

2000 Lifestyles

Free

Vol. 17 Issue 4

April 2016



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- **2012** – Opened CHS Fostoria and The Center for Women's Health
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Lifestyles 2000

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): There is a spring in your step. The first week of spring might bring you a chance to widen your circle of acquaintances. Group activities and new friendships could be on your schedule.

TAURUS (April 20-May 20): The simplest solution will solve the most difficult problem. You may think you can shift your funds around like a shell game, but in the end you will see that complicated techniques won't give satisfying results.

GEMINI (May 21-June 20): Prepare to parade with the paparazzi. Your popularity grows by leaps and bounds. This is a great time to interview for a new job, ask for favors, or meet the guy or gal of your dreams.

CANCER (June 21-July 22): You may be able to recite the rules chapter and verse. It could be a good month to investigate alternative belief systems or to listen avidly to your significant other's ideas. By embracing new ideas you will grow.

LEO (July 23-Aug. 22): A round of truth or dare might be in your future. A casual acquaintance may have the knowledge, know-how, or connections to help you make a wise and possibly lucrative business decision.

VIRGO (Aug. 23-Sept. 22): Call the shots and use all the tricks of the trade. During the month ahead you can concentrate on becoming a new improved you. Focus on achieving your goals and learn some new ways to accomplish them.

LIBRA (Sept. 23-Oct. 22): Your attention to workplace politics during the month ahead may improve a relationship. Your personal charm is at a high point. Use it to capture someone's heart or to make working conditions more harmonious.

SCORPIO (Oct. 23-Nov. 21): Spin a yarn into something useful. You know how to get your point across in a useful and productive way. Say the right thing and you will enlighten someone giving them a chance to make positive changes.

SAGITTARIUS (Nov. 22-Dec. 21): It is the easiest thing in the world to just be you. It is much harder to be what others expect you to be. In the week ahead don't let anyone make you feel unworthy or undeserving. Accentuate the positive.

CAPRICORN (Dec. 22-Jan. 19): Tie up all your loose ends and decorate them with a bow. Get major financial matters wrapped up as quickly as possible because by the end of the month you may be tempted to gamble on a losing proposition.

AQUARIUS (Jan. 20-Feb. 18): It is time to make your move. Peer opinions that have kept you from making a change will shift for the better. Shop for major appliances or anything that should have a long life and aesthetic appeal.

PISCES (Feb. 19-March 20): Show a united front, not a divided front. As this month unfolds some key people may not agree with you, but you can support their right to have differing opinions. Use friendly persuasion to achieve compromises.

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About our cover photographer

Robin Arnold is an avid photographer whose main passion is documenting the natural world around her. Most of her photos have been taken on the 12 acres her grandfather bought in the late '60's and where she now lives. She has sold many photos through a stock agency, but what she is most proud of are the photos used by Cornell Lab of Ornithology and the several photos that will appear in The Second Atlas of Breeding Birds in Ohio, which will be published by Penn State University Press this month. Robin has recently set aside some time to try her hand at drawing and watercolor painting. She especially enjoys conjuring up whimsical drawings of animals. To see more of Robin's photos, drawings/paintings and musings about the natural world visit www.duckmarshstudio.com.

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Lifestyles 2000

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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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Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Next month we celebrate our seventeenth year! Seems like just yesterday, May 1999, that our first issue came into being. It is truly a fact that when you love what you do, it is never work.

Thanks to our advertisers and readers we can continue on when so many printed publications are failing. When we started out there were so many publications that we used to compete for rack space, now we are one of only a few.

Two advertisers have been with us the entire time, Dairy Queen and The Bellevue Hospital, thank you both so very much.

Enjoy this issue and check out our Mother's Day contest, this is your chance to do something special for your mom.

Joanne



There were close to 150 correct entries for the March issue, the correct answer was Fremont Alliance Church. Remember to put the name of the advertiser for your answer.

Find Pete Winners

Winners are: Lori Misner, Anya Stuart, Kevin Miller, Linda Walters, Clyde; Toby Peck, Dave Post, Meagan Schultz, Betty Rodenhauser, Shirley Faist, Fremont; Janet Raifsnider, Joel Bickhart, Bellevue Teri Tooman, Oak Harbor; Linda Carnicom, Green Springs; Eugena Wellington, Kansas; Sandy Lustig, Gibsonburg; Sharon Miller, Bettsville.

Watch for exciting prizes coming in May when we begin "Celebrating 17 Years"!

Find Pete Prizes

Prizes are from Dairy Queen, Jenesis Salon, Pond Builders and Rally's. The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry.

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. Please do not send us the ad.

15th Annual Volunteer Appreciation Event

Plans are underway for the 15th annual Volunteer Appreciation event for April 28, at the Sandusky County Job and Family Services Building, 2511 Countryside Drive. The evening will begin at 5:30 PM with a chicken dinner that will conclude by 7 pm. Musical entertainment will be provided by the Gibsonburg High School Golden Notes Jazz Band.

Various agencies will be using this opportunity to thank and recognize volunteers for their community service. Agencies honoring their volunteers include: ACE Mentoring, American Red Cross, Project Read/Vanguard Sentinel, Relay for Life of Sandusky County, Rutherford B. Hayes Presidential Library & Museums, 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, The Bellevue Hospital, United Way, Village House/K.I.C. Start Board, WSOS Senior & TRIPS Programs and the YMCA.

The annual event is financially supported by the participating agencies and the following businesses: Crown Battery, Elmwood Assisted Living & Skilled Nursing of Fremont, Fort Stephenson LLC, Fremont Federal Credit Union, Green Bay Packaging, Inc., and Mosser Construction,

Participating agencies are pleased to offer this cooperative event each April to celebrate National Volunteer Week which is April 10-16th. The National Volunteer Week was established in 1974 and is used to bring awareness to the contributions of volunteers and to encourage more people to donate their time to a local, national or global cause.

For info please call Jill Simpson at First Call for Help at 419 334 2720 or email jsimpson@uwsandco.org by April 18. Regrets need not call.

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Restaurant Week



By Kelsey Nevius

The sun is shining, the plants are starting to bloom, the weather is turning warmer, and so marks the time of year where events are plentiful and I begin writing again. It has been a long winter, though an unusually calm one, and I am so happy to welcome spring in and get the old writer's wheels turning once again.



Spring also means more time spent with my family. Considering my family's form of bonding takes place in the form of going out to eat and spending time together, I thought the best way to get back into the swing of things and welcome another year of writing in would be perfect by doing just that: going out to eat and bonding with my family. So, this month, I decided to do a little digging (and a little eating) during the Restaurant Week in Toledo.



This year's Restaurant Week, which took place March 7 through the 13, was something that I had never before heard about. After reading about it on their website, www.leadershiptoledo.org, I decided that this would both be a bonding opportunity and an opportunity to be part of something to benefit an organization in Toledo. Restaurant Week was created because of two things: to experience locally owned restaurants, and to benefit Leadership Toledo, which is a youth program that focuses on teaching teens and young adults about leadership, job opportunities, and how to impact their local schools and communities. By experiencing the local restaurants that have specials unique to each location, 10% of the proceeds from said specials are given to Leadership Toledo. So, to benefit both local business and Leadership Toledo (and to bond with my mother who came with me), I headed out to Cousino's Steakhouse.



The specials for each restaurant were different, but at Cousino's, they had a plethora of things to choose from. For \$20 each, you each got an appetizer, entrée, and dessert. So, my mother got the Spinach Artichoke Dip, Pan Fried Chicken, and Key Lime Pie, while I ordered the Onion Rings, Linguine Alfredo, and Bread Pudding. The interior of the restaurant was especially enjoyable for me—dim lighting provided by strings of lights, and comfortable seating near big, open windows. It was a lot of food for only two of us, our favorites being the Onion Rings and the Key Lime Pie, and I believe we thoroughly enjoyed both the company and Cousino's by the end of our meal.

Overall, I think restaurant week is both something enjoyable and beneficial to our community. Having local restaurants in the spotlight, and having specials to go along with them so patrons can try a variety of different things, is something I also enjoy seeing and participating in. Visiting these restaurants, trying new things, and supporting the restaurant and Leadership Toledo is a win-win in my book. When next year rolls around, I will be checking out yet another local place for the seventh annual Restaurant Week, and I suggest that you do the same. And I encourage you to do what my family and I do: pick a local place you've never been, and sit down with your family to bond over a meal. Happy eating!

Overall, I think restaurant week is both something enjoyable and beneficial to our community. Having local restaurants in the spotlight, and having specials to go along with them so patrons can try a variety of different things, is something I also enjoy seeing and participating in. Visiting these restaurants, trying new things, and supporting the restaurant and Leadership Toledo is a win-win in my book. When next year rolls around, I will be checking out yet another local place for the seventh annual Restaurant Week, and I suggest that you do the same. And I encourage you to do what my family and I do: pick a local place you've never been, and sit down with your family to bond over a meal. Happy eating!



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Calendar of Events

April 2016 – Sandusky County

April 3: “James A. Garfield & the Civil War” Author talk and book signing. Rutherford B. Hayes Presidential Library, 2 p.m. Join Author Daniel J. Vermilya as he focuses on the little-known stories of 20th U.S. President James A. Garfield’s experiences in the Civil War.

April 5: Generation RX, Birchard Public Library, 423 Croghan St., Fremont. Preventing the misuse and abuse of prescription medications. Training will be held from: 6-7 p.m. at the library. All trainings are FREE and includes a free gift. To registert: Jenna Stull, Health Educator 419-334-6388. jstull@sanduskycodh.org

April 7:– Career Fair 2016, Fremont Recreation Center, 600 St. Joseph St. Attention all job seekers! Are you looking to jump start your career? Join Goodwill and 50 other Northern Ohio employers at the fair. 1-3 pm. 419-625-4744 or visit www.goodwillsandusky.org

April 7, 16: Eagles by Land: Driving Tours, Meet at Countryside Park, 1970 Countryside Place. 4:30-7:30 p.m. All programs require registration. Call 419-334-4495 or visit www.lovemyparks.com

April 7: Babies in the Parks, Wonderful Worms (birth-2yrs), White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. Adult companion required. 6-7 p.m., be prepared for the outdoors.

April 7: Bowling Pin Shoot, Izaak Walton League of America, 2240 County Road 170, Fremont. Starting on April 7th, the first and third Thursdays of each month thru Sept. 22. This is a handgun only event. Registration at 6:30 p.m., \$5 for sets of 5 pins per gun. Eye and ear protection are a must along with an empty chamber indicator flag. Contact Larry at 419-355-8374.

April 9: Winter Thaw, Community Garage Sale, sponsored by Leadership Sandusky County Alumni, Vanguard Career Center, 1306 Cedar St., Fremont. 9 a.m. till noon. There is a \$1 admission charge per shopper. Early bird entry opportunity to be the first to shop from 8 a.m.-9 a.m. for \$5. Benefit for the Humane society of Sandusky County. For info, Janelle Ray @ Valley View 419-559-6785

April 9: Sandusky & Ottawa County Master Gardener’s “Spring Gardening Seminar”, at the Sandusky County Fairgrounds 4H Building. 9a.m.-3p.m. This plant sale features perennials, grasses, annuals, hanging baskets, and more!

April 9: Sandusky County 6th Annual “Stars Dancing for CASA”, at the American Legion.

April 10, 2016 - Warbler Warm-up, Creek Bend Farm, 654 S Main St, Lindsey. 1:30-3p.m. Spring is here and the warblers are arriving! Join us and learn some tricks to help identify these little jewels.

April 14: Meet Me at the Cabin: Fungi & Flowers, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg, 5-6 p.m. 419-334-4495 to register.

April 16: Fremont Gun Show, Sandusky County Fairgrounds.

April 17: Puddle Jumpers, Hop, Leap & Wiggle (2-5 yrs). Blue Heron Reserve. Sandusky County Road 260, off of U.S. Route 6, Clyde. 419-334-4495 or visit www.lovemyparks.com

April 17: Tree Huggers, Spots & Warts (6-12 yrs.). White Star Park, Doug Haubert Wetland. 1330 C.R. 66, Gibsonburg. 2-3 p.m. Wear your water boots to come explore a swamp and a marsh for amphibians. 419-334-4495.

April 19: Nature walk for Grown-Ups, Wolf Creek Campground Entrance, 2701 S. State Route 53, Fremont. 8-9 a.m. 419-334-4495 to register

April 20: Happy Birthday Nibbles!, Creek Bend Farm, 654 S Main St,

Lindsey, 4-7p.m. Enjoy some birthday cake, nature games, and free information on how to live an Earth-friendly lifestyle. 419-334-4495.

April 20: - Kiwanis Pancake Festival – American Legion Hall, 2000 Buckland Ave, Fremont, www.fremontkiwanis.org.

April 21: Sandusky County Historic Jail Tour, 622 Croghan Street. 6:30 p.m. Cost: \$3. Tickets at the door or at the SCVB, 712 North Street, Fremont. www.sanduskycounty.org.

April 23, 27, 29: Eagles by Water: Kayak, Meet at Countryside Park, 1970 Countryside Place. 7-10a.m. Enjoy a paddle down Green Creek in search of Bald Eagles. Participants must supply their own kayak. On-line registration is NOT available. Contact the Main Office to register at 419-334-4495

April 23: TV & Electronics Recycling, at the Sandusky County Fairgrounds, north parking lot, 712 North Street. 9am-noon. Any electronic that plugs into the wall will be accepted. 419-332-5604 or www.sanduskycountyfair.com.

April 23: A Closer Look: Purple Martins, Muddy Creek Reserve, County Road 157 Rice Township. 6-8 p.m. For ages 18 and older. Meet at the Wilson Nature Center to caravan to Muddy Creek Reserve. Observe a Purple Martin colony upclose as they pre-

pare to roost for the evening, register at www.lovemyparks.com

April 23: The Buffettman The #1 Jimmy Buffett Tribute - Communities for the Arts, Clyde High School. Tickets at the Clyde-Green Springs Board of Education Office or call: 419-547-0588 or www.communitiesfortheartsclcyde.org.

April 24: Motorcycle Swap, at Sandusky County Fairgrounds. 8 a.m.- 4 p.m. Featuring new and used parts and equipment available. Inside and outside vendors.

April 13 & 27: Presidential History Book Club, Rutherford B. Hayes Presidential Library. Noon. This month, the club is reading “Polk: The Man Who Transformed the Presidency and America” by Walter Borneman. Members meet over the lunch hour. Participation is FREE, for info call Dustin McLochlin at 419-332-2081 ext. 230



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Helen Marketti's Music Corner

Ian Anderson



Ian Anderson will be performing, "Jethro Tull, The Rock Opera" on April 11th at Akron Civic Theatre.

Ian Anderson's career spans over 40 years with the rock band, Jethro Tull. He introduced the flute into his performances in the early days of the band. Ian's talent



and creativity has made his next project an ingenious piece that he will be performing.

Ian recently telephoned from his home in England to discuss the tour and other current projects. "As I get older I need to rejuvenate myself with challenges or I can become

bored quite easily," he said. "During the summer of 2014 I was driving through northern Italy on my way to another concert. I had access to the internet and decided to look up the life story and history of the 18th century agriculturist, Jethro Tull."

In 1968, the band's agent had studied history in college and suggested the band have the name Jethro Tull who was an 18th century pioneer that invented the seed drill.

"I started to wonder what thoughts and impressions he would have if he were driving through northern Italy, looking at the crops and agriculture. Through my research, I did find that he had been to Italy and charted his theories about agriculture and farming. He was thinking of ways on what could be improved upon based on what was available in those days," explains Ian. "As I continued to read about him it reminded me of songs I had written on similar topics. I made a list of songs and my approach is to describe his life style. I wanted to reposition Jethro Tull as if he were around now and use my songs as a narrative expression of his life albeit extracted into the present."

"This became the project I started working on in January of last year. I wanted to put it together, include video, and tell the Jethro Tull story. It's not my story of Jethro Tull, the rock band but the story of the re-imagined Jethro Tull in the near future as if he was called upon to use his inventiveness and creativity to bear upon the fruit shortages, difficulties that face agriculture, climate change, technology and so forth," said Ian. "If he were here today he may settle for a 50% royalty or maybe a substantial cash payment, I have no idea."

A career that is over the 40-year mark, Ian is always inspired and motivated to perform for large audiences. "I have always enjoyed performing, touring and playing for people around the world at many different concert venues which is a thrill of being a musical performer. I don't think I would become tired of doing this but of course age does become an issue sooner or later which is more of a reason to do this now and enjoy it while I still can," he said.

Ian enjoys painting and photography. "I went to art college for a short while. Photography has been a hobby of mine. I enjoy taking photographs. Usually I have a camera or worst-case scenario I have my iPhone. I will be working on new art work as possible merchandise items for 2017," he explains. "I am working on a new record release for later this year, possibly around Christmas. It is a string quartet album, which will be The Best of Jethro Tull songs in a baroque string quartet fashion with flute and guitar. It's not going to be a big commercial offering. Some people will like it. It can be played at weddings, funerals or if someone wants to sit misty-eyed with a glass of wine on a summer evening and listen to a string quartet playing Aqualung in their backyard then it could work for them. I also have another album project in the works."

Ian shares some closing thoughts on his upcoming show in Akron. "When people come to the concert they will see the best of Jethro Tull. There is a story line with some complexity working behind each song. It's a question of sitting back and being entertained. There will be colorful images on the screen behind me. It

is for the toe-tappers. I know this because I am one of them."

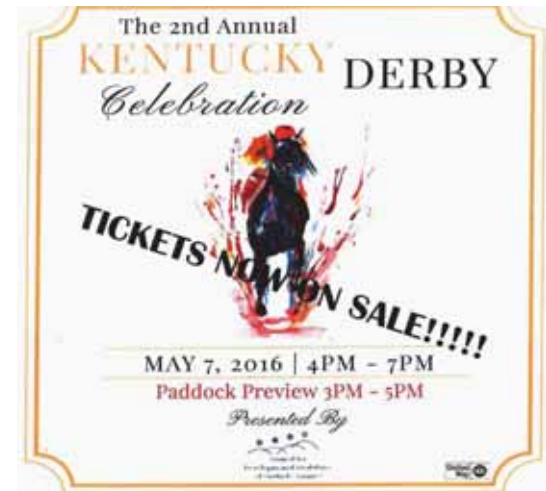
For more information on Ian Anderson and Jethro Tull
www.jethrotull.com



For ticket information on the April 11th performance at Akron Civic Theatre
www.akroncivic.com

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The Reawakening of Our Spring

In January of 2013 our personal lives were turned upside down when I was moved off day shift and placed on afternoons for no apparent reason. Our evenings of bird watching and hunting for salamanders, of checking out vernal pools and watching the spiral dance of the woodcock together came to an abrupt end. Fortunately, retirement has changed that, and we have picked up where we left off a few years ago....

...and so it was, on a warm, rainy night in March, we pulled on our Muck boots, put fresh batteries in our Mini-Maglights and trooped out into the darkness in search of salamanders. Earlier that evening I had seen an interview with Bob Jacksy from Oak Openings on 13abc news. He said this would be a good night for salamanders because they migrate by the hundreds (even thousands) to breed in ponds, streams and vernal pools early in March—especially on warm, rainy nights. Well, of course, they migrate by the thousands everywhere but on our property—we went out two nights in a row and saw nothing.

The first night as we walked along the south end of the dike around the marsh we were startled by a loud crashing through the brush in the ditch below us.

As loud as it was we should've been able to see an elephant knocking trees down—but we saw nothing... and then there was silence except for the chorus frogs resuming their songs and the chatter of distant Canada geese. It certainly wasn't a group of migrating salamanders—they're quiet and shy...and a lot smaller than what this appeared to be. We packed it up shortly after that and went back to the house. Bigfoot was still a possibility, you know....

The second night was even less productive and more rainy. We went out a little after 10 PM and dug around in the wet leaves that were lying on the ground and searched in some of the small pools of water that were collecting in various parts of the property, but came up empty-handed again and soaking wet. What we did find both nights were hundreds (maybe thousands) of earthworms—everywhere we walked. As soon as our flashlights shone on them they'd disappear back into the ground.

Robin went out the next evening alone for a short time but saw nothing. We're not sure why we don't seem to have the salamander population in this area. Although we've searched on and off over the years, we've really only seen one—and that one was dug up when our marsh was put in five and a half years ago. If you look closely at Robin's watercolor sketch that accompanies this article, you'll see what it probably would have looked like if we'd actually found any salamanders.

On a positive note, early one evening shortly after the “great salamander breeding migration” that didn't happen here, we were outside planting our lettuce in containers around the deck when Robin heard the “peent” call of a nearby American woodcock. The sound seemed to be coming from the side yard near the house. As quietly as we could, we hurried over and stood watching and listening in the gathering dusk as the little bird rose several times into the air to perform his spectacular spiral dance to attract a mate...kinda romantic, don't you think?

Check out Robin's website and blog at www.duckmarshstudio.com. There you will find her blog, a link to her photos, and a link to her Etsy store.





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Zoe for President: New Candidate Announces Her Run for Commander in Chief In 2064

The Y organizes Zoe for President, symbolizing the potential of all children

Today YMCA of the USA and the SANDUSKY COUNTY YMCA launched Zoe for President, a campaign to elect a one-year-old girl as our nation's Commander in Chief in 2064. The campaign highlights the potential the Y sees in all kids to grow up and change the world if they're nurtured properly and supported along the way. Through Y initiatives like childcare, academic enrichment, mentorship, college prep, job training, and more, kids have the opportunities to succeed, grow, and one day, maybe even become president. The Y aims to impart the values of what it means to achieve—how hard work, determination, perseverance and character can drive someone to success beyond what they thought possible.

Like all candidates, Zoe has her own campaign website, ZoeForPresident.net (www.ZoeForPresident.net), where users can donate to her campaign, watch videos to learn her stance on issues and shop for swag. When users donate to Zoe's campaign, they are donating to their local Y and supporting the programs and services that enable kids like Zoe to thrive from childhood through retirement.

“While Zoe for President is a breath of fresh air during a heated campaign cycle, every child—regardless of background—needs support and guidance to reach their full potential,” said Kevin Washington, president and CEO, YMCA of the USA. “Zoe's campaign addresses actual issues that America's communities are faced with each day like access to early childhood education, safe space, meal assistance, and the Y's role in solving the challenges head on.”

Zoe for President is the second phase of the Y's For a better us™ campaign, a multi-year, multi-faceted effort to engage more people with the Y and its mission as a nonprofit. Earlier this year, the Y launched two powerful television commercials, Places, and Idle Hands, each spotlighting a different problem communities in America face today. Both spots closed with the Y's nonprofit work on the ground, engaging and enriching kids and families through safe spaces, mentorship, education, meal programs and more.

“The Y works to ensure all kids have the support they need to achieve their full potential,” said Denise Reiter, CEO, Sandusky County YMCA. “We work here in Sandusky County to provide services addressing our most critical social issues such as our Child Development Center for working parents, early learning readiness program, our 5-Star step-up-to-quality center that has helped hundreds of children prepare for kindergarten.”

Those interested in donating to the Sandusky County YMCA can visit ZoeForPresident.net or call Ruth at 419-332-9622.



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United Way Funding helps WSOS keep seniors independent

United Way funding is a very important source for the WSOS Meals-on-Wheels program. Every weekday, WSOS is making a difference in the lives of hundreds of homebound, Sandusky County Seniors by delivering hot, nutritious meals to their homes. Robin Richter, WSOS Senior Programs Director, states "For seniors who want to enjoy the comforts of home, Meals-on-Wheels offers a chance to continue living independently."

In 2015, the Meals-on-Wheels programs delivered 59,141 meals. This service not only provides a hot, nutritious meal, but it is the eyes and ears for the seniors and their families. "Having someone stop by each weekday gives families the comfort of knowing their loved one remains safe throughout the day," Richter said. For some of these homebound seniors the meal driver is the only person they see that day, or week, or even longer. The seniors look forward for the interaction, the smiles, the conversation, and the security of knowing the drivers will be there with their meals. A relationship develops and a bond is generated between the senior and their meal driver. Delivering meals is much more than a job for the drivers. The WSOS Meals-on-Wheels Senior Nutrition Program's drivers look at their jobs as a "calling." They strongly believe they are making a real difference in the lives of the seniors on their route. At this time the program is in need of volunteer drivers.

Not only is a delicious, hot and nutritious meal delivered to the senior participant's home, but a well-check is conducted as part of the service. The well-check has made a significant difference in the lives of several seniors who had become ill or had fallen this past year; they were able to get timely help because someone was there at a critical time.

"This program provides a vital service to our seniors," Senior Programs Director Robin Richter said, "and the donation from the United Way of Sandusky County makes it possible for us to do this. We are grateful for the assistance."

Senior Programs also provides meals daily at each of its four centers in Sandusky County. They are located in Clyde, Fremont, Gibsonburg, and Woodville. Often there are health screenings and various presentations at these centers aimed at assisting senior citizens with information that directly affects them. For more information on the WSOS Senior Programs services, call 419-334-8911.

Out to Lunch

By Lynn Urban



Madison Street Pub and Grub

As in many college towns, the downtown area usually has a number of bars and restaurants where locals meet after work or where the college kids hang out and entertain family and friends. These are not chain restaurants, but places that cater to a younger more casual crowd with good prices and great food.

The Madison Street Pub and Grub is a lively, spacious place that is popular with many in nearby Tiffin. It's easy to find, in the center of town, off of Washington Street. The menu is filled with many choices of salads, sandwiches, wraps, and appetizers. Their famous chicken chunks are a big hit. Have them in a wrap, a quesadilla, salad, or by themselves with one of their 28 different sauces...you can try as many different sauces as you want, they don't mind. What I liked was that you could have them grilled or fried. A half pound is \$5.00 and \$9.00 for a pound. If you like, build a meal with them, topped with fries, cheese and homemade slaw. The Cole slaw, broccoli salad, and many dressings are all homemade. If you weren't in the mood for chicken, they've got 20 different styles of burgers to choose from, all 1/2 pounders, pricing from \$10.50 - \$11.50.

All sandwiches are served with their homemade kettle chips. A couple other specialty items include, lamb gyros, breaded



shrimp basket,

and Corona battered fish and chips. Wednesday night is Taco night, Tuesday and Thursday nights are wing nights. They also have a special kids menu.

I like this place, I would definitely go back. It's a great place to gather with friends.

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It is never too early to start planning for Graduation!

11th Annual WALK with NAMI- Join US!
Todos Bienvenidos!
“Have No Fear... NAMI is here”, says NAMI Affiliate – Be a Hero to someone you love!

The local National Alliance on Mental Illness is sponsoring their 11th ANNUAL WALK with NAMI 5K WALK on APRIL 30, 2016 (Saturday) at CONNER PARK, FREMONT. Check-In Time at 9:30 am. A “COLOR RUN” IS INCLUDED THIS YEAR!

TEAM REGISTRATION IS OPEN! OR JOIN US ON WALK DAY and WALK AS INDIVIDUAL!

Rain or Shine.... Over 32 Teams will WALK to raise awareness about mental illness, treatment works, people recover! This Fundraising event helps NAMI to continue its mission of Education, Advocacy, and Support for persons with a mental illness and their family members. All of our resources are FREE to the communities we serve in Sandusky, Seneca, Wyandot counties.

The NAMI WALK Theme is “Super Heroes”. Our family members who care for a loved one with a mental illness are our heroes. And our communities who support them are our heroes also. WALK with us for Healthy Communities.

BRING YOUR KIDS! Prizes for the first 6 kids who finish 1 Lap (WALK or Run). Also, more fun with coloring contests with prizes. Music for all with Eagle 99 Radio! FREE LUNCH to all after our 5K WALK!

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 YOU!**



Children can get hand-foot-and-mouth disease more than once

DEAR MAYO CLINIC: What are the best ways to treat a toddler with hand-foot-and-mouth disease? Does she need to be seen by a doctor? Does having it once mean she won't get it again?

ANSWER: Hand-foot-and-mouth disease is caused by a virus. It usually leads to mild illness and discomfort that does not require any specific treatment. You should contact your doctor, however, if your child's symptoms are persistent, or if they get worse. Although children do build up immunity over time, they can get hand-foot-and-mouth disease more than once.

Hand-foot-and-mouth disease is common in young children, especially those younger than 5. Children who go to child care centers are at higher risk for the condition than others because hand-foot-and-mouth disease spreads by person-to-person contact.

Hand-foot-and-mouth disease is most often caused by a coxsackievirus. A fever is usually the first sign of illness. Other symptoms appear within a few days. They include a sore throat and blisters or sores on the tongue, gums, back of the throat and inside of the cheeks. Blister-like lesions that are red to gray-white usually appear on the palms of the hands and soles of the feet. In some cases, a red rash also may develop on the thighs, buttocks and groin. Children affected by this disorder may have a general feeling of illness and lose their appetite.

Because this is a viral infection, no treatment is needed. Hand-foot-and-mouth disease typically goes away on its own in seven to 10 days. The mouth sores may be painful, though, and a topical oral anesthetic can help provide relief. The medication comes in gels and creams, and you can buy it without a prescription. Pain medications like acetaminophen or ibuprofen also can help ease discomfort. Children should not take aspirin because it's been linked to a rare but serious condition called Reye's syndrome.

To help soothe her mouth and throat, encourage your daughter to eat cool foods and beverages, such as ice cream, sherbet, ice pops, milk and ice water. Offer her soft, smooth foods that will not irritate her mouth and throat. Rinsing her mouth with warm water after she eats can help, too. Avoid foods that could make mouth sores worse, including spicy and salty foods, as well as acidic foods and beverages like citrus fruit, soda and fruit juice.

Self-care at home is usually all that's required to manage hand-foot-and-mouth disease until the symptoms disappear. But contact your child's doctor if mouth sores or a sore throat make it hard for her to drink fluids. Seek medical care if any of the symptoms are severe, if they get worse over time, or if they last longer than 10 days.

Hand-foot-and-mouth disease is highly contagious. It can be hard to prevent because children who have it can spread it to others before symptoms appear. You can help lower your child's risk by teaching her good hygiene habits, such as frequent and careful hand washing. Also, gently encourage her not to put her fingers, hands or any objects in her mouth.

Because it is so contagious, a child may get hand-foot-and-mouth disease more than once, especially if it's being spread among a group of children in a child care or school setting. As they get older and are exposed to the virus several times, children tend to build up antibodies against it. This makes it less likely for teenagers and adults to get hand-foot-and-mouth disease. - Megha Tollefson, M.D., Pediatric Dermatology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGNmayo.edu](mailto:medicaledge(AT)SIGNmayo.edu). For more information, visit www.mayoclinic.org.)

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Senior Bingo Bunch

April 15, 2016
1:30-3:30 pm

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RSVP is required by April 13th to Maria at 419-547-7746.

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SANDUSKY COUNTY CONVENTION & VISITORS BUREAU TO PAINT HISTORIC SCENES ON SANDUSKY COUNTY BARN

Fremont, Ohio March 15, 2016 – Recently, Ohio History Connection and the Ohio Turnpike Commission joined forces to have an historic barn painted along the Ohio turnpike. On October 6, 2015, a barn depicting the nation's 19th President, Rutherford B. Hayes, was formerly dedicated in Sandusky County. The barn embraces the connection between Hayes and his home in Fremont, Ohio.



The Sandusky County Convention & Visitors Bureau wishes to continue to celebrate the rich history of Sandusky County by selecting several barns throughout the county for additional historic paintings. The idea is to create a Sandusky County Historic Barn trail over the next couple years.

Anyone who has a barn they would like considered for this project, please visit www.sanduskycounty.org for an application and additional information. Any questions can be directed to the Sandusky County Convention & Visitors Bureau at 419-332-4470. Applications must be received by April 15, 2016, and need to be mailed to the Visitors Bureau at 712 North St., Suite 102, Fremont, OH 43420



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To sell your home, get pricing and staging right

As the real estate market continues to heal and prices rise, more Americans are considering a home sale this spring. Before you jump in, there are a number of factors to consider. Beyond the obvious question of where you will live next, it is important to consider the tax implications of a sale - you may be on the hook for capital gains taxes on home sale profits that exceed \$500,000 for couples and \$250,000 for individuals.

If you are hoping to downsize, you should carefully research your options. Many retirees have found that the purchase price of a smaller but newer house or condo with desirable amenities costs more than the proceeds from the sale of their larger homes.

If you are ready to take the plunge and to list your home, the most important thing to know is that setting the right price is essential. A home's first three weeks on the market are the most critical for creating interest and attracting buyers. Realtors note that buyers often dismiss a listing that is "old and stale," which means that the longer the home stays on the market, the lower the likely selling price. The corollary to overpricing is not recognizing when you need to reduce the price. Generally speaking, if there hasn't been a bite for three to four weeks, it's probably time for a price cut.

In both instances, it's a good idea to lean on your realtor. That's why engaging a good one is so important. In addition to asking friends and family for referrals, make sure that you invite three agents to create a comparative marketing analysis. Be sure to find a realtor who has experience with your neighborhood and price range. During the interview process, you will see which of these professionals has leapt into the digital age, with a variety of ways to reach potential buyers. You may want to ask for the marketing plan in writing, so that the agent is on the hook.

Your realtor will also help you prepare the house for sale. First impressions matter, so identify the important home improvements that must occur before the open house. If you haven't done so in a while, you will probably have to paint the house, replace the broken windows, clean or replace old carpets, cut the lawn, plant flowers and tend to the garden. Even the small stuff counts, so make sure all light bulbs in the house are working, remove all clutter from closets and surface areas, fix leaky faucets, caulk the showers and tubs. If all of this prep sounds like too much work, you can hire someone to "stage" your home, which takes the process to a more professional level.

Some sellers, especially those with older homes are choosing to schedule a pre-inspection for their own benefit. While this increases the costs associated with the sale, it may identify a potential problem earlier in the process.

As potential customers show interest, don't thwart their progress by making it hard for them to see your house. Avoid putting too many restrictions on showing times that may encourage potential buyers to move on to the next home in their price range. If you are fortunate enough to get a bid, trust your realtor to skillfully and calmly handle the negotiations. Your reactive or emotional responses can impede the process or, worse, kill a deal.

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Adult Dyslexia Can be Triumphed Over!

Robert Morton, M.Ed., Ed.S.

A large percentage of adults with moderate to severe reading problems suffer from bona fide dyslexia. In fact, studies reveal that 4.4 percent of the 250 million adults in the U.S. have ADHD and twenty-five percent of them suffer from dyslexia. It is a hereditary condition, so if you have a history of dyslexia in your family, you may want to keep an eye out for early warning signs of dyslexia in your children.

Although it presents itself somewhat differently in each person, it has some common characteristics that can be determined through evaluation. During my counseling career, I've steered adults who suspect they have dyslexia to a helpful website: Dyslexia Adults Link (DAL) www.dyslexia-adults.com/index.htm

The DAL offers a dyslexia test for adults which I used during my adjunct professorship at Bowling Green State University. If you feel you have mild to moderate reading and/or written language difficulties, take the short-form test below. If you answer 'Yes' to five or more of the questions, then you may be dyslexic:

When writing out checks, do you frequently find yourself making mistakes?

When using the telephone, do you tend to get the numbers mixed up when you dial?

Is your spelling poor?

Do you mix up dates and times and miss appointments? Do you find forms difficult and confusing? Do you find it difficult to take messages on the telephone and pass them on correctly?

Do you mix up bus numbers like 95 and 59?

Do you find it difficult to say the months of the year forward in a fluent manner?

Did you find it hard to learn your multiplication tables at school?

Do you take longer than you should to read a page of a book?

Do you find difficulty in telling left from right?

When you have to say a long word, do you sometimes find it difficult to get all the sounds in the right order?

In my book "Finding Happiness in America" (Amazon.com books), I mention numerous famous people who were dyslexics, including Walt Disney, Thomas Edison, General George Patton, Nelson Rockefeller, Sir Winston Churchill, and Cher. What inspiration they give us!

Jay Leno was another, earning "Cs" and "Ds" throughout his schooling. He was determined to attend Emerson College in Boston but the admissions officer flatly told him he was not good enough to succeed there. Leno camped outside his office 12 hours a day, five days a week...and greeted him each day when he arrived at work! The admission's officer finally decided to enroll him.

Whoopi Goldberg suffered from dyslexia in school, but didn't find out she had it until adulthood. Her perseverance eventually landed her a successful film and television career. Tom Cruise was bullied and teased, and spent most of his school days in remedial classes due to a dyslexic condition. His mother was his rescuer: she never gave up on him. A real lesson there, moms!

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. He authored the book "Finding Happiness in America"



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BETHESDA CARE
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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

HELP!

I need some advice as soon as you read this, if you can help, call me (419-332-7427). I only have ten books left from the 400 that I ordered with the printing of my memoirs—Heartbeats and Footprints. However, I have two invitations to speak and with a request to “bring your books” coming up soon. I’m not sure all of my friends and readers of this column who wish to buy one have had a chance to do that yet. So I don’t know if I should order a few more or just squeak by with one and when they are gone, they are gone. If you wish to have one and we just haven’t connected yet, please call me. I will gladly order more if there are folks wanting them. Thanks.

Thanks also to everyone who has purchased one of my books. Honestly, I’m surprised and very grateful for the response to my first “author attempt.”

It’s spring—yeah! The fish in our water garden survived and are up and swimming happily around. They huddle in the sunny spots and flip their tails as they dart from edge to edge. Watching them makes me smile.

The folks who came to our “Celebrate the Season” brunch today, have just left. We had thirty guests. As we introduced ourselves following the meal, many of them reported having five to ten children, ten to twenty grandchildren and equally large numbers of great grandchildren. It occurred to us that just this relatively small number of couples could take credit for adding somewhere between 200 and 300 young Americans to our nation’s population. I never really thought of it in that way before. It’s awesome.

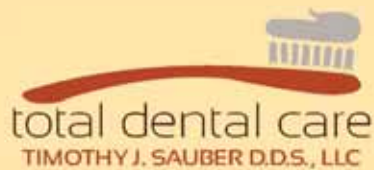
I like to read books and grab as much time as I can to enjoy the pleasure. I also keep a quick read with no “stop and start” concerns handy, as well. One such book is “So, Now You Know—A Compendium of Completely Useless Information”. Here’s some of the useless information...

If the entire population of China were to walk past you in a single file, you would not live long enough to see the end of the line. Diseases spread by fleas have killed more people than all the wars

ever fought combined. The Snickers Bar, introduced in 1930 by M & M/ Mars, is named after the Mars family’s favorite horse, Snickers. On six-sided dice, the opposite sides always add up to seven. So, now you know.

What’s coming up at The Old Garden House? Tea at Two on April 26th at 5:30p.m. The program will be provided by “The Purse Lady”. We, at this writing, have 12 reservations. Our limit for Teas are twenty-seven. If you would like reservations call Ms. Grace at 419-332-7427.

So, for this month, enjoy the spring weather; Plant those early vegetable seeds; Start the tender flower seeds under glass and spread your arms out wide, turn around in a circles and shout LIFE IS GOOD!



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Sandusky County “Shining” Bright Like Stars

Sandusky County’s 6th annual ‘Stars’ dancing for CASA will be held on Saturday April 9th, 2016 at 7pm at the Heights, 2000 Buckland Ave. in Fremont. The four Sandusky County dancers competing toe to toe for the People’s Choice Award this year are: Angie Morelock, CEO/President Chamber of Commerce of Sandusky County; Guitarist, David Lester; Dr. Susan E. Smith, MD, Ophthalmology Specialist at Eye Centers of Northwest Ohio; and Markus Finley, Probation Officer at Fremont Municipal Court. These four ‘stars’ will dance the night away to help raise money for 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. Voting is accomplished by making a monetary donation to the dancer of your choice. Every dollar donated equals one vote. Donations can be made directly to the dancers or to the CASA office in Fremont -419-355-1442. Cash, check and credit cards are accepted. When placing your vote, make sure you specify which dancer or dancers you want to receive your vote.

Also on the night of the event you can place votes. Guests in attendance will have an opportunity to cast their votes with their dollar donations after each dance performance. Tickets for the even can be purchased for \$30 per person at the CASA office in Fremont, 500 W. State St. Suite D. Call 419-355-1442 to reserve 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,

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13

"Grate" Treats & Eats

By: Chris Timko-Grate

It's spring time with warmer weather, and thank goodness we are starting to see some color outside! I love this warmer weather with the spring smells and colors. With this weather I'm starting to think of different dinner ideas, some new salads, grill recipes and desserts, I don't care the season, I love desserts! I am sharing two salad recipes for you to welcome spring at your dinner table or gathering. Next month I have a yummy easy dessert. Enjoy!

Spinach Salad – this is for 10 people so you can cut down on the salad ingredients for less, but make the same amount for the dressing because you can use it on almost any salad!

2 pounds spinach, trimmed, torn into bite size pieces

16 ounces fresh strawberries, stem removed and sliced

1 cucumber, sliced

½ cup sliced green onion

½ cup snipped fresh mint ½ cup Poppy Seed Dressing

Toss spinach, strawberries, cucumber, green onions and mint in salad bowl. Drizzle with ½ cup of Poppy Seed Dressing just before serving.

Poppy Seed Dressing

1 cup olive oil

1/3 cup sugar

¼ cup vinegar (I like cider vinegar)

1 teaspoon paprika

1 teaspoon poppy seed

1/2 teaspoon dry mustard

1/8 teaspoon salt

Combine olive oil, sugar, vinegar, paprika, poppy seeds, dry mustard and salt in a jar with tightfitting lid and shake to mix.

Marinated Vegetables

1 pound bunch broccoli

Florets of 1 small head of cauliflower

14 oz package frozen crinkle-cut carrots

9oz can marinated artichoke hearts, drained

Large green bell pepper; julienned

1 medium red onion, sliced, separated into rings

1/4 cup minced fresh parsley

Lemon Salad Dressing (recipe to follow)

1 16oz can pitted black olives, drained

4 ounces bleu cheese, crumbled

Separate broccoli into florets. Peel stems cut into 1-inch pieces. Cook broccoli and cauliflower in boiling water in separate saucepans for 5 to 7 minutes or until tender crisp; drain. Cook carrots using package directions; drain. Combine broccoli, cauliflower, carrots, artichokes, green pepper, onion, and parsley in bowl and mix gently. Add Lemon Salad Dressing tossing to coat. Marinate, covered for 4 to 10 hours, stirring occasionally. Stir in olives and blue cheese just before serving.

Lemon Salad Dressing

1/3 cup lemon fresh lemon juice

1 teaspoon salt

1 teaspoon sugar

1 teaspoon oregano

1 teaspoon basil

1/2 teaspoon prepared mustard

1/4 teaspoon freshly ground pepper

2/3 cup salad oil

Combine lemon juice, salt, sugar, oregano, basil, prepared mustard and pepper in bowl and mix well. Whisk in salad oil until blended.

You can use this on any green

Enjoy and any questions or your favorite recipes contact me at ChrisTimkoGrate@roadrunner.com

We would like to include a special Thank You to all the donors and participants for our "Uncork the Fun" fundraiser held in February. This event was a success!

Camp Fire would like to extend its' gratitude to all those who purchased candy (World's Finest candy bars and Mint Melt-a-ways), beef sticks and flowers (bedding plants and hanging baskets) from our youth. It is very much appreciated. If you would like to make a purchase the sale is not over until April 10th. Remember, while this fundraiser runs for only a short time, your support will benefit Camp Fire youth year-round! Please contact the Camp Fire office if you are interested.

We are excited to announce the winners of this year's Art Experience! This year's artwork medium was glass. The 2016 Council winners are as follows:

BEST OF SHOW – Lexus Greear

HONORABLE MENTION – Paige Bradfield

Starflight Level – (grades K-2)

1st Place – Gabriella Gibson

2nd Place – Ayden Sauseda

3rd Place – Christopher Nason

Adventure Level – (grades 3-5)

1st Place – Mikayla Cantu

2nd Place – Aerionna Ring

3rd Place – Zandra Greear

Discovery Level – (grades 6-8)

1st Place – Lilian Gilbert

2nd Place – Reece Bollenbacher

3rd Place – Angel Moser

Horizon Level – (grades 9-11)

1st Place – Tori Meggitt

2nd Place – Amanda Wildermuth

3rd Place – Julia Jacobs

Save the date! Summer Camps are right around the corner. During the 2016 season, Camp Fire will offer a variety of camps. Traditional Day Camps have been scheduled and are as follows: June 27th – 30th & July 25th – 28th. 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.



Camp Fire Sandusky County would like to thank all the sponsors, volunteers, and guests who made our "Uncork the Fun 2016" a success.

Thank you all for your support!

Camp Fire is a United Way Member Agency



Fremont Country Club



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www.fremontcountryclub.com

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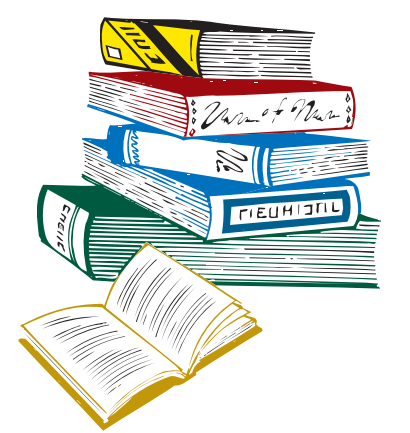
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Storybook Festival

Unravel a MYSTERY at the Storybook Festival..... fun hands-on activities will be enjoyed by all! The 17th annual Sandusky County Storybook Festival will be Saturday April 23th from 10 a.m. to 1 p.m. at Ross High School. The festival is a free literacy based event offered to Sandusky County families providing storytelling adventures in individual classrooms.

Children attending the event will receive a free book and bag, and adults are provided bags full of important community resources. Bring your camera for photo opportunities with Nate the Great and Chet Gecko who will be available in the gym throughout the event. Door prize drawings, sponsored in part by Community Health Services, will also be held in the gym at 11:30 and you must be present to win. Snacks will be available when exiting the event.

Special thanks to our area businesses and civic organizations who volunteer their time, talent, and financial resources to make this event possible. Storybook Festival partners include Birchard and Clyde libraries, Fremont City Schools, Sandusky County Board of DD, Sandusky County Health Department/Help Me Grow, WSOS Child Development/New Directions Summer-After-School Programs, Paramount Advantage an Affiliate of ProMedica.



175th Anniversary at St. Ann's Catholic Church

St. Ann's Catholic Church in Fremont is celebrating its 175th Anniversary throughout this year. On July 26th 2016, the Feast of St. Ann, we will be celebrating a Mass with Bishop Daniel Thomas along with our current Pastor, Very Rev. Michael Zacharias at St. Ann's. This date is also the 125th anniversary of the dedication of our current church building. History tells us that St. Ann's is the oldest religious organization in what is now Fremont (formerly Lower Sandusky). Father J. Projectus Machebeuf was appointed first resident pastor of Fremont on January 1, 1841. The original church building was located in the 500 block of W. State Street, a plain wood structure, 30 x 40 feet. Father Machebeuf offered the first Mass in the new church in May of 1844. At that time there were approximately 30 families in the parish.



The old church building was razed in April of 1893. Work began on the new (current) church building in 1888, but it was not finished and dedicated until July 26, 1891 by Rt. Rev. Msgr. Boff. The interior of the church is beautifully decorated by eight murals on the ceiling depicting the Beatitudes. The stained glass windows are dedicated by pioneer parishioners and parish organizations, each with its own unique story. The parish built a school in 1874, a two story brick building on the south side of West State Street. In 2010 St. Ann's elementary school building was closed and we joined together with St. Joseph's and Sacred Heart Catholic Churches to form a consolidated Catholic school system known as Bishop Hoffman Catholic School (BHCS). Other celebrations during this Anniversary Year include a Parish Picnic on August 6th, "Celebrating the Sisters of Mercy" on September 25th and finally a Christmas Concert by the Toledo Choral Society on December 18 at 3 p.m. Bishop Hoffman Hall was built in the 1970's and is named after a son of the parish who became the sixth bishop of the Toledo Diocese in 1980, Bishop James R. Hoffman.

The parish has been served by 37 pastors, 26 associate pastors and 70 Sisters of Mercy over the past 175 years. The current pastor is the Very Rev. Michael Zacharias and associate pastor, Rev. Nathan Bockrath. We have an active Deacon, James Heyman, and a Senior Status (retired) Deacon, Tom Ackerman. Our Anniversary Committee is putting together an updated History of the Parish to be published later in the year; gathering information and photos from various sources including the Hayes Presidential Center in Fremont. We thank God for the many blessings He has bestowed on St. Ann's Parish and its parishioners over the past 175 years. Please join us as we celebrate 175 years of worshipping our Lord and serving our neighbors in our close-knit community of Fremont, Ohio.



Jenesis Salon

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Tell us why your Mom is the greatest and deserves a make-over, valued at \$200, in 300 words or less. From now through April 15th we will be taking emails or letters for your nominations.

Be sure to include your name and her name, as well as her address and phone number. 2nd and 3rd prizes are DQ cakes.

Emails may be sent to lifestyles2000@sbcglobal.net or mailed to "Lifestyles Mother's Day Contest", 30 Ponds Side Drive, Fremont, OH 43420.

In Your Own Backyard

Humane Society chicken or rib dinner by BBQ Traveler, drive thru only at Wendt Key Team Realty on Friday, April 22nd from 4:30-6pm. Chicken dinner for \$9 or Rib dinner for \$13 with two sides and a roll. Tickets pre-sale only at Wendt-Key or the Humane Society animal shelter on Port Clinton Road.

APRIL SHOWERS: Luncheon and program with the Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave. on Tuesday, April 12, luncheon 11 am - 12:30 pm, cost \$12.00 (incl) Our Feature will be Kimberly Shearn, "A Variety of Shades, LLC", Fremont. Our Speaker will be Alma Keaton, Ashtabula - Finally a queen, a former tomboy talks about love and hope and surviving. For luncheon reservation and free child care, please call by April 5, 2016 - Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

The Exchange Club of Fremont is looking for nominations for the Golden Deeds Award. The honoree will be recognized for their unselfish caring for the community through their volunteer work. Nominations can be for a single person as well as groups who have shown their devotion to making our community a better place. The nomination form can be downloaded on our website at www.exchangecluboffremontoh.org and clicking on the awards tab or contact the club President Mike Davey at cookie-man1228@yahoo.com. Deadline for nominations is April 8th.

Reiki Circle: Tuesday, April 12 at The Bellevue Hospital, Conference Room A & B, 6 PM Dismissed: 8 PM. Reiki sessions will be 8-9 PM. Please call 419-355-1283 for info.

The Green Springs Lions Club will be hosting an all-you-can-eat spaghetti dinner fundraiser on April 16th from 4:30pm - 6:30pm at the Calvary United Methodist Church. It is located at 111 South Kansas street Green Springs. Cost is \$7 per person and the meal includes Pasta with Sauce (with meat and meatless), 2 pieces of Garlic Bread, Salad with choice of dressing and coffee, tea or water to drink Tickets can be purchased from any lions club member and at R-Bar-D Stables Tack Shop or Grooming 4 Heavenly Paws. Cash or check for advance ticket sales credit cards accepted at the door on the day of the dinner.

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A Riley School alumni get together will be held at the Coon Creek Club (formerly the Riley Grange Hall) on Saturday, May 14 starting at noon. The meal will be potluck. BYOB.

Leadership Sandusky County Winter Thaw Community Garage Sale, Vanguard, Sat., April 9th from 9-noon.

The Church Ladies'

Rummage Sale

Friday, May 6
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

Tables are \$10 for 5 feet, \$15 for 6 feet and \$20 for 8 feet; to register for a table, mail your registration with payment to: Lisa Celek c/o 1001 Castalia Rd., Fremont, Ohio 43420

Clyde St. Mary Altar and Rosary is having its annual rummage sale April 7th thru April 9th. Drop off day is April 6 from 9am-6pm. The sale is April 7 & 8 from 9:00 - 5:00. Saturday April 9 is bag day and the hours are from 9-noon. St.Marys is located at 609 Vine Street in Clyde. Any questions please call the parish office at 419-547-9687.

Centering Prayer: April 5, 7 - 8 PM. Lunch and Learn, Divine Mercy: Triumph Over Cancer, April 12, 12:00-2 PM Come and enjoy an inspiring presentation & luncheon led by author Dr. Ronald M. Sobecks, MD

Refresh You Spirit Day, Mercy: Its Meanings & Sand Traps, April 13, 9am-3pm. We will spend time remembering God's message of Mercy found in Scripture.

The Stations of Mercy, April 19, 7- 8 PM. Jubilee Year of Mercy join us for prayer & presentation based on the Corporal & Spiritual Works of Mercy. Cost: Free will donation will be given to BHCS Call or email for info: 419-332-6522 www.pinesretreat.org

Sandusky County Republican Women will host the "Red, White & Blue Brunch" on April 17 at noon at the Fremont Country Club. The keynote speaker is State Representative Dorothy Pelandia, Ohio 86th District and the Assistant Majority Whip of the Ohio House of Representatives. Local GOP candidates will also be featured and the

2016/2017 officers will be installed by Karen Gillmor. Admission is \$30 per person and reservations are needed by April 7 with check payable to Sandusky County Republican Women and mailed to Jerri Miller, Treasurer, 26 Paula Court in Fremont.

Bloomdale Spring Arts and Craft Show! Sat., April 16 9-3 Benefits Cancer Patient Services, 27+ Crafters Everything handmade -no manufactured items! Jewelry, wooden Creations, Ceramics and more! 10 min west of Fostoria SR 613 to SR 18

Apr 13: Fremont Emblem Club #156 Meeting @ Fremont Elks Lodge @ 6:30 pm. Call or text Dianne @ 419-680-5656 for Info.

The Sandusky/Ottawa County Master Gardener Volunteers will host a gardening seminar on Saturday, April 9 from 9 am to 3 pm at the First United Church of Christ, 1500 Tiffin Rd, Fremont.

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Traveling to areas known to have the Zika virus poses great risk

I have been receiving a lot of phone calls from patient families, especially from mothers who are either pregnant or thinking about becoming pregnant, with their concerns and confusion over the Zika virus. Several of these women have trips scheduled to Mexico and the Caribbean in the coming weeks, and called to ask what they should do.

While I don't want to be an alarmist, I do think there is real concern that this virus is spreading amid new reports of countries that have identified the Zika virus and associated microcephaly in newborns. The list of countries grows daily, and the Centers for Disease Control and Prevention website (www.cdc.gov) has been updated with a new map showing the distribution of the virus.

The Zika virus is transmitted to humans by the bite of an infected Aedes species mosquito. There is no human to human transmission, but a mosquito could bite an infected person, become infected itself and go on to bite another human. It's a cycle.

Travelers to Zika-affected countries will ultimately bring the virus back to the United States, where it is expected to spread to states with warmer and humid climates (such as Texas, Florida, Mississippi, Louisiana and Hawaii) as summer approaches.

The CDC has already issued a warning for pregnant women and those who are planning to become pregnant to avoid travel to the 20-plus countries (and growing) that have detected the Zika virus. As I told my patients, is it worth it to go on vacation or to attend a wedding and risk (even the slightest risk) becoming infected with this virus? Is it worth having a child who is born with microcephaly (a small head) and abnormal brain growth?

Short of wearing mosquito netting to cover yourself from head to toe, spraying copious amounts of DEET insect repellent and staying inside (which is not foolproof), I think it may be time to re-think plans to travel

to these areas while more research and data is being gathered. The World Health Organization and the CDC have researchers investigating all aspects of Zika virus, including trying to develop a vaccine, but all of this takes time.

While for most people the Zika virus causes a mild illness with headache, fever, pink eye and joint aches, the effects on the unborn baby may be devastating.

The CDC has issued guidelines for OB-GYNs who may see women who are pregnant that have returned from a trip to one of these areas with Zika and show signs of a "viral infection" with symptoms as noted above. In this case, the recommendation is that a blood test is done to confirm Zika virus. If the mother is positive, she should have serial ultrasounds (every three to four weeks) performed to monitor the baby's head growth.

Unfortunately, not all pregnant women who may be infected with the virus will have symptoms (up to 80 percent of people may not feel ill), and their babies could possibly be affected as well. While it seems that the virus may be more likely to affect a fetus during the first trimester, it is difficult to pick up microcephaly on ultrasound before the second trimester.

This story continues to evolve and new recommendations should be expected as more information is gathered. But my advice continues to be: Why risk it? To have any concern, doubt or worry about exposure is enough for me to advise my patients to change their travel plans.

(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.)

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

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THAT SCRAMBLED WORD GAME

by Mike Argirion and Jeff Knurek



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New test may be able to help diagnose your cat with kidney disease

Q: I've had three cats in my life that have died at an older age of complications due to kidney disease. This is the fourth cat now I've had diagnosed with kidney disease with some new test, and she's only 7 years old. Why do so many cats die of kidney disease? - B. S.

A: "We don't know why so many older cats develop chronic kidney disease (CKD), but we're trying to find out," says Dr. Vicki Thayer, executive director of the nonprofit Winn Feline Foundation, which funds cat health studies. "The good news is that an early diagnosis may add to your cat's lifespan, as well as to enhance quality of life."

A new test, which is presumably the test you mention, can provide an earlier diagnosis of kidney than veterinarians ever could; the test is called Symmetric dimethylarginine or SDMA. The test is offered with the IDEXX regular blood chemistry panel.

Before SDMA, and likely with your previous cats, by the time kidney disease was discovered, 75% of kidney function was likely gone. Using SDMA testing, kidney disease is typically diagnosed far earlier, while the loss of function doesn't yet affect quality of life.

SDMA is a game changer; up to 85% of older cats are potentially afflicted with CKD. Still there is no magic cure for CKD. "We fund studies to better understand kidney disease in cats, and ultimately to find a treatment," Thayer says. "Recently, we supported research for stem cell therapy. There seems to be some moderate benefit - but we need further studies." Learn more at www.winnfelinefoundation.org.

Q: I recently rescued a 3-year-old Yorkshire/Shitzu-mix, and the dog has issues when I leave him. He's fine in the crate, but not when I leave him behind a gate in the kitchen because he keeps barking. Also, he's afraid of men. How can I help him? - L. D.

A: Congratulations on rescuing the pup. Not all dogs with separation anxiety should be crated. Some dogs panic when home alone, and in desperate attempts to escape, injure themselves. And the anxiety actually worsens.

While some dogs with separation anxiety panic in the crate, others seem to appreciate the confinement, and apparently feel more secure. If your dog is content in the crate, why not just keep him there when you're not at home? Perhaps, crating your dog is your hang-up, and not your dogs'.

More information on separation anxiety, and also crate training, is available in "Decoding Your Dog," authored by the American College of Veterinary Behaviorists, edited by myself, Dr. Debra Horwitz and Dr. John Ciribassi (Houghton Mifflin Harcourt, New York, NY, 2014; \$27).

As for your dog's fear of men, your best bet is to enlist professional help to appropriately assess your dog. A veterinary behaviorist or certified dog behavior consultant will be able to help.

Q: We took in a stray mixed-breed dog. Cody is adjusting well to our home - except for our dozen cats. He's an active dog and only wants to play. Unfortunately, some of the cats hate dogs and attack him. He interprets this as play and won't leave them alone. Why can't they all just get along? - K.G.

A: Clearly, you're an animal lover and mean well. I'll bet many of your cats are also rescued, but I wonder if some of them had previous nasty experiences with dogs. More likely, Cody - in cat language - is merely coming on too strong. His efforts to play are being perceived as rude and perhaps even threatening.

Leash Cody when you're home so you can pull him away from the cats if necessary. What's most important is that you teach him not to chase the cats and, even better, to ignore them. With one or two cats, it's an easier task than with 12. Another handy hint may be to teach your dog to target (touch his nose to your hand). It's a great tool for redirecting his attention. For example, if Cody spots any of the cats while you are present and he seems about to attempt to jump or chase, have Cody target at you. Eventually he may also learn to speak cat. If the cats allow, touching his nose to a cat's nose is like shaking hands in cat language.

Of course, it sounds easy in a column. For real-life help, you might want to contact a professional dog trainer.

Make sure your cats have plenty of escape routes, particularly up high. Examples include the window ledges, bookcases, on top of furniture, etc. It's important to show the cats how they can easily escape so they know that Cody won't trap them. Cats need to feel safe, as well as to feel that they're in control. A positive and upbeat dog training class would work wonders in helping you communicate with Cody. Face it: It's the cats' house and they merely allow you, Cody and any other family members to live there.



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Modernized Ancient History

By Dr. Paul Silcox

Chiropractic has been around for 120 years. Acupuncture on the other hand, has been utilized for well over 2,500 years. In 1902 Thomas Edison said: The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in Diet, and in the Cause and Prevention of Disease."

What are you waiting for?

Dr. Paul Silcox has practiced chiropractic for 38 years. Having examined, and treated over 10,000 patients, given nearly 400,000 spinal adjustments, treated almost 2,000 cases of work and auto accident injuries, he believes beyond a doubt, that when chiropractors put their hands on people, it helps to provide a more complete healing, restores function and mobility; and relieves pain and dysfunction.

That's why I'll continue. So the 85-90% of suffering people who have no idea of where to turn when they get struck with back or neck pain, will eventually get the idea that they have a safe, effective alternative to just popping pain killers and muscle relaxers.

In addition, Dr. Silcox, is in his 5th year of treating patients successfully using acupuncture for a variety of conditions, including lower back pain even with sciatica, and / or herniated discs.

Dr. Silcox just attended an acupuncture training seminar that will enable him to treat tough cases that have been resistant to traditional therapy. "The great thing about this acupuncture approach is that it is gentle and virtually painless" states Dr. Silcox.

Acupuncture is not covered by regular health insurance. But, Ohio Bureau of Workers Compensation does cover chiropractic and acupuncture. If you're looking for a different approach, call 419-307-8094 to discuss your situation and see if Dr. Silcox can help. All services at Dr. Silcox office can be paid for from a Health Savings Account (HSA)

FASTRAXXX



The best kept secret and the fastest entertainment in Fremont is Fastraxxx, located at 2201 Commerce Drive. Fastraxxx is a family owned commercial slot car raceway featuring three racetracks and a friendly atmosphere. The 90' oval layout features Sprint Cars and Nascars. The 50 year old restored American Black races Indy and GT cars. The Brystal H.O. track is available for smaller scale racing.

Fastraxxx opened four years ago for racing and to work with New Vision Employment Services. Slot car racing improves hand/eye coordination and is a great confidence builder. Our location and relationship with New Vision enables their consumers the opportunity to have access to a recreational activity that encourages teamwork and competition in a clean, safe environment.

Fastraxxx is open to the public for practice and racing Thursday and Friday at 5:30 pm. The season begins in September and runs until the end of May. With our diverse tracks, modern facility, convenient location and ample parking available we are able to host large regional racing series with racers attending from throughout Ohio and neighboring states. Our family friendly atmosphere inspires new racers to learn from our seasoned racers the tricks and secrets of slot car racing. You can learn to build your own car with our complete line of car bodies and parts, or run one of our stock cars to just get the feel of it. From beginners to pros, we encourage the camaraderie of one generation teaching the next.

Fastraxxx can host meetings, birthday parties, or special occasions. Call Chris Earnhart at 419-937-4108 for more info or to schedule your next event.

Check us out on Facebook or Slotblog.net

Classifieds

SERVICES

Dust Free Cleaning: Spring is here, let us get your spring cleaning started before those summer events. References, insured, four hour minimum, \$14 per hour. Call 419-603-6667 to get started.

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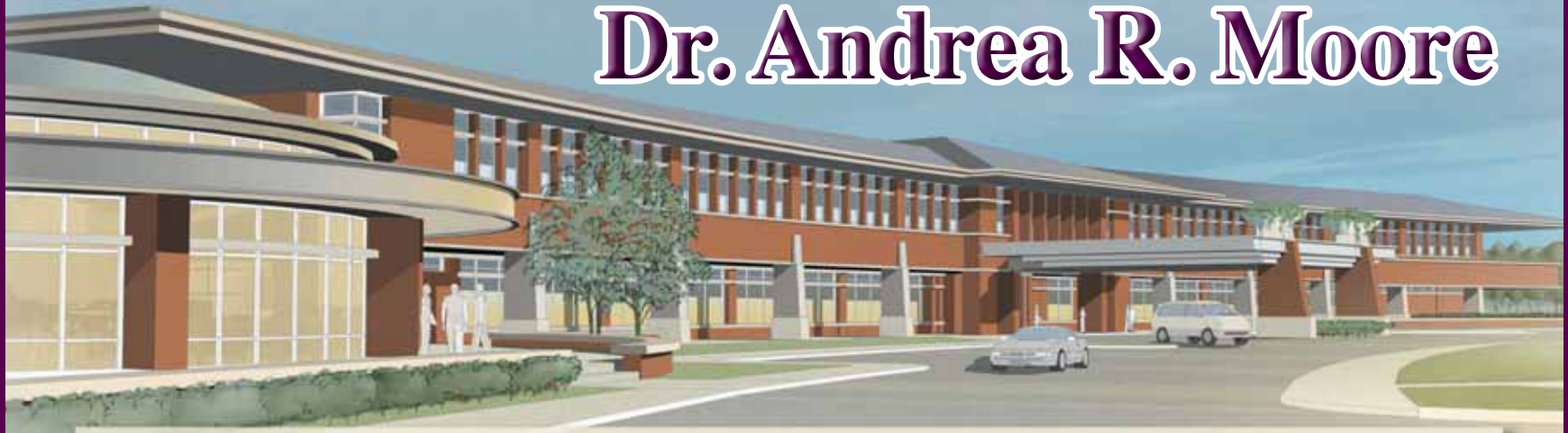
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The Bellevue Hospital Welcomes Dr. Andrea R. Moore



Andrea R. Moore, M.D. has joined the staff of The Bellevue Hospital as an obstetrician/gynecologist. She is a member of the American College of Obstetrics & Gynecology and recently received an Excellence Achievement Award for Overall Quality of Care from McDowell Hospital in Marion, NC. She enjoys providing care for women throughout their entire lives and “adores delivering life’s little treasures!” She and her husband, Chris, have four children. Her hobbies include interior design, collecting antiques, and spending time with her family.

Education:

Bachelor of Science in Biology, College of Charleston, Charleston, SC
Doctor of Medicine, Medical University of South Carolina, Charleston, SC

Internship & Residency:

OB/GYN Internship & Residency, Medstar Franklin Square Hospital Center
Baltimore, MD

Andrea R. Moore, M.D.

Obstetrics/Gynecology

Fultz Center for Women’s Health

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Dr. Moore is a member of The Bellevue Hospital’s Medical Staff.