few days before we could attempt to put them up.

For the first week or so after we got the new feeders up and filled none of the birds came to them. They would eat seeds from the tree right next to them, and any seeds that had fallen out onto the ground underneath, but they wouldn't use the feeders. It wasn't until a flock of grackles and starlings swarmed over the new feeders that the other birds started visiting them. Our little titmouse is a regular at the new feeder now.



Get out your binoculars and your spotting scopes--the spring bird migration is just around the corner. Ducks are already coming through. As we write this, six buffleheads have just landed on our pond. In the last few days we've seen geese in our marsh and herons flying overhead. We're hoping to see more activity this spring than we did last year--last year's winter took a devastating toll on birds and wildlife. Check out Robin's website and blog at [www.duck-marshstudio.com](http://www.duck-marshstudio.com). There you will find her blog, a link to her photos, and a link to her Etsy store.

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# Calendar of Events

April 2015 – Sandusky County

**April 3- Dec. 31:** 1st Ladies & Red Dress Collection exhibit at Hayes Presidential Center, closed Mondays. The Hayes Presidential Center combines White House history with the very timely issue of women's heart health in its newest temporary exhibit. More than a half dozen red dresses worn by First Ladies are displayed along with celebrity dresses from New York City's annual Red Dress Collection Fashion Show. The show is part of The Heart Truth-a national awareness campaign focused on women's heart health. Included in the exhibit are dresses worn by First Ladies Pat Nixon, Betty Ford, Carolyn Harrison, Rosalyn Carter, Laura Bush and Lucy Hayes. A series of women's heart-health awareness programming is planned in conjunction with the exhibit. Admission: \$7.50/Adults, \$6.50/Senior Citizens, \$3/Children 6-12.

**April 7:** Puddle Jumpers Spring Walk - Sandusky Co. Parks, 10-11:30am Wolf Creek Park, Campground Entrance, Fremont. Requires registration. For full program descriptions or to register visit: [www.lovemyparks.com](http://www.lovemyparks.com) or 419-334-4495.

**April 8:** Kiwanis Pancake Festival, American Legion Hall, 6:30am-7pm. Cost: \$6 in Advance, \$7 at the door. \$3 for Children (10 & Under) Advanced tickets available at Bowlus Law Firm, 207 N. Park Ave., Holland CPA, 512 Court St., and Sandusky Chamber. [www.fremontkiwanis.com](http://www.fremontkiwanis.com)

**April 9:** Bald Eagle Tour - Sandusky Co. Parks, 12-3pm Countryside Park: Main Entrance, Fremont. Registration required; [www.lovemyparks.com](http://www.lovemyparks.com) or 419-334-4495.

**April 10:** Spiegel Grove Walkers and Wagging Tails' Club - Signup 11am to 1pm R.B. Hayes Presidential Center. Pedometer for all who sign up FREE Blood pressure testing, FREE Body mass index, FREE Health snacks. Walk 300 Miles and Receive: free T-Shirt, Dog scarf. This program is in conjunction with the Center's Red Dress exhibit. Contact Kathy at 419-332-2081 ext. 226.

**April 9:** Kids in Nature, Salamanders - Sandusky Co. Parks Dist., 9-10am White Star Park: Trail by the tracks, Gibsonburg. Registration requires [www.lovemyparks.com](http://www.lovemyparks.com) or 419-334-4495

**April 11:** Bald Eagle Tour - Sandusky Co. Parks, 10am-1pm Countryside Park: Main Entrance, Fremont. Registration required. call 419-334-4495

**April 11:** All you can eat Pancake Breakfast - Girton Church of God, 2112 S. C.R. 32(Corner of C.R.32 & C.R.21). Time: 7-11am. \$5 all proceeds go to the Risingsun Park Fund in hopes of rebuilding the playgrounds at both parks.'

**April 11-12:** Fremont Flea Market, Sandusky County Fairgrounds, Fremont.

**April 11:** Second Saturday R 4 Kids - 11am-2pm, Hayes Presidential Center. A hands-on educational series designed for children and parent/adult companions. Each session may include speakers, special guests, and a make-it-take-it craft. Attendees can come when they want during the time frame and spend as much time on an activity as they want. Cost: \$1/child 6-12, \$7.50/Adult, which includes Hayes Museum admission. For info call 419-332-2081.

**April 12:** Roots Magic Workshop-1-4pm, Hayes Presidential Center. Learn tips and tricks for using one of the most popular pieces of software for genealogists - RootsMagic - from the author himself! Bruce Buzbee explains new features, solves problems and answers questions during this free workshop. Pre-registration required, free admission. [www.rbhayes.org](http://www.rbhayes.org).

**April 13:** Babies in the Parks, Worms - Sandusky Co. Park., 12-3pm Countryside Park: Main Entrance, Fremont. Registration required. [www.lovemyparks.com](http://www.lovemyparks.com)

**April 13:** Sandusky County Historic Jail Tour-622 Croghan St, Fremont. Tour times: 5:30, 6pm, 6:30 & 7pm Admission \$3. 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. Hear exciting stories while learning the significance of this rare and historic structure. Tickets can be purchased at the Sandusky County Visitors Bureau, 712 North St., Fremont, or at the door. [www.sanduskycounty.org](http://www.sanduskycounty.org)

**April 16:** Health Hike - Sandusky Co. Parks, 7-8pm, Decoy Marsh, Fremont. [www.lovemyparks.com](http://www.lovemyparks.com)

**April 18:** Fremont Pigeon Club Show and Shop, Starts at 7am, Sandusky County Fairgrounds. Cost: FREE. 419-483-3484 or [larrygardner55@yahoo.com](mailto:larrygardner55@yahoo.com).

**April 18:** Internet Genealogy II Class, 9:30 -11:30am, Hayes Presidential Center. Admission: \$10/Adult, \$\$5/Students through High School. Pre-registration requested. 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**April 25:** Kayak with Eagles Tour - Sandusky Co. Parks Dist., 7am-10am Countryside Park: Main Entrance, Fremont. Registration required.

**April 25:** Cool Tricks and Funny Stuff Magic Show, Communities for the Arts, Clyde High School Auditorium, free admission but must have ticket. Time: 7:30pm-9pm, call 419-547-0588 or [www.communitiesfortheartsclcyde.org](http://www.communitiesfortheartsclcyde.org)

**April 25:** Star Gazing - Sandusky Co. Parks, 8pm Wolf Creek Park: south Entrance, Fremont. Registration required.

**April 26:** Brownie Sunday: Bugs! - Sandusky Co. Parks, 2-3pm Creek Bend Farm: Wilson Nature Center, Lindsey. Registration required.

**April 27:** Meet me at the Cabin: Fantastic Fungus - Sandusky Co. Parks, 5-6pm White Star Park: Log Cabins, Gibsonburg. Registration required.

**April 27:** Canoe with Eagles Tour - Sandusky Co. Parks, 5-8pm Countryside Park, Main Entrance, Fremont. Requires registration. 419-334-4495

**April 27:** Jailhouse Rock Dinner Theater -Historic Sandusky County Jail, Fremont. Dinner at 6pm Doors open at 5:30pm, \$20. Costumed staff will great 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. [sanduskycounty.org](http://sanduskycounty.org)

**April 29:** Canoe with Eagles Tour - Sandusky Co. Parks, 5-8pm Countryside Park, Fremont. Requires registration. [www.lovemyparks.com](http://www.lovemyparks.com) or 419-334-4495.



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# In Your Own Backyard

## Local Artist Aims Higher Than Fame:

While some musicians are busy seeking a fast track to fame and fortune, local artist David G has his sights fixed on something much greater. His new CD, titled Transformation is set to release March 17 to benefit COPE. Presented by Women Helping Young Mothers / Missing Link, COPE's mission is to help parents and children who are dealing with bullying, divorce, and various forms of abuse. To make a contribution to this worthwhile program, please call 567-201-5054 to purchase your copy of Transformation. Proceeds aid in acquiring materials for the COPE curriculum. Women Helping Young Mothers / Missing Link is located at 914 E. State St. Fremont. For info, please call 567-201-5054.

**Save the date: The 6th annual Fremont's Got Talent Show will be held on August 9th**, with a rain date of August 16th. Contestants are being sought and only the first 32 entries will compete. If interested in becoming a contestant, please email Ann at fremontsgottalent@gmail.com for the entry form. Any talent is eligible: singers, dancers, magicians, musicians and more- so be creative and join in the fun. Big money prizes with \$1000 going to the winner, \$600 for second and \$400 for third. \$300 for a youth contestant 18 and under not in the top 3.

**Fremont Area Women's Connection, Anjulina's Catering**, 2270 W. Hayes Ave., Fremont, on Tuesday, April 14, luncheon 11am-12:30 pm, cost \$12 inclusive. Our Special Feature will be Patty Murray of FAIRYTALES Royal Parties, an event planning & entertain-

ment service for kids. Speaker, Donna Merkiel, Stowe, OH "Lights, Camera, Action". This movie buff shares a love story. For luncheon and free child care, please call by April 9th, Donna 419-680-2251 or email Carrol @ fawcluncheon@gmail.com

**Hayes Memorial United Methodist Church**, Spring Garage Sale, Sat., April 18, 9am- 3pm, 1441 Fangboner Road, Fremont.

**Master Gardener's Plant Sale: The Ottawa/Sandusky Master Gardeners are sponsoring a plant sale at the Sandusky County Fairgrounds** on Sat., May 2 from 9 am-2 pm. Numerous annuals, perennials and vegetable plants will be on sale as well as gardening related items such as garden gloves and bug barns. Master gardeners will be on hand to answer your gardening related questions. This annual event is a fund raiser for the Master Gardeners to help them continue to provide these services to Ottawa and Sandusky County communities. For more info: Becky Lauer 419-637-2738, or rlauer@woh.r.com

**2015 Clyde Museum Season:** Opening hours begin on Thursday, April 2. The museum will be open every Thursday from 1-4pm through the end of September and for special events. Appointments may be scheduled at other times by calling 419.547.7946 or emailing clydeheritageleague@yahoo.com. April 16, the museum will celebrate "Founders Day", honoring the 40th Anniversary of the Clyde Heritage League, Inc. with regular open hours. Refreshments served. The Clyde Heritage League will hold its annual

membership meeting that evening at 6 pm at the museum. General McPherson House, on the corner of Maple and US 20, is open by appointment and for special events. Thursday, April 9th the House will be open from 1-4 pm. Bring a hand bell and join us in participating with the National Parks Service "Bells Across the Land - A Nation Remembers Appomattox" at 3:15. This is the date in 1865 when Confederate General Robert E. Lee surrendered to Union General Ulysses S. Grant to signal the beginning of the end to the Civil War. Donations are appreciated.

**Apr 8th: Fremont Emblem Club #156 Meeting** @ Fremont Elks Lodge @ 6:30 pm. Call or text Dianne @ 419-680-5656 for info.

**April 20th: Card Party by Fremont Emblem #156** at Elks Lodge, doors open at 6pm, cost \$7 and includes a light lunch. Call Theresa @ 419-332-2533 or Molly @ 419-603-2949 to make a reservation.

**Clyde St. Mary Altar and Rosary is having its 43rd annual rummage sale**, Thursday, April 16 & Friday April 17th from 9-5, Sat., April 18 from 9-noon. Saturday is bag day. Wednesday April 15 is drop off day if you wish to donate anything. Any questions you may call the parish office at 419-547-9687.

**The members of the Fremont Ministry Association invite Fremont Area Christians to observe Good Friday, April 3rd, at a special service at Grace Lutheran Church** followed by a walk on the Way of The Cross. Both seek to help believers remember the

sacrificial death of Christ on the cross. The service begins at noon ending at 3 p.m. It features short meditations on the last words of Christ by seven local pastors interspersed with inspiring music selections. Worshipers may come and leave as they desire. Immediately following the service worshipers will walk and pray the Way of the Cross from the steps of Grace Lutheran Church to St. Ann Church and back. Contact Pastor Jody Rice, FMA president, at 419-332-1558 with questions.

**Clyde Public Library Events in April** - online at clydelibrary.org or 419-547-7174 to register.

4 Game Day, 11 am to 2:30 pm. Playing video, card and board games.

7 Cookbook Club -Tasting and discussing recipes from food blogger cookbooks, 12:30-1:30 pm, register for this free program.

8 Getting Started Making Wine with Jim Stendera, 3-4:30 p.m. Please register for this free program.

9 Get Organized, with professional organizer Reannon Hayes, 6:30 pm, register for this free program.

13 Photography Club, 5-6:30pm

16 Facebook I, How to create and navigate, 6:30 p.m. Registration required.

17 Library Closed for In-Service.

21 Readers' Forum book discussion, 1-2 pm; Lego Club, 5:30-7 p.m.

22 Crazy Craft Days, 4:30- 5:30 p.m. Registration required.

23 Readers' Forum Book Discussion, 6 pm

25 La Tertulia - Clyde Public Library Spanish Club, 10-11 am

*Own Backyard, cont'd on 13*



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27 Reading Practice Pooches in the Children's Room, 6 p.m. Registration Required  
Creative Writers' Group, 6 p.m.  
28 The Amish, 6:30- 8 pm. Please register for this free program.  
29 Photography Club, 5-6:30p.m.  
30 Facebook II, Who can see me and how can I stop that! 6:30 p.m. Registration Required.

**Liberty Center is having a drive thru BBQ from 11am-1pm on Friday, April 24** at 1421 E. State St., Fremont. The lunch includes 1/2 chicken, baked potato, green beans and a roll for only \$8.50. Advance tickets only must be purchased by April 17. Contact the Liberty Center @ 419-332-8777. Proceeds benefit The Liberty Center homeless shelter.

**Bus Trip: Bethesda Care Centre is hosting a bus trip to New York** on Friday, April 10th at 9pm and return on April 12th.. Contact Holly Dagg at 419-334-9521, ext 513 for info.

**Humane Society BBQ ribs or chicken dinner** on Friday, May 1st from 4:30-6pm, drive thru only at Wendt-Key Realty on West State St. in Fremont. Pre-sale tickets only available at the shelter at 2520 Port Clinton Road, Wendt Key Realty, Jenesis Salon on Fifth St. in Fremont or from a member. Ribs are \$13 and chicken is \$9, includes two sides and a dinner roll. All proceeds benefit the animal shelter.

**Local Mothers of Preschoolers Organization is hosting a Mom 2 Mom Sale on Saturday, April 11th** from 9 a.m. until noon. The event will be held at Grace Lutheran Church, 705 W State Street, Fremont. The public is welcome and encouraged to sell their

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infant and children's items by purchasing a table at the sale. Tables can be reserved for \$15 a space to sell items by contacting Courtney Stacey at 419-466-1084 or by e-mail-- fremontgracelutheranmops@outlook.com. The public is also welcome to shop the sale for a \$1.00 admission with proceeds being donated to The Village House.

**Birchard Public Library Spring Book Sale is here!** You want a book on Areo Space, Geo-chaching, Rock bands from the 1970's---we have it! Members of the Friends of the Library only are invited to come April 15th from 5-8pm. Please bring your membership card or you may join that night . The book sale is open to the public April 16th from 10am-8pm, 17th, 10am-5pm and 18th, 9am-1pm. Saturday is a bag day sale, we supply the bags, and you fill them for \$3. If you would like to join the Friends of the Library, please inquire for rates.

**Bean & Cornbread supper** on April 11 from 5pm-7pm at Mt. Carmel UMC @ 49897 CR 183, Clyde. We will serve Beans with ham or homemade soup,

potatoes, cole slaw or applesauce, cornbread and homemade pie. Carry out is available, donation only.

**Spring arts and craft show, Sat., April 18th** from 9-3, at Bloomdale Community Center. A portion of the proceeds to benefit Cancer patient services.

**The next Sandusky County Prostate Cancer Support Group** (previously known as Man to Man) meeting will be held Wed., April 29th at 7p.m. in the Chestnut Cafe at Fremont Memorial Hospital. A Guest Speaker will be presenting a program, also will be a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info, contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860.

**H2O & Supplies invites you to their Grand Re-Opening Event** Celebrating Earth Day and their newly remodeled location at 828 N Woodland Ave. in

Clyde. Saturday April 25th from 9am-5pm. The first 100 kids receive a free "tickle me" house plant; 10am-12, Kids get a free balloon and visit with "The Hydrator" H2O's Mascot Polar Bear; noon, 55 gallon Rain Barrel Give Away, equipped with all hardware (must be present); 12:30, Clyde Elementary School Booster "Rain Barrel Raffle" -- Students are showcasing their artistic talents with proceeds benefitting the School Boosters. Tickets available 1st week of April at H2O & Supplies. Free Hot Dogs while supplies last, 5 gallon Bottles of Drinking Water Only \$3 All Day!

**Bake & Garage Sale, May 2, 10-2** at Laurelhurst Apartments, 900 W. Woodland in Clyde.

**Bake sale by the Renaissance Walkers, Valley View Healthcare, April 17th, 10-3** on May 2nd. All donations to NAMI.

**Cut-a-thon and Hasselbach Hot Dog meal, Renaissance Salon, 1105 E. State St., Sat., April 25th, 10-1.** All donations to NAMI.

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**"INTERSTELLAR":** Director and co-writer Christopher Nolan ("Inception," "The Dark Knight") goes for spectacle in the galaxy with this lengthy sci-fi drama, which poses a lot of big questions as Matthew McConaughey plays a farmer recruited to draw on his aviation past in heading an expedition to ensure a future for mankind. The trek has very personal implications for him. Anne Hathaway, Jessica Chastain, John Lithgow and Nolan-film regular Michael Caine also appear, but the members of the picture's technical team - who led the movie to an Oscar win for its visual effects - are as much stars as anyone else here. \*\*\*

**"WILD":** Gambling with her screen image paid off big for producer and star Reese Witherspoon - to the result of many recent award nominations - in re-creating the true, life-changing hike undertaken by Cheryl Strayed, who decided to cope with a personal tragedy by charting more of a course for herself. That applied to her behavior and also to her grueling solo journey across the Pacific Crest Trail. Laura Dern also plays a pivotal role for director Jean-Marc Vallée, but the show surely belongs to Witherspoon. DVD extras: theatrical trailer; eight "making-of" documentaries; audio commentary by Vallée, producer Bruna Papandrea and production executive David Greenbaum; photo gallery; message from Strayed. \*\*\* (R: AS, N, P)

**"ISLAND OF LEMURS: MADAGASCAR":** Despite the popularity of the title location in animated tales in recent years, this project - boasting the ever-distinctive voice of Morgan Freeman as narrator - is a live-action

effort originally shown in the IMAX format. It profiles the crusade by Dr. Patricia C. Wright to ensure the preservation of the lemur, which has existed for more than a million years but is now threatened. The exotic scenery of Madagascar expectedly does much for the documentary. \*\*\* (G) (Also on Blu-ray)

**"BIG EYES"** (April 14): The truth about a painter's (Christoph Waltz) artworks, involving his wife (Amy Adams), emerges in director Tim Burton's fact-based tale. (PG-13: AS, P)

**"THE BABADOOK"** (April 14): A children's book generates terror for a woman (Essie Davis) and her son (Noah Wiseman) in writer-director Jennifer Kent's thriller. (Not rated: AS, P, V)

**"CAKE"** (April 21): Jennifer Aniston plays a woman newly involved with the widower (Sam Worthington) of a late member (Anna Kendrick) of her support group. (R: AS, P)

**"TAKEN 3"** (April 21): Framed for murder, CIA veteran Bryan Mills (Liam Neeson) has to clear himself and protect his daughter (Maggie Grace) again. (PG-13: AS, P, V)

**"GOODFELLAS"** (May 5): For its 25th anniversary, the true crime drama gets a newly re-mastered Blu-ray edition with new cast and director (Martin Scorsese) interviews. (R: AS, P, GV)

**FAMILY-VIEWING GUIDE KEY:** AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

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## Celebrate Parkinson's Awareness Month

When an individual receives the diagnosis of Parkinson's disease it can be overwhelming. Assembling a care management team will help you navigate the road ahead. Your team should consist of family and friends, physicians and rehabilitation professionals, support group members and fitness classmates.

Research has enabled better management of symptoms through newly developed medications. The newest drug being prescribed by physicians is exercise. Current research on exercise demonstrates a delay in the decline of function and improved motion. Maintaining optimal physical condition through exercise will help decrease the risk of falls and injury. Exercise is a close to home and inexpensive tool that individuals with Parkinson's disease are encouraged to take advantage of.

ProMedica Memorial Hospital Physical Medicine Department offers a comprehensive Parkinson's disease program. The professional staff has acquired extensive education and training in Parkinson's disease treatments. Both the physical therapy and speech departments have achieved certification in the LSVT (Lee Silverman Voice Treatment) BIG and LSVT LOUD are research based treatment protocols. PWR! (Parkinson's Wellness Recovery) Clinician certification training allows the professional staff to assist individuals with a new diagnosis through the length of the disease process.

Movers & Shakers Fitness Class is a community based fitness program which meets two times per week. The classes are led by Delay the Disease trained staff. Classes address the symptoms of Parkinson's disease with balance, strengthening, flexibility and cognitive exercises. Fee for the class is \$55.00 for 10 weeks.

ProMedica Memorial Hospital Parkinson's Support Group provides an opportunity to network in the Parkinson's community. Group meetings include education, guest speakers and sharing information with other members to help one navigate through Parkinson's. The next meeting will be held May 12, 2015. The meetings are free. For more info contact Lesley King, PTA with ProMedica Memorial Hospital at 419-334-6630.

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# Mayo Clinic

## Successful pancreas transplant can restore body's ability to secrete insulin

**DEAR MAYO CLINIC:** My wife is 31 and was diagnosed with type 1 diabetes at age 7. She had a baby three months ago, and her blood sugar levels were never really controlled. Doctors tested her kidney function and said there is "a little damage" but nothing to worry about. They said a pancreas transplant might be an option. How risky is this? What medications will she need to take following the transplant?

**ANSWER:** Most patients with type 1 diabetes do not require a pancreas transplant, because newer insulin regimens can keep their blood sugar under control. However, someone in your wife's situation should consider a pancreas transplant, especially if she has frequent "insulin reactions" - meaning her blood sugar goes very low without her realizing it. A pancreas transplant could fix the problems with her blood sugar control and prevent further injury to her kidneys.

As with all transplants, a pancreas transplant is major surgery. Afterward, your wife will need to take drugs to keep her body's immune system from rejecting the new pancreas. But overall, the risks associated with the transplant are likely to be lower than the risk of long-term organ damage that can result from uncontrolled blood sugar.

If successful, a pancreas transplant can restore the body's ability to secrete insulin, reducing blood sugar levels and eliminating the need for insulin therapy. Insulin is a hormone. When you eat, the pancreas - a gland located just behind your stomach - releases insulin into your bloodstream. As insulin circulates through your blood, it allows sugar to enter your cells, lowering the amount of sugar in your bloodstream. If your body doesn't have enough insulin, sugar can build up in your blood. Diabetes is the condition of having too much blood sugar.

People with type 1 diabetes are more likely to benefit from a pancreas transplant than are people who have type 2 diabetes. That's because a damaged pancreas is usually the main cause of

high blood sugar in type 1 diabetes. People with type 2 diabetes often have other factors, beyond the pancreas's inability to produce enough insulin, contributing to their high levels of blood sugar.

Age and weight are also factors to take into account when considering the risks and benefits of a pancreas transplant. People younger than 55 and those who are not obese are at lower risk for complications associated with the surgery.

In addition to allowing her body to maintain the right blood sugar levels, a pancreas transplant would also slow down or stop the damage to your wife's kidneys. Kidney damage is one of the most common and serious side effects of diabetes in people who have uncontrolled blood sugar. If left untreated, the damage can progress to kidney failure and may require dialysis or a kidney transplant. Because your wife is still in the early stages, the kidney damage she has may actually go away after a transplant, although that can take months or years.

In addition to kidney damage, people with diabetes who have poorly controlled blood sugar are at risk for damage to their peripheral nerves, eyes, heart and lungs. A pancreas transplant could significantly reduce these risks, as well.

That said, it's important to carefully consider having a pancreas transplant. A transplant can result in serious complications, such as blood clots, bleed-

ing, infection and failure of the donated organ. After the transplant, your wife would need to take immunosuppressive medications for the rest of her life to keep her body's immune system from attacking the donated pancreas. These medications can cause side effects, including bone thinning, high cholesterol and high blood pressure. In addition, she may be more likely to develop certain types of infections because these medications suppress her immune system. For many people who have a transplant, though, taking these drugs does not interfere with their quality of life overall.

Although a pancreas transplant can be a good choice for some people with diabetes, most do not need a pancreas transplant. That's because insulin therapy can often keep blood sugar levels well controlled, so the risk for long-term organ damage due to diabetes is low. However, in your wife's case, a pancreas transplant does sound like a treatment option worth considering. - Patrick G. Dean, M.D., Transplantation Surgery, 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@mayo.edu](mailto:medicaledge@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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## REIKI CIRCLE CLASSES OFFERED AT TBH

The Bellevue Hospital (TBH) is sponsoring Reiki Healing Touch Group Circle classes, with the next meeting set for Tuesday, April 14 from 6-8 p.m. in the hospital's Conference Rooms A&B. Patricia Zilles, Reiki master practitioner and class coordinator, will lead the group. Topic will be "Reiki Symbols."

"Our goal this year is to provide the tools to broaden your experience and to provide the resources available for strengthening our community to a better understanding of Reiki and how it does relate to our inherent wisdom and self healing," said Zilles.

Sessions are open to the public and to nurses who are Reiki Practitioners, Life Coaches, Energy Bodyworkers, Reflexologists, Massage Therapists, and all other modalities and wellness alternatives.

Reiki Circles are scheduled monthly every second Tuesday at TBH, usually from 6-8 p.m. Attendance is free. For additional information on the Reiki classes, contact Zilles at 419.355.1283.

Information on all TBH programs can be found on-line at [www.bellevuehospital.com](http://www.bellevuehospital.com).



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## Market anniversaries teach valuable lessons

Recently, we celebrated two stock market milestones: March 9 was the six-year anniversary of the 2008-2009 bear market closing low (On March 9, 2009, the Dow Jones Industrial Average was at 6,547, 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 1,268, its lowest level since Oct. 9, 2002) and March 10 was the 15 year anniversary of the NASDAQ's all-time closing high (5,048 on March 10, 2000).

What lessons can we draw from these historic turning points? Investor fear and greed can lead you astray. These two powerful emotions often trump any semblance of rational thought and can cost you dearly.

Let's start with fear, while the financial crisis is fresh in your mind. From the beginning stages of the meltdown in 2008 through the bear market low in the spring 2009 and then for months - even years - later, many investors wanted to sell everything and hide under the bed. That was an understandable feeling -- it really was scary!

The big problem with selling when conditions are grim is that very few investors have the wherewithal to get back into the fray. When they do, it is usually long after markets have clawed their way back up. Acting in fear often ends up prompting you to sell low, buy high and take unnecessary overall losses in your portfolio.

The opposite of this scenario was in plain sight by March 2000. By that time, the technology revolution and the dot-com frenzy drove the NASDAQ to nose bleed territory. From 1992 to 2000, the index went from 600 to 5,000, with the leap from 4,000 to 5,000 occurring in just two months! While there were indeed great and breathtaking innovations at the time, investors went berserk and gobbled up any tech company regardless of its profitability or viability.

Despite racking up a return of 85 percent in 1999, the biggest annual gain for a major market index in U.S. history, investor greed led investors to jump in or just as worrisome, sit atop massive profits, without regard for risk and a potential downside move. When the music stopped, stocks plummeted. By the end of 2000, the NASDAQ was halved and finished its bear-market rout in 2002, down 80 percent.

Market extremes like the heights of the 2000 bubble and the depths of the 2009 wipe out are great reminders that every investor must guard against fear and greed. The easiest way to do so is to maintain a balanced approach that helps keep those emotions in check. Every investor should create and adhere to a long-term plan, which incorporates a diversified portfolio that spreads out risk across different asset classes, such as stocks, bonds, cash and commodities. Investors then need to periodically rebalance to insure that neither fear nor greed takes over.

My dad, who was a stock and options trader for 50 years, used to extol the following three golden rules, which have always been helpful reminders when I was a trader, an investment adviser and then just a plain old, long-term retirement investor like you.

1. Nobody rings a bell at the bottom or the top. To be a successful investor, be patient and have the discipline to stick to your game plan. Do not be swayed! If you make a mistake, get out quickly.

2. Do not make a major investment decision intraday. If the idea is a good one, then an extra 24 hours of thought will not hurt and may prevent you from executing a reactive trade that is catalyzed by market movement only.

3. Remember that nobody really knows what is going to happen in the short-run, so do not fall prey to either bull market cheerleaders or bear market Cassandras.

(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](http://www.jillonmoney.com))

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## April is National Donate Life Month

April is National Donate Life Month, a time to spread the word about the importance of registering as an organ, eye and tissue donor! Right now, more than 123,000 people are waiting for life-saving organ transplants, including over 3,200 Ohioans. The sad reality is that 21 people die every day because the need for organ transplants far outweighs the supply.

Sometimes, people are hesitant to register as donors because of misconceptions like these:

- "Will my medical treatment suffer if I say 'yes' to donation?" Absolutely not. This misconception is sometimes portrayed on TV drama shows, where many writers don't let the facts get in the way of a good story. The reality is that every effort will be made to save someone's life, regardless of their choice to donate. The doctors and nurses working hard to save lives at hospitals are a completely separate team of people than those who coordinate donation. It is only after all life-saving efforts have failed that donation is an option.
- "Can I still have a viewing if I donate?" Yes. The organ recovery surgery is a very careful, respectful procedure, and if an open-casket funeral was possible before donation, it should be possible afterward.
- "Is my religion against donation?" Probably not. All major religions in the United States either support donation, viewing it as a charitable act, or leave the decision up to the individual.
- "Do rich and famous people get transplants first?" Absolutely not. There might be publicity generated when a celebrity receives a transplant, but they do not receive preferential treatment. The national transplant waiting list exists because everyone has to wait on it, regardless of wealth or celebrity status. The only way to move to the top of the list is to be extremely sick.
- "Will there be a cost to my family if I donate?" No. All costs associated with donation are handled by the local organ procurement organization.
- "Am I too old or too sick to donate?" Not necessarily. It is important to say "yes" to donation regardless of age or health conditions, as medical professionals will determine whether donation is possible after death.

The truth is that one person has the power to save eight lives through organ donation and heal 50 more through tissue donation. For more info, or to register as an organ, eye and tissue donor, visit [www.lifeconnectionofohio.org](http://www.lifeconnectionofohio.org).

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**Sandusky County ‘Stars’ getting ready to shine for CASA**

Fremont—If you like the popular television show “Dancing with the Stars” than you won’t want to miss our own local ‘stars’ who will be dancing to raise money for CASA of Seneca, Sandusky, and Wyandot Counties. This is the fifth year for Sandusky County Stars Dancing for CASA fundraiser, which will take place on Saturday, April 11, 7:00 p.m. at The Heights/American Legion, 2000 Buckland Avenue here in Fremont. The six Sandusky County dance competitors vying to win the People’s Choice and the Judge’s Choice Awards are:

- Jon Detwiler, Superintendent Lakota Local School. “I have worked with CASA in Sandusky County for years as a school administrator and have seen firsthand the amazing service they provide for children and families. When I was asked to support them with this program I jumped at the chance.”
- Dinah Dwyer, CASA volunteer and a project manager for Whirlpool Corporation. “I volunteered to dance for CASA because I believe in the service it provides to neglected and abused children of Sandusky County. Because of CASA, children have a voice in court.”
- Dr. Kurt Harrison, Obstetrics & Gynecology physician. “I believe that organizations such as CASA embody what makes America great. Giving to others and helping one another through this most challenging dance that we all call – life.”
- Dallas Leake, Operations Director Sandusky County Juvenile Justice Center. “I became aware of CASA in the late nineties when I took Social Work classes at Terra with some CASA volunteers. I really appreciate the work they do advocating for kids and thought this was a way to show my appreciation.”
- Jill Simpson, program specialist for United Way of Sandusky County. “Not only am I excited about the opportunity to learn a few dance moves from my wonderful instructor, I am happy to be raising money for such a worthy cause.”
- Bridget L. Smith, Ed.S., Washington Elementary Principal/Gifted Program Supervisor for Fremont City Schools. “Throughout my career in education, I have witnessed firsthand the important role a CASA volunteer can play in the life of a child. This is an amazing program facilitated through dedicated volunteers. When asked to dance, I was not only excited to be involved in this fun event, but to help give back to an organization that shares my mission--to do what is best for kids.”

Funds raised from this event will benefit CASA of Seneca, Sandusky, and Wyandot Counties, a local nonprofit organization. This organization recruits, screens, trains and supervises volunteer citizens of this community. A CASA volunteer is an independent “voice” for children who have been victims of abuse and neglect. They provide objective information to the judges of the juvenile court so that an informed decision can be made about the child’s future.

Tickets are \$30 per person and can be purchased at the CASA office in Fremont. Tables of eight can be reserved. Hors d’oeuvres are included in the price of the ticket and a cash bar will be available.

The People’s Choice Award will be presented to the star dancer who has secured the most donations. Each dollar donation equals one vote.

In order to purchase tickets for the event or to cast your votes for the dancer of your choice just call the CASA office in Fremont 419-355-1442 or in Tiffin 419-448-1442. Or mail your donation to CASA of SSW, 500 W. State St., Suite D., Fremont. Cash, check and credit cards are accepted.

Additional voting will take place on April 11. Guests in attendance will have an opportunity to cast their vote with their dollar donations after each dance performance.

Dance professionals and instructors who have choreographed and will be performing are: Dr. Steven Velazquez, Cassie Velazquez, Trisha Meier, and Brentton Fuller from “Dance Suave” Ballroom and Latin dancing by Steven, Tiffin; Heidi Vander Boon, owner of The Ballet Academy of Fremont; and Gil Aromas, a professional instructor at The Ballroom Company in Maumee.

To add to the excitement of the evening, a panel of judges will critique and score each dance performance. Then at the end of the evening, the couple with the highest score will win The Judges Choice award. This year’s judges are: Tina Melchiori, Retired nurse and former CASA volunteer,

Tim Cullin, Bishop Hoffman Catholic Schools Superintendent and SJCC principal. Dr. Jose Hernandez, Superintendent of Gibsonburg Schools.



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**Feeding children peanut products can avert peanut allergy, studies show**

There's been a lot in the media lately about peanut allergies - and it's good news. For several years, it was recommended that children not be given any peanut products until at least age 2, due to concerns about peanut allergies. At the same time, some physicians even recommended that breastfeeding mothers not consume peanut products. This was a difficult scenario for both parents and children, as what young child doesn't eat peanut butter?

Many parents wouldn't even allow peanut butter in the house and were consumed with reading labels on other products looking for peanut content - even if their child was not peanut allergic and there was no family history of this allergy. I'm afraid I would have failed as a mother during this time, as my kids ate peanut butter sandwiches almost daily!

I can remember a patient coming to my home for a house call, and at the end of the visit I offered her child (about 22 months old) a peanut butter cookie I'd just baked. As the child took the cookie from my hand, ready to take a big bite, her mother screamed, "She's never had peanut butter. Don't let her have that!"

Too late. Thankfully, the child had no reaction, and the mother was finally convinced that her daughter would not die if she ate peanut butter before age 2.

Now, based on new research studies, the recommendations have changed. Children may have peanut butter, or peanut products before they're even a year old - and thereby seem to actually have a lower chance of developing peanut allergies. Young children should not eat whole peanuts, due to the risk of choking, but other peanut products are fine.

I had never been convinced that withholding peanuts made a difference, and peanut butter is a childhood staple, full of good protein. And news from Duke University shows that very peanut-allergic children may be de-sensitized to peanuts by giving them miniscule amounts of peanut protein on a daily basis.

After 8-to-10 months of gradually increasing doses of peanut powder, several of the children were able to tolerate peanuts in their regular diet, and several more were able to tolerate up to 15 peanuts at a time without serious reactions.

This is significant data for those children suffering from peanut allergies, and who have the risk of developing anaphylaxis and even death if exposed to peanuts. It seems that scientists are making inroads into developing oral immunotherapy to de-sensitize children with food allergies, and further studies are underway.

(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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**Q:** The people where I live are brain dead. The neighborhood is plagued by geese, ducks and nasty squirrels. There are laws against feeding these animals, but people do it anyway. As result, I walk my beautiful pup in poop. I have to bathe him constantly. I also disagree with my neighbors, who say leptospirosis is not a problem. What do you think? - J.K.

**A:** Canada geese are particularly talented when it comes to manufacturing poo. Some reports indicate a goose can produce over a pound of excrement daily. Ducks most often do their business in the water, and squirrel droppings are tiny, so these animals shouldn't be much of a problem.

Of course, dogs don't see animal droppings as a problem. Dr. Mark Russak, of Berlin, CT, past president of the American Animal Hospital Association, concedes that canine taste buds tend not to be all that discerning. Some dogs think goose poo is a delicacy.

Canada geese may help spread bacteria that's resistant to antibiotics. A recent U.S. Centers for Disease Control study of a resident flock of Canada geese in Georgia and also in North Carolina showed that antibiotic-resistant E coli could be carried by the birds.

Although it is possible for geese to carry salmonella and/or campylobacter, it turns out that a greater concern is the water they swim in and sometimes defecate in, as pets that drink the water are prone to giardia or cryptosporidium, which can both cause serious illness. Geese aren't the only animals responsible for these pathogens, however; lots of wildlife contribute.

You're correct regarding leptospirosis, a bacterial infection spread by wildlife, which pets can contract from drinking contaminated water. The problem is greater in some areas than others. Lepto occurs even in big cities, spread mostly by rats. The good news is, there are vaccines for leptospirosis and giardia. Speak with your veterinarian if you're concerned about your pet.

As for snacking on goose poop, few dogs get much more than an upset tummy, but it's hardly a healthy snack. And while eating goose droppings does raise the risk of a bacterial infection, this is very unlikely.

Feeding geese, ducks and squirrels may not be a good idea, but Russak concedes, "It's what people do, I might even do it; we're only human." He says he understands your concern, but many Americans live in cities plagued by many dangers, and they learn to take precautions, such as crossing the street when the light is green, decreasing the risk of being hit by a car.

"Talk to your veterinarian about appropriate precautions, and learn to enjoy the wildlife," Russak suggests.

**Q:** How do I stop our newly-adopted kittens from climbing the house plants? - S.P.

**A:** Put a tree in front of a bunch of kittens, and naturally they'll believe it's there solely for them to climb. If you can, anchor your tree so it doesn't topple over. Offer alternative places for your kittens to climb, such as windowsills, bookcases, or a tall cat tree. Encourage them to use these spots by placing treats there.

**Q:** My Welsh Corgi was diagnosed with diabetes earlier this year, when he hit 44 lbs.

My previous vet scared me to death about this, prescribing Vetsulin (insulin) and Hill's Science diet W/D prescription food (wet and dry), not to mention syringes. All of this treatment cost a small fortune.

I switched to a different veterinarian. Also, a friend told me to go to Wal-Mart, where I switched to a human insulin called Novulin N. I get needles there for much less money. I've also started making my own dog food from ground turkey, vegetables, barley and eggs - and my dog eats it like candy. The veterinarian thinks this is a good idea since there are no preservatives in the food I prepare.

The great news is, my dog is down to 39 pounds. My question is about dry food: Is there one you'd suggest? I've tried several low fat diets, but they give my dog loose stools. - P.R.

**A:** "Diabetic management is multi-faceted, but it can certainly be achieved," says Dr. Wendy Hauser, a board member of the American Animal Hospital Association. "Vetsulin would be ideal because it's designed for pets, but I do have clients whose dogs do fine on human insulin, though some don't. What's important to know is that if you switch insulin, you should talk to your

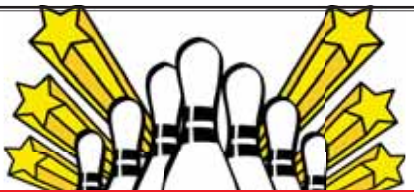
vet about the dosage. Insulin brands are not necessarily interchangeable."

Making food for any pet doesn't always go as planned, as many recipes on the Internet aren't adequate. It's important to follow the directions of a veterinary nutritionist, not just some stranger on the Internet who says, "I know pets," or even a human nutritionist. What's more, diabetic animals have special nutritional needs.

Hauser, of Parker, CO, says she goes to the supermarket, too, and knows beef, chicken or turkey are not cheap, but "it's hard to believe there's a significant price difference between preparing your own dog food and buying a manufactured food," she notes.

"It's wonderful, and really significant that your dog has lost weight," she notes. "Your veterinarian can suggest a (wet or dry) diet," Hauser says. "Perhaps, you'd consider going back to what worked previously (the Hill's prescription diet), and consider the savings on human insulin as a kind of compromise." (Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY. 14207. Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state.)

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### Pins for Pets



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## Hitman's Journey Back in Time

Synopsis/Author: Joshua Schank

A former locked up hit man (Ben) begins speaking to an unknown audience. His journey begins as a sweet eleven-year-old boy simply trying to find his way in the world. Ben has no real friends and for the most part is an outcast. The only person Ben is close to is his father. It's tough to build a close relationship with his father, because Ben's father (Jeff) works with installing security alarm systems. The job causes Jeff to do a lot of traveling, especially out of the state. Jeff usually gives Ben a ride to school but then doesn't see Ben or the rest of the family till late in the evening, even sometimes traveling the entire weekend. Bullies see Ben as an easy target because he's so quiet and won't stand up for himself. The stress of having to deal with bullies, and hearing that his parents might get a divorce, causes Ben to stop caring about his school work. Ben begins to make some effort on his homework to try and please his parents.

Ben has no idea that his world is about to turn upside down. Traumatizing things begin to happen to Ben. Ben, at eleven-years-old, has no answers. Things only get worse for Ben throughout his childhood.

It's not until Ben is an adult that he realizes that there is real evil in this world, and he knows he has no choice but to find answers. He gets involved in martial arts and then shortly after, does a short stint in the Army.

Ben comes out of the Army a completely different person, he is now completely fearless and has a sick sense of humor. Ben soon takes a job as a hit man. He only takes "hits" out on ex criminals that did little to no time and also, people that are big time suspects in cases. Ben doesn't just want to give rapists, child molesters, and the like a quick death, instead, he wants to send a message. The message is simple: By the time Ben is finishing up with them, they will wish that they had a choice to deal with the law enforcement instead.

Ben's story keeps getting darker and darker as he tells more of his dark past. The question remains, why is he telling his past? What is he getting out of it? The book is available in paperback on Amazon and as an eBook in Amazon Kindle. [http://www.amazon.com/Hitmans-Journey-Back-Joshua-Schank/dp/1500829323/ref=tmm\\_pap\\_title\\_0?ie=UTF8&qid=1425947081&sr=8-1](http://www.amazon.com/Hitmans-Journey-Back-Joshua-Schank/dp/1500829323/ref=tmm_pap_title_0?ie=UTF8&qid=1425947081&sr=8-1)

*About the Author: Josh graduated from Fremont Ross and spent four years in the Air Force traveling the world. While attending Kent State, Josh took a creative writing class and wrote a short story titled "Hitman." He saw much more potential in the story and decided to write a screenplay, which he has now made into a book. He has many more story ideas and has already written a few short stories for his next book, which will be a collection of short horror/thriller stories. When Josh isn't writing he works as a security guard.*

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## Omarr's Astrological Forecast

By Jeraldine Saunders



**ARIES** (Mar. 21-Apr. 19): Don't sweat the small stuff. Minor inconveniences and mistakes are not worth getting worked up over. Roll with adversities when they pop up, set your sights on achieving lofty and lucrative goals.

**TAURUS** (Apr. 20-May 20): Don't rock the boat. Avoid making changes or important decisions, as any action you take may make matters worse rather than better. Accept the consensus of opinion and follow along to achieve the best results.

**GEMINI** (May 21-June 20): Don't be too quick to pull the trigger. A situation may cause you to take rash, impetuous action that might only add fuel to the fire. Keep a cool head and wait to see how events unfold.

**CANCER** (June 21-July 22): Swimming against the current will only tire you out. You'll make little progress if you try to get others to follow your lead as everyone else could be moving toward different goals.

**LEO** (July 23-Aug. 22): To forgive is divine. Don't hold past transgressions over someone's head; move forward with a clean slate. Romantic pursuits may have to take a back seat to business matters.

**VIRGO** (Aug. 23-Sept. 22): Don't allow big spending to squash a small budget. It may come down to a choice between doing without some luxuries rather than breaking the budget. Pinching pennies can add up to a big savings over time.

**LIBRA** (Sept. 23-Oct. 22.): Practice what you preach. Someone is likely to call you on it if you defend a viewpoint and then don't back it up. Make sure you choose words that line up with your true convictions.

**SCORPIO** (Oct. 23-Nov. 21): The past could come back to haunt you. Unresolved problems or debts could pop up at an inconvenient time. Be patient with relationships, as any bumpy patches will inevitably be followed by a smoother road.

**SAGITTARIUS** (Nov. 22-Dec. 21): Make sure what you're seeing is actually there. You may automatically think the worst about a relationship in the week ahead. The best way to have questions answered is to ask them!

**CAPRICORN** (Dec. 22-Jan. 19): Don't take someone for granted. A loved one may feel slighted or neglected as you focus your attention on other matters. Take some time out to make that special someone feel special.

**AQUARIUS** (Jan. 20-Feb. 18): Cooperation makes the world go round. Without solid backing you'll have a hard time getting the ball rolling on your latest project, point out the shared benefits others will gain from being in your corner.

**PISCES** (Feb. 19-Mar. 20): Find common ground, you and a loved one may be at odds over what to do. The simplest solution is to find something you enjoy together.

## Classifieds

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Travel with Blue Lakes Tours: New York City Aug 6-9 \*Outer Banks Sep 8-13  
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### FUNDRAISER

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