

2000 Lifestyles

Free

Vol. 18 Issue 4

April 2017

Happy
Easter

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We Asked Our Patients How We're Doing

Here's What They Said.

Community Health Services (CHS) encourages our patients to complete a survey to let us know how well we are meeting their needs and expectations. We use our patients' feedback to identify ways that we can continue to improve the care we provide.

SUMMARY OF THE CHS PATIENT EXPERIENCE SURVEY RESULTS FOR 2016

Percentage reflects total number of patients who responded with a top rating of either Very Good or Good.

ENVIRONMENT AND ADMINISTRATIVE STAFF

Facility (Comfortable and clean) 99.6%
Front Desk Staff (Friendly and Helpful) 98.5%

NURSES AND MEDICAL ASSISTANTS

Listens to patients 98.5%
Friendly and helpful. 98.9%
Answers questions 98.1%

PROVIDERS

Listens to patients 95.7%
Answers your questions 95.6%
Friendly and helpful. 96.4%
Gives good advice /treatment 95.2%
Provides clear information. 97.2%
Spends enough time with you. 93.6%

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): As the first week of spring unfolds your fancies may turn to thoughts of love. You might be inspired by the first daffodil peeking out of the ground or wallow in a mire of unrealistic ideas. Avoid conversational mix-ups.

TAURUS (April 20-May 20): Plotting and planning might be on your mind. Harness your vivid imagination and put it to the test. You may be energized to make money but could just as easily find ways to spend it.

GEMINI (May 21-June 20): Fuzzy thinking is not the same thing as fuzzy logic. In the month ahead be sure to communicate clearly and avoid becoming bogged down in details. Your physical energy levels are high, so tackle odd jobs.

CANCER (June 21-July 22): Too many friends can spoil the broth. You can never have too many well-wishers in your corner, but your time might be eaten up by texting and email messages in the week to come. Avoid extravagant purchases.

LEO (July 23-Aug. 22): The more the merrier is fine until you want some rest, in the month to come your contact with numerous people might help you realize how necessary it is for you to have a special someone as the center of your life.

VIRGO (Aug. 23-Sept. 22): Keep your money in your pocket. You may be attracted to something or someone that is not worthy of your attention as this week unfolds. Focus on learning how to perform physical tasks or pursue constructive ideas.

LIBRA (Sept. 23-Oct. 22): You are never too old to learn new tricks. You could join a group that shares your interests or widens your scope. There may be a few times in the week ahead when you think the truth has been stretched too far.

SCORPIO (Oct. 23-Nov. 21): It might seem that the more money you make the more you must spend. Your participation in group activities might cost more than you expect. Find ways to apply wisdom to your finances.

SAGITTARIUS (Nov. 22-Dec. 21): You might end up running in circles as this month unfolds. Put a puzzling problem on the back burner and concentrate on getting caught up with a backlog of essential tasks around the home and office.

CAPRICORN (Dec. 22-Jan. 19): Don't pretend to be someone you aren't. You might think you can get away with hiding your past or your faults but it will seem silly in hindsight. In the week ahead ask friends to help you achieve your goals.

AQUARIUS (Jan. 20-Feb. 18): You may feel it necessary to defend yourself from unwarranted criticism concerning the way you handle your possessions or bank account. You may be challenged to handle a tight schedule.

PISCES (Feb. 19-March 20): Win the wrestling match with your conscience. Someone might be more successful than you, but that does not diminish your innate gifts. Brief feelings of inadequacy may undermine your confidence.

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Lifestyles 2000

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome to Spring!

We are so excited to be celebrating 18 years in May. Our first issue came out on May 1, 1999 and I know many of you have been reading ever since. Thanks for being loyal readers, and thank you to Dairy Queen and Bellevue Hospital for being with us since we began.

There will be an two extra prizes starting this issue for a pass for 6 to African Safari if you mention "Celebrating 18 Years" in your entry. You don't have to "Find Pete" to play.

Enjoy your month.

Joanne



So "Pete" was way too easy after being way too hard, but then we still had wrong answers out of the 170 entries. The correct answer was North Branch Nursery. Thanks for playing!

Find Pete Winners

Winners are: Gary Nossaman, Jim/Marge McGue, Dudley Tucker, Jasmine Holder-Chestnutte, Justin Pasch, Tim Light, Steve Rich, Kathleen Hauber, Amy Hartman, Fremont; Victoria Kritzell, Shirley Matter, Catherine Funk, Gail Rini, Brynn Stuart, Clyde; Dawn Peters, Elmore; Janet Raifsnider, Jerry Usselman, Lynne Warnicke, Bellevue; Jim Wagner, Republic; Deborah Baker, Burgoon; Jane Lopez, Genoa.

Find Pete Prizes

Prizes are from Let's Eat at Byron's, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, Old Fort Market an Smokey's Restaurant in Republic. If you wish a specific prize, please list in your entry.

Additional prizes: Mention "Celebrating 18" years on your April entry and you will be in a drawing for "African Safari" pass for six people!

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.

My Mother's Recipes

By Joanne McDowell

Lucky for us, our dear friends are great cooks! In March we traveled to Arizona to visit Marc and Juanita Eisler, former Fremonters, in Encanterra. Juanita made this delicious casserole for breakfast and served it along with toasted English muffins and bacon, an easy breakfast that was so delicious!

Then we were off to see Gordon and Peggy Tod who winter in Scottsdale, but are from Fremont. Lucky for us Peggy also made a delicious breakfast soufflé. What a great time we had, cannot wait to return and let them cook for us again.

Enjoy!

Breakfast Casserole

9x13 Pyrex, spray with Pam
350 degrees for 45 minutes until slightly browned on top

Ingredients:

6 eggs
2 cup milk
1 cup Bisquick
1 lg. can chopped green chilies
4 c chopped tomatoes
4 c shredded sharp cheese (reserve 2 cups for the top)

Combine all ingredients, pour into prepared dish, top with remaining 2 cups of cheese.

Marilyn's Fantastic Sausage Soufflé

1 pound bulk sausage
8 - 10 slices bread, crusts removed and cubed
4 large eggs
2 1/4 C milk
1/4 tsp. dry mustard
1 tsp. salt
pepper - amount to your taste
1 large can mushroom stems and pieces
1 can cream of mushroom soup
1/4 C milk
1 1/2 C grated sharp cheddar cheese

1. Crumble and cook sausage until no longer pink. Drain fat.

2. Butter bottom and sides of 9 x 13 baking dish.
3. Place bread cubes in bottom of dish. Top with sausage.
4. In a large bowl beat eggs, 2 1/4 C milk, dry mustard and salt. Mix well. Pour over sausage and bread cubes. Season with pepper.
5. Cover with drained mushroom stems and pieces.
6. Mix cream of mushroom soup with 1/4 C milk. Spread over contents of baking dish.
7. Sprinkle grated cheese over all.
8. Cover and refrigerate 8 hours or overnight.

Preheat oven to 325. Uncover casserole and bake for 1 hour or until knife inserted in center comes out clean. Cut into squares and serve.



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Momma's House Instills a Sense of Purpose into the Lives of Area Youth

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

Chari Mullen of Fremont is a dedicated individual. She works as Executive Assistant for the Assistant VP of Student Affairs and Dean of Students at Univ. Of Toledo. She also is the founder of Momma's House, located at 402 Croghan Street, across from the Birchard Public Library. Momma's House enables area youth to discover their purpose in life so they can make a positive impact upon our community.

Local high school and middle school students constructively engage in their home, school, and community in preparation for their post high school careers. For example, in March they learned how to set academic and physical goals, and focused on their social and spiritual aspirations as well. This month, a downtown field trip is scheduled to attend the Fremont City Council meeting. Next month they will focus on establishing an awareness of risky behaviors with programs about drugs and alcohol, what to do when mom and dad aren't at home (Latchkey Kids), and how to steer clear of conflicts and drama that may crop up in our community.

I visited Momma's House last Tuesday evening after they returned from a "Laser Tag" field trip. Lots of trendy ideas, lessons and training keep Chari's youthful participants engaged. Here's testimonials from some of the teens who joined Momma's House:

"I come to Momma's House because I know I'm welcomed there. Also, because it has helped me find myself and know who the real Zariyah is. I love the things I've learned from Chari. Everyone in Momma's House are like a second family to me."- Zariyah Baynard, Fremont Ross- 12th grade. "I come to Momma's House because it teaches me leadership, responsibility, and the steps I need to go to college."- Naja Martin (Naja has since graduated from Fremont Ross and is now a freshman at Eastern Michigan University).

Both Zariyah and Naja helped Chari Mullens create Momma's House when they were in 8th and 9th grades. It initially operated out of Chari's car! She would pick them up, drive to the local Dairy Queen, and discuss the needs of Fremont teenagers, such as a safe place to go and constructive things to do. Around 2014, Pontifex, Inc. allowed them to use an upstairs room and more students joined in.

No surprise that member Damien Davis was nominated "Student of the Month" at Fremont Middle School. Throughout the Christmas season, they accomplished the December goal of "Spreading Joy" by writing Holiday Cards to service men and women in the United States Air Force. During Thanksgiving, they enjoyed a Thanksgiving Dinner after wrapping up a lesson on "Being Thankful." They visited Fremont's Bethesda Care Center and played bingo with the appreciative residents, thus learning how important it is to help others and express kindness through action.

If you'd like to volunteer at Momma's House, give Chari Mullen a call at 419-307-7973. You can be trained to become one of her "Success Coaches" or work as an office assistant, room aide, fund raiser, or event volunteer. A remarkable volunteer at Momma's House is Jasmine Lewis, who is a preschool teacher at WSOS and has donated countless hours helping Chari out.

Momma's House is a nonprofit operation that desperately depends on local donations. Thank goodness for businesses like Woleslagel Moving Co. of Fremont. They donated \$100 to help keep the programs running. Please join in and mail a donation to help Chari and her staff continue to reach out to and connect with the youth of Sandusky County. Mail your check to "Momma's House" - 402 Croghan St, P.O. Box 813, Fremont, OH 43420.

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 and Policy Studies at Bowling Green State University.

Good Bye Winter, Hello Allergy Season!

By: Linda Thiel

Community Health Services

The winter of 2016-2017 will go down in the books as a mild one. We seemed to dodge the brutal cold of January and February—and only had a minimal amount of snow. That's the good news.

However, if you suffer from seasonal allergies you may already be feeling the negative effects of a mild winter. The spring-like warmth we've enjoyed this winter could alter the timing of the peak allergy season—and cause an early arrival of the sneezing and wheezing seasonal allergy sufferers dread. As trees and plants bloom early pollen counts increase. As a result, the allergy season is expected to start 10-20 days ahead of normal.

Approximately eight percent of Americans experience seasonal allergies each year according to the American Academy of Allergy, Asthma and Immunology. Symptoms range from mild to severe. The most common include:

- Sneezing
- Runny or stuffy nose
- Itchy sinuses, throat, or ear canals
- Ear congestion
- Postnasal drainage

Less common symptoms include:

- Headache
- Shortness of breath
- Wheezing
- Coughing

If you suspect you have a seasonal allergy, talk with your health care provider. He or she will be able to help you determine whether or not you're suffering from allergies.

Often time, season allergies can be managed through preventive measures including:

- Use an air conditioner with a HEPA filter to cool your home rather than ceiling fans
- Check local weather reports for pollen forecasts and stay inside when counts are high
- On days when the pollen count is high, keep your windows shut
- Limit your time outdoors—especially early morning and early evening
- Avoid cigarette smoke—which aggravates hay fever symptoms

When preventive measures aren't enough, other options are available including:

Over the counter medication including decongestants and antihistamines. Your health care provider may also recommend a prescription medication. In more severe cases, your health care provider may recommend allergy shots that can help desensitize your immune system to allergens.

It's important to consult your health care provider if you suspect you or a family member has seasonal or other allergies. Your provider will work with you to effectively treat your symptoms and make sure that you are not at risk for more serious allergic reactions—which in some cases can be life-threatening.

If you don't have a health care provider or for more information, please contact Community Health Services (CHS) at (419) 334-3869 or visit the CHS website at www.CHSOhio.com.

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All month – Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Library thru May 7.

All Month – Special Exhibit: "Presidential Pop Culture, The Art of Influencing Perception" Rutherford B. Hayes Presidential Library thru Oct. 8

2 – Morning Health Break, Bellevue Hospital Conference Rooms A&B, 1400 West Main Street. 8 a.m. - 11 a.m. Educational literature, a light breakfast and a registered nurse available to answer questions about health. Free Glucose (fasting) & BP, A1C's \$10.00. For more info, 419-483-4040, EXT. 6610.

4 – MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room, 1400 West Main Street. 10:30 a.m.- 11:30 a.m. Free and open to the public. All new mothers and their babies welcome. Discussion includes topics such as feeding/nursing issues and sleep habits.

4, 6, 11, 13 – Happenin' Herps, Blue Heron Reserve, 2134 C.R. 260, Vickery, 8 – 9:30 p.m. Free. WATCH OUT! Here comes the Spring rain flooding the woods with breeding salamanders! Come out and enjoy the basics of discovering Ohio's Salamanders. To register: 419-334-4495 or www.lovemyparks.com.

5 – Eagles by Land, Countryside Park, 1970 Countryside Place, Fremont. 5:30 p.m. – 6:30 p.m. Free. Sandusky County is one of the peak areas for Bald Eagle activity in the state. For ages 15 +, bring your binoculars. To register 419-334-4495.

6 – Volunteer Training, Wilson Nature

Center at Creek Bend Farm, 720 South Main Street, Lindsey. 4 – 5:30 p.m. For new and current volunteers. Learn more about the Sandusky County Park District, volunteer opportunities and other trainings that are available. Will also be offered February 26, March 7 or April 6. Call 419-334-4495 or visit our website at: www.lovemyparks.com for more information.

8 – Bristle Bots, Birchard Public Library, 423 Croghan Street Fremont. Children in grades 2-6 are invited for Bristle Bots on Saturday from 2-3:30. Bristle bots are robots made out of toothbrushes and we'll be experimenting with building them. The program is free, but space is limited and registration is necessary, 419.334.7101, extension 209.

8 – Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. 9 a.m. An interactive educational series for children. Call 419-332-2081 for info.

8 – Crystal Bowersox Concert - Communities for the Arts, Clyde High School Auditorium, 1015 Race Street, 7:30 p.m. For tickets 419-547-0588.

9 – Natural Egg Dying, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey. 2:30- 3 p.m. Free. Bring your own eggs (1 dozen) and learn how to dye them using materials from the outdoors and your kitchen. To register 419-334-4495.

11 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett's Market, 228 West Main Street, Bellevue. 9- 11 a.m. Free BP and Fasting Glucose Checks.

11 – Diabetic Support Group, Bellevue

Hospital East Conference Room, 1400 West Main St. 12:30 p.m.- 1:30 p.m. Cost: Free and open to the public. Topics vary by month.

12 – Night Hike for Kids, The Woods at the Luscombe Farm, 2341 CR 213, Clyde. 7:30- 8:30 p.m. Free. Bring your kids to explore The Woods at the Luscombe Farm. Learn about the creatures of the night and play games in the dark! To register: 419-334-4495.

13 – Babies in the Parks: Baskets & Bunnies, Wilson Nature Center at Creek Bend Farm, 720 South Main St., Lindsey. 10 – 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companions. Little ones will get to use all their senses to discover more about their surroundings. To register 419-33-4495.

15 – Fremont Pigeon Club Show and Shop, Sandusky County Fairgrounds, 901 Rawson Avenue. 8 a.m. FREE.

15 – Free Play, Creek Bend Farm, 720 South Main Street, Lindsey. 2- 3:30 p.m. Free. An unguided play date with nature. We provide loose structure and a safe place to engage with the natural wonders in our parks. Dress to be outside! 419-334-4495 to register.

15 – Easter Egg Roll at Spiegel Grove, Rutherford B. Hayes Presidential Library. 2 p.m.- 3:30 p.m. Free. Children ages 3 - 10 are invited to participate in a variety of egg games that replicate the famous White House Easter Egg Roll started by President Rutherford B. Hayes. Prizes are awarded in 6 age categories, and each child receives a balloon, a pass to the Hayes Home or Hayes Museum and treats. Admission is three hard-boiled colored eggs. Children

are also invited to participate in face painting, corn-hole games, craft activities, and visits with the Easter Bunny. www.rbhayes.org

18 – Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne St., Bellevue. 9 a.m. – 11 a.m. Free BP and Fasting Glucose Checks. For more info call 419-483-4040, EXT. 6610.

19 – 58th Annual Kiwanis Pancake Festival, American Legion, 6:30 a.m.- 7 p.m. Cost: \$7, General Admission Advance Ticket or \$8 Ticket purchase at the door; \$4, Children 10 and under. All the Pancakes you can eat. Continuous pancake serving all day. Proceeds benefit youth and community activities.

22 – Television & Electronics Recycling, Sandusky County Fairgrounds, North Parking Lot. 9 a.m. - noon. Television Prices: TV's 24" or less - \$2, TV's 25" & larger - \$3. All console units - no projection TV's (limit 2 p/household) - \$5. Computer equipment, CD players, copy machines, electronic game systems, fax machines, VCR's, stereos, etc. Electronics & flat panel TV's, NO CHARGE. For more info, 419-334-7222 or visit: www.recycleoss.org.

23 – Motorcycle Swap, Sandusky County Fairgrounds. 8 a.m. - 4 p.m. Features new and used parts and equipment. Inside and outside vendors. Additional Features: commercial vendors, food, gate admission, handicapped access. www.sanduskycountyfair.com.

24 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, Bellevue. 8 – 10 a.m. Free

Calendar, cont'd on 7

ACCEPTING NEW PATIENTS



Cory Fazio, DO
*Board Certified
Obstetrics & Gynecology*
**1400 W. Main Street
Building 1
Bellevue, OH 44811
419.483.2494**



Gregory Karasik, MD
*Board Certified
Obstetrics & Gynecology*
**1400 W. Main Street
Building 1
Bellevue, OH 44811
419.483.2494**



Andrea Moore, MD
Obstetrics & Gynecology
**Fultz Center for Women's Health
1005 W. McPherson Hwy.
Clyde, OH 43410
419.547.4285**

**Great Lakes
Physicians**
The Bellevue Hospital

Although the tax code is complicated and thorny, here are six potential ways to reduce your bill.

-Claim your credits. Tax credits provide a dollar-for-dollar reduction of your income tax liability, which is why they are the best way to save. Here are some of the most popular ones:

Earned income tax credit: This is a refundable credit for married couples who in 2016 earned income under \$53,505 and for singles who made less than \$47,955. Your income and family size determine the amount of the credit, but the maximum credit is \$6,269 this year.

Child tax credit: Parents can get a credit up to \$1,000 for each qualifying child who was under the age of 17 at the end of 2016. This credit phases out for married filing jointly (MFJ) earning over \$110,000 (\$75,000 for singles).

Child and dependent care credit: If you pay someone to care for your dependent (under age 13) so that you can work or look for a job, you can claim 20 to 35 percent of your child-care expenses up to \$6,000, depending on your income.

American opportunity tax credit: This refundable credit of up to \$2,500 per student for undergraduate college expenses can help a range of taxpayers, including those who owe no tax. (The credit is limited to singles who earn up to \$80,000 or up to \$160,000 for MFJ couples.)

Lifetime learning credit: This is another credit for the costs of post-secondary degree education or courses to improve job skills. In order to claim this credit of up to \$2,000, single adjusted gross income (AGI) must be less than \$65,000 (\$131,000 MFJ).

-Deduct away. If your deductible expenses exceed the 2016 standard deduction limits of \$6,300 for single and \$12,600 MFJ, you should itemize and grab write-offs such as: miscellaneous deductions, which includes tax-preparation fees, job-hunting expenses and professional dues, if they total more than two percent of your AGI; medical and dental expenses that exceed 10 percent of AGI or 7.5 percent if either you or your spouse is age 65 or older; standard mileage rates for business use of your vehicle is 54 cents per mile, for medical care at 19 cents and for charitable use at 14 cents.

-Let Uncle Sam help you save for retirement. When you make a contribution to an Individual Retirement Account (IRA or Roth IRA), the government provides you with tax benefits. Your total contributions to all IRAs cannot be more than \$5,500 (\$6,500 if you're age 50 or older), or your taxable compensation for the year, if your compensation was less than the dollar limit. If you're covered by a retirement plan at work, you may also be able to deduct contributions to an IRA, subject to income limits.

-Beware the alternative minimum tax (AMT). The government created the AMT to penalize higher-income taxpayers who use deductions and credits to wipe out tax liability. It's an alternative computation of your tax, with different deductions, add-backs and flat rates.

-Help defray long-term care insurance costs. The IRS allows for a deduction of a portion of your premiums for this expensive coverage. The deal gets better as you age: If you're over 70, you can deduct \$4,870, but under 40, you can write off just \$390.

-Get big help for your small business. If you have a small business with fewer than 25 full-time employees, there is a health care tax credit that can put money in your pocket. Check the rules, but if you paid at least half of employee insurance premiums and purchased coverage through the SHOP marketplace, you may be able to receive a credit on a sliding scale.

(Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.)

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25 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Bellevue. Noon-1 p.m. Free BP and Fasting Glucose Checks.

24, 26, 28– Eagles by Water, meet at Countryside Park, Fremont. 5– 8 p.m. Free. Sandusky County is one of the peak areas for eagle activity in the state. Here is your opportunity to see them up close! **PARTICIPANTS MUST HAVE A PARTNER WHEN REGISTERING.** Meet at Countryside Park: Main Office and carpool to Decoy Marsh. To register 419-334-4495.

26 – Presidential History Book Club, Rutherford B. Hayes Presidential Library. Noon. Free. All are invited to read and discuss books about the presidency at this book club. Members are asked to bring their lunch. This month, the club is reading “Rutherford B. Hayes: Warrior & President” by Ari Hoogenboom. Call 419-332-2081.

27– Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main Street, Clyde. 10:30 a.m.- 11:30 a.m. Free BP and Fasting Glucose Checks. For more info, call 419-483-4040, EXT. 6610.

27 – Leadership Sandusky County Raffle, Ole Zim's Wagon Shed, 1387 State Route 590, Gibsonburg. 5 p.m. – 8 p.m. This event is sponsored by the Leadership Sandusky County Class of 2017, to promote camaraderie and leadership skills within the class, as well as meeting a goal of raising \$1000. One-quarter (25%) of all monies raised will go into the established Scholarship Fund, which is used to assist future LSC program participants in their payment of tuition. The public is invited to attend this evening. Visit www.leadershipsanduskycounty.org for more info.

North Branch Nursery

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Chicken Bar-B-Que



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Sandusky Township
Fire & EMS Department
2205 Oak Harbor Rd, Fremont, OH

Sunday, May 7, 2017
Service begins at 11am

1/2 Chicken Dinner \$8.00

1/4 Chicken Dinner \$5.00

Dine in or “Drive Thru” Carry-Out



Coupon redeemable for \$10 off

purchases of \$50 or more. One per visit.

Excludes Landscape and Services.

Expires 12/23/2017. Code: Lifestyles

"Grate" Treats & Eats

By: Chris Timko-Grate

Out to Lunch

By Joanne McDowell



Smokey's Family Restaurant & Tap

Spring is here! It isn't quit as exciting as it usually is for me because we didn't have a bad winter; no snow bound days, no plowing or shoveling snow for hours. My hubby shoveled a path to the mailbox once but by the time the mail and paper came it had all thawed! I didn't even have to layer clothes past my normal two-layers, plus a coat to keep me warm. I two-layer a lot in the summer too!!

I do remember back in the early 80's when we had the „Crow's Nest“ we always reopened in the middle of April because the snow would be over and people would be coming back to work on their boats at the marinas and on their summer cottages getting them opened up and ready for the summer. There were a couple of times in the middle of April we had snow, but it never stopped anyone from getting opened up and ready for summer. So I'm hoping by the time you read this article we are done with snow and getting those spring showers and flowers. So in celebration of spring and Easter, I have a couple of recipes to share, one for Easter and one for spring. Enjoy them both!

Potpourri Fruit Bowl

- ¼ cup Miracle Whip Salad Dressing
- ¼ cup sour cream
- 3 tablespoons Kraft Apricot Preserves
- 1 tablespoon lemon juice
- 2 cups cantaloupe balls
- 1 peach, sliced
- 1 cup strawberry halves
- 1 cup grapes

Combine salad dressing, sour cream, preserves, and juice; mix well. Cover; chill. Combine fruit; mix lightly. Toss with salad dressing and serve.

Glazed Fruit Salad

- 1 large can sliced peaches
- 2 small cans mandarin oranges
- 1 large can pineapple chunks
- 1 jar maraschino cherries
- 3 bananas, sliced
- 1 package vanilla pudding, not instant

Drain fruit and save juice (not cherry juice). Combine 1 ½ cups juice and mix with pudding. Cook until thickened. Pour cooled sauce over cold fruit, and serve.

Quote for the month – An adult is someone who has stopped growing, except in the middle! Oh for me this is so true!

Author unknown

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

If you go through Green Springs and follow State Route 19 south you will end up in Republic. Believe it or not, Republic has two good restaurants and one is Smokey's. Pete and I ventured there one day for lunch and really enjoyed the fried green beans with dipping sauce, which were a special that day. (I think if something is green it is healthy, even if deep fried!)

For lunch Pete ordered the Homemade Meat Loaf with mashed potatoes, he had enough left to take home and said it was delicious. I tried the Grilled Cheese; American, Mozzarella and Cheddar cheese on Texas toast, very tasty for \$6.99. Other sandwich choices that looked delicious were a Black and Bleu Burger, Pulled Port, Beef Brisket and Grilled Bologna. Sandwiches are served with fries or homemade chips.

The dinner menu includes a Strip Steak, Meatloaf, Smoked Beef Brisket, Chopped Steak, Shrimp and Chicken. Prices for dinner run from \$6.99 to \$18.99. We will try dinner on our next trip.

There are daily specials: Mexican Monday with half price Margaritas and beef and chicken tacos. On Thursday wings are fifty cents each. All you can eat Alaskan Perch on Fridays for \$10.99 and Saturday is "Fall off the bone Baby back BBQ ribs".

There is also a full service bar and even better, lots of great looking desserts! It is well worth the twenty minute drive over.

(Better yet, there is a 20% off coupon in this issue so be sure to check it out before month's end.)

Visit www.smokeystap.com to view the complete menu and specials. Enjoy!



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Games 7:00 pm
 Free Coffee
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See us at the Clyde Expo, April 22nd.
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Committee Planning Volunteer Appreciation Event

Plans are underway for the 16th annual Volunteer Appreciation event to be held on April 27 at Anjulina's Catering & Banquet Hall LLC, 2270 W. Hayes Avenue. The doors will open at 5 pm with dinner and program from 5:30-6:30 pm.

Various agencies will be using this opportunity to thank and recognize volunteers for their community service. Agencies honoring their volunteers include: ACE Mentoring, Rutherford B. Hayes Presidential Library & Museums, Project Read/Vanguard Sentinel, 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 of Sandusky County, WSOS Senior & TRIPS Programs and YMCA of Sandusky County.

The annual event is financially supported by the participating agencies and the following businesses: Richard Binau Insurance & Financial Services, Crown Battery, Fort Stephenson LLC, Fremont Federal Credit Union and McDonald's.

Participating agencies are pleased to offer this cooperative event each April to celebrate National Volunteer Week which is celebrated the week of April 23. The National Volunteer Week was established in 1974 and is a yearly week of recognition for the many, many people in the United States and Canada who give generously of their time and resources to a huge variety of causes.

For information and to respond to the mailed invitation, please call Hilary Frater at First Call for Help at 419 334 2720 or email hfrater@uwsandco.org by April 14. Regrets need not call.

PUBLIC INVITED TO MEETING ABOUT DRUG TASK FORCE LEVY

The public is invited to an informational meeting about the Sandusky County Drug Task Force Levy at 2 p.m. on Sunday, April 23, at the Clyde High School Auditorium, 1015 Race St., Clyde. Speakers include: Sheriff Hilton, Sandusky County Prosecutor Tim Brown, a representative of the County Commissioners, Area Chiefs of Police, Dr. Paul Silcox, and others. Sandusky County voters are invited to learn the full depth of the drug problem in our community and how the Task Force is a viable remedy. This levy will be voted on in the May primary.

This meeting is sponsored by AmPAGE. Neither the levy nor AmPAGE are connected to the Clyde-Green Springs School District. Direct questions about the meeting to Marion Bower at mbower412@twc.com or 419-332-3259 or go to <http://www.americanspage.com/>.

Spring Bulb Plants are BLOOMING!



Easter is April 16th. Don't forget your Easter Lillies

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April is Child Abuse Prevention Month- For a CASA it is Year Round

As April begins, you hear a lot of discussion about Child Abuse Prevention Month. You will also see billboards, flyers and pinwheels on courthouse lawns representing each child in the County that was helped by children services due to abuse or neglect.

Child abuse covers a wide range of topics. From domestic violence to sexual abuse it all deeply impacts a child. The past 2 years, the heroin epidemic has caused many children to be removed from their homes and placed with next of kin or in foster care. It is devastating to a child to witness an overdose or their parents getting high. It is also devastating to a child to be removed from their home and placed in foster care due to their parents drug addiction. This is when the CASA steps in and starts investigating on their own to see how to help the child. When each case in our county opens, a CASA is appointed by the Juvenile Court Judge to represent that Child. CASA stands for Court Appointed Special Advocates. A CASA will investigate the situation and make a determination that is in the best interest of the child. The CASA's sole purpose is to speak for the child that does not have a voice in court.

April may be Child Abuse Prevention Month, but a CASA works year long to ensure the child is placed in better care than when the case opened. If you would like more information on your local CASA program, or how to get involved, please call 419-355-1442. Let's work together and help these kids.

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Mayo Clinic

Hair removal safe for kids, but study techniques before treatment

DEAR MAYO CLINIC: My daughter is 12 and has coarse, dark hair on her upper lip and wants to have it removed. I'm worried that this process is not safe for someone her age. Is laser hair removal appropriate for kids? Are there other methods that would be better?

ANSWER: A variety of techniques are available to remove facial hair. When used correctly, all are safe and none have age restrictions. No hair removal method is permanent, although some do last quite a while. Some hair removal techniques can be painful. Carefully consider the pros and cons of each method with your daughter before deciding which one to use.

Puberty often triggers facial hair growth in girls, but other factors can contribute. Some endocrine disorders, such as polycystic ovary syndrome and adrenal hyperplasia, cause changes in the body's hormone production that can increase facial hair growth. Excess hair also can be a side effect of some medications.

If your daughter has other symptoms that could be related to an endocrine disorder, such as periods that are very irregular or severe acne, make an appointment with her health care provider to rule out an underlying medical problem. If she takes medication, check if excess facial hair may be a side effect. If so, talk with her health care provider about an alternative.

If the facial hair is a result of normal puberty, your daughter has several options. Some girls just shave the hair every two to three days. That requires quite a bit of upkeep, though, and many girls find the stubble from shaving unacceptable. Removing the hair with tweezers reduces stubble and usually lasts several weeks. Tweezing can take a lot of time, however, and tends to be painful.

Wax removal is another possibility. This involves applying a layer of warm, melted wax to the skin, letting it harden and then pulling it off. The hair is uprooted when the wax is removed. Waxing kits are available over the counter at most pharmacies. Many salons also provide this service. Although wax removal is briefly painful, the results last longer

than shaving or tweezing, and the process is not as time-consuming. Waxing can cause skin irritation.

Other methods that uproot hair include mechanical epilation, needle epilation and threading. You may be able to buy equipment to perform these techniques at home, or you can go to a practitioner who performs them. If you do them on your own, follow the directions exactly. If you choose someone else for these treatments, make sure that individual is well-trained and experienced.

Creams and lotions known as depilatories are other options for hair removal. When a depilatory is applied to hair for a certain amount of time, the hair dissolves. Results usually last about a month. These products are available at most pharmacies without a prescription. If she uses a depilatory, your daughter should follow the instructions carefully. If left on too long, depilatories can cause skin irritation, burning, peeling, blisters, or a rash.

Laser hair removal can be effective but it's a medical procedure and should be performed only by a qualified professional. During the procedure, a laser beam passes through the skin to the individual hair follicles. The laser's heat damages the follicles, limiting future hair growth. Although laser hair removal slows growth, it doesn't guarantee permanent hair removal. It typically takes multiple treatments to provide an extended hair-free period. Follow-up treatments may be needed.

Unwanted facial hair can be a big source of anxiety for girls. Having it removed may boost your daughter's self-esteem. Before you move forward with any method of hair removal, though, make sure your daughter is comfortable with it. Help her gather information and discuss the options with her. Then let her make the choice on how she wants to proceed. - Dawn Davis, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A\(AT\)SIGNmayo.edu](mailto:MayoClinicQ&A(AT)SIGNmayo.edu). For more information, visit <http://www.mayoclinic.org>.)

FREMONT KIWANIS CLUB'S

58th Annual

PANCAKE FESTIVAL

Wednesday, April 19th

American Legion Hall

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Continuous Serving from 6:30 am to 7:00 pm

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Pancakes (w/butter & Syrup), Sausage, Coffee and Milk



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Parkmont Wealth Advisors, 900 Croghan Street

Nationwide Insurance, 814 W. State Street

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Otto and Urban Flowers, 905 E. State Street

Bethesda Care Center, 600 N. Brush Street

The Bowlus Law Firm, 207 N. Park Ave.

Holland CPA, 512 Court St.



To Bee or Not to Bee

...that was the question we were asking ourselves late last fall and at the beginning of this year. Parasites, pesticides and chemicals, as well as disease, have been killing honey bees at an alarming rate and they are becoming an endangered species. We'd had bees several years ago and enjoyed the honey--it would be nice to have it again, but even more important, we wanted to help save the honey bees.



We still had a couple of the old beehives out in back of the barn, but they were falling apart and in such disrepair that they couldn't be salvaged. Besides, even when we were younger, they were big and heavy when full of honey, and it would be harder now that we were older. After doing some reading and research on the internet Robin found a smaller, lighter beehive setup known as a „garden hive.“ It came with two boxes--each with eight small frames, a bottom board, and an attractive copper roof. The whole unit is smaller than a standard hive, but you can add more boxes (supers) if your bees start producing lots of honey. This seemed like a good choice for us so we ordered one. We placed it way back in the backyard so we could see it from the window, but so it wouldn't be close enough to disturb the bees or be stung every time we walked out in the yard.

There are a couple of different ways to stock a hive: you can purchase bees from a supplier or you can attract--or capture--a swarm of wild bees. Unfortunately, our hive arrived too late for us to order bees--they needed to be ordered by mid-to-late February. For this year, at least, we're going to try to attract some bees to our hive. On some of the warmer days this winter, we'd seen honey bees at the bird feeders, and strangely enough, a small swarm seemed to be living in one of the old abandoned hives in back of the barn, so we knew there were some in the area. We've started putting honey just inside the opening to

the garden hive, and sprinkling lemon-grass essential oil--which is supposed to mimic the pheromone given off by the queen bee--inside the hive. A few honey bees have checked it out, but so far none have moved in. We'll see how it goes--if we are not able to populate the hive with „found bees“ this year, we'll order a three pound package of bees next February.

Here is an eggcellent (pardon the pun) idea we saw in GRIT

Magazine for starting seedlings indoors: put potting soil in the broken half of eggshells and plant your seeds right in the shell. We just happened to have a left-over, clear plastic egg carton that we put the planted shells in that also doubled as a miniature greenhouse when we closed the cover. (We didn't use a grow light--just set the carton on the windowsill in an south-facing window.) Once the seedlings start to sprout, transfer the whole eggshell to a larger pot--you may have to crack the shell a little on the bottom for the roots (we haven't reached that stage yet, although some of the seedlings have started to poke up through the soil), but you also have the added calcium from the shell. When it's time, harden the young plants off and transfer to your garden or container.

March threw us a curve ball--we were hoping we'd escape without any more snow and cold temperatures. Regardless, the pond and the marsh have remained mostly open and we've had several ducks stop by--blue-winged teal, green-winged teal, lesser scalp, mergansers, grebes, and gadwalls by mid-March. Spring migration will be in full swing in a few short weeks!

Happy Spring and Happy Easter! And thank-you to the lady in Physical Therapy who told us she enjoyed reading our stories--I did hear you, finally!

Happy 101 Birthday Jane McDowell!



I wanted to share this photo with our readers who knew Jane McDowell when she lived in Fremont. Years ago she helped run Fremont Glass and was active in local community groups.

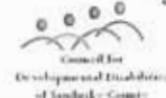
Jane turned 101 on March 12th and we were fortunate enough to celebrate with her in Arizona. Included in the photo is Pete, his son Barrett and his twins Brynn and Kieran.

The 3rd Annual KENTUCKY DERBY Celebration



MAY 6, 2017 | 4PM - 7PM

Presented By



In Your Own Backyard

April 1: 9 am-3 pm, Craft Show-free admission at Mt Carmel UMC, CR 183 and CR 177 in Clyde. Homemade lunch and Bake Sale..

Sandusky County Republican Women will host a Spring Banquet on April 30 at noon at the Neeley Center at Terra Community College. Guest speaker will be from the Department of Border Patrol. Cost of the event is \$25 with reservations by April 19. For more info call Shantel at 567 201 9943.

Reiki Circle: Tues., April,11, The Bellevue Hospital Conference Room A&B, 6--9 PM. Spirit of Reiki. Although it is preferable to conduct a complete Reiki session circumstances can arise that will prevent Reiki practitioners from being able to give someone a full treatment. In any event, a shorter session is better than none. We apply the shortened Reiki session rather than laying down on a bed, couch, or massage table the client sits upright in a chair. The same instructions apply if you are needing to give Reiki to someone confined to a wheelchair. The client sits upright comfortably in a straight backed chair or if they are in a wheelchair we can assist them in getting as comfortable as they can. We offer the following guidance to help you so that you know what to expect during a before and after each session. Please join us at our next meeting to share fellowship, and harmony in Spirit of Love.

Kin Hunters: Sunday, April 9th at 2 pm. for Ohio genealogy meeting, held at the Sandusky Township Hall/Fire Station on State Route 19, Fremont. The speaker is Richard D Juergens, a native of Northwestern Ohio. He is a genealogist and currently the President of the Wood

County Chapter. The title of his talk is "That's in a Name, Naming Patterns and Meanings". These meetings are free and handicap accessible. www.kinhunters.org

Computer Basics Classes at Bettsville Public Library April 3, 17, & 24, 1-2 p.m. and 6-7 p.m. Classes are free. Stop in or call the library to register. 233 State St., Bettsville or call 419-986-5198.

Join PT Services for the next session of Get Up and Go, their early morning circuit training class. This is perfect for anyone who wants to energize themselves and get a great start to their day. Class is held at First United Church of Christ, 1500 Tiffin Rd in Fremont. This next session is April 10th and runs on Tuesday and Thursday mornings starting at 6:15 am. Cost is \$65 for 10 weeks. Contact Meagan at msebrell@ptsreahb.com or call 419-332-6709.

PT Services is now offering a Sit, Stretch and Move exercise class. This is a fun and energetic chair based exercise class focused on strength and cardio. It is open to people of all exercise experience. The class will be offered at the United Church of Christ, 1500 Tiffin Rd, Fremont. It is offered in rolling 10 week sessions costing \$60. Please contact Meagan at msebrell@ptsreahb.com or call 419-332-6709 to sign up.

Master Gardener's Sponsor Plant Sale: The Sandusky/Ottawa Master Gardeners are sponsoring a plant sale at the Sandusky County Fairgrounds on Sat. , May 6 from 9 am-1 pm. Numerous annuals, perennials and vegetable plants will be on sale as well as gardening related items such as garden gloves and

decorative pots. Master gardeners will be on hand to answer your gardening related questions. For more info contact Helen Duquette at 419 334 6990 duquette1234@gmail.com, <https://mastergardener.osu.edu/>

It's Book Sale time at Birchard Public Library in Fremont! Wed., April 19, 5-8 is for "Friends of Birchard Library" only. You may join that night and participate in the sale. The sale is open to the public Thurs., April 20, 10am-8pm and Friday April 21, 10am-5pm., Sat. April 22, 9-12 is Bag Day! We supply the bags, you fill them for \$3.. Our address is 423 Croghan Street in Fremont.

2nd Annual Spring Craft and Vendor Show, Sunday, April 9, 10 a.m. to 3 p.m. at Gibsonburg High School.

3rd Annual Bloomdale Spring Arts & Crafts Show / Classic Car Show, April 22, 9-3 to Benefit Cancer Patient Services. 40+ crafters, all handmade crafts, Silent Auction, Food, Music and Fun!

The next **Sandusky County Prostate Cancer Support Group**, Wednesday, April 26th at 7 p.m. at Pro Medica Memorial Hospital (in the Chestnut Café) 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 Ken Missler 419-559 1171, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

April 11 at 7:00 pm is the Clyde Heritage League Annual Meeting and Special Presentation: "Wheels of Time". It is a presentation on the history of early 20th century transportation, featuring the display of an 1896 Lady Elmore Bicycle. Presented by Randy Dick and Larry Michaels. Free to the Public, presentation will be presented before meeting.

Own Backyard, cont'd on 13



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Jim Andrews will offer 2 watercolor painting classes at Art @ 106 in Bellevue on April 6. Students will have a hands-on learning experience. Class times are 1-4 p.m. and 6-9 p.m. and will be at the Art @ 106 gallery, 106 S. Sandusky St., Bellevue. Cost is \$35 for non-members and \$30 for members. All materials are included. To make reservations call 419-483-3244, email artat106@gmail.com. Specify the class time, name and phone number.

The gallery also kicks off April is a Dandy month on April 6th with artist members displaying spring items. Jim Andrews' miniatures are featured through the end of March Miniature Month. Gallery hours are Thursday and Friday 1-4 p.m. and Saturday 10 a.m. to 4 p.m.

Kid's Love Art 2: Stomp Out Hunger: April 23 at 1p.m at Pontifex, 416 West State St., Fremont. Cost \$10, Instructor Helen Murphy. A basic art class for kids or adults, we will be painting on 8x10 canvas. Call Body Lines to register, 419-332-9792. Register by April 21st and pay for class.

Pontifex Fundraiser, Stomp out Hunger, Paint and Wine..Instructor Gayle Mehling will be teaching a class at Pontifex, 416 W. State St., Fremont, Friday April 21st at 6.m. All supplies are included for a Van Gogh like impressionistic painting done with our fingertips. Cost of class is \$20. Sign up with GAYLE@IBYR.COM.

Pontifex Food Bank Benefit: Class on how to make a Tea Cup Spring Fairy House/pin cushion. Pontifex on April 22nd at 1 o'clock. All supplies are included and you can customize your scene in many different styles and colors. You may bring your own tea cup favorite, or be supplied one. The class is \$20 per person and the money goes to the Pontifex Food Bank. Please sign up with gayle@lbyr.com.

Women of the Moose Spring Craft Show: Free admission, door prizes, Sunday April 2, 10-3 a the Fremont VFW, 204 Birchard Ave. Lunch will be available.

Come join the Fremont Area Women's Connection for a luncheon and program at Anjulina's Catering, 2270 W. Hayes Avenue, on Tuesday, April 11, 11:00 am-12:30 pm, cost \$12 (incl).

Our Feature will be Randy Brown, with the Fremont Community Theater. Randy will be giving us a preview of their May Musical, Mary Poppins. Our Speaker will be Judy Scharfenberg, of Murrieta, CA. Judy is an author and speaker that is featured in the publication Teaching Today. She will explain her experience of "Rising Above Challenges with a Joyful Heart". Reservations and free child care are due by April 6. Please Call Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

MOPS Sale: April 22, 9 am to noon, \$1.00 entry to shop the sale with proceeds benefiting Operation Christmas Child and the table proceeds are the fundraiser for our non-profit MOPS group. Tables are available to the public for community members to sell their gently used baby and children items. Tables can be purchased for the price of \$15 per an 8 foot space and be reserved by contacting Courtney Stacey at 419-466-1084. MOPS is an organization that strives to meet the needs of every mother of a child from conception through kindergarten by bringing local moms together no matter how diverse their needs may be.

Neurontin Widely Sought

by Mircea Handru, MBA

Neurontin (gabapentin) is an anticonvulsant medication which is used to treat nerve pain in adults. It is also used to treat seizures in adults and children who are at least three years old. The U.S Centers for Disease Control and Prevention lists gabapentin as an appropriate non-opioid treatment for chronic pain. Gabapentin is a non-narcotic medication thought to have a low abuse profile.

The Ohio Substance Abuse Monitoring Network issued an alert last week. According to the Ohio Board of Pharmacy, data found gabapentin to be the number one drug dispensed in the state in December 2016. Gabapentin was dispensed at a greater rate than any other controlled substance. In fact, it was dispensed at a 30 percent higher rate than the number two drug for the month, oxycodone.

Through a survey, participants and community professionals described typical illicit gabapentin users as opiate addicted. Through some of the feedback, it was described that opiate addicts take gabapentin to self-medicate through periods of withdrawal, while those receiving Medication Assisted Treatment take the drug for the slight high in procedures. It appears that many crush up and snort gabapentin. According to law enforcement officers in some areas of the state, gabapentin is highly abused right now, and it appears that doctors are prescribing it more and more.

This matter was discussed with some of our local law enforcement and treatment agencies. It appears that we haven't seen the increase as other parts of the state. However, we need to be aware. Most urine drug tests are used to screen for the use of narcotics, and gabapentin is not a narcotic. So, gabapentin usage may not be detected by a drug screen. Gabapentin is also not a scheduled substance, which means it's not as highly controlled as other prescription pain relievers.

Weren't we here before? In 1995, FDA allowed Purdue to claim that OxyContin had a lower potential for abuse than other prescription medication. In 1996, physicians started treating chronic pain with OxyContin because it was claimed to be non-addicting. The result?

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

"Life isn't about waiting for the storms to pass, it's about learning to dance in the rain."

My sister Merle, taught me to dance in the rain while I waited for the storms to pass. A lifelong lesson demonstrated by a never will be forgotten woman. And the beauty of it all was that she didn't even know she was teaching. My sister Merle, passed away a week ago in Indiana. Some family members and I had visited her a week before her passing and were inspired by her faith, strength and love, always love. She was 96—when I grow up I wanted to be just like my "big sister"!

Spring is here, yeah! Around The Old Garden House, the tulips are in bloom, the ice is gone from the water garden and the fish are up and looking for food. It is so good to see them. The clean-up, rake-up, fix-up, hoe out and plant process has begun. Can warm weather be far away?

Last winter when the seed catalogs arrived, I made some spring planting plans and ordered the seeds. Very soon, I'll get them started in the greenhouse. I have 4 triangle shaped flower beds that form a half-circle in the front of the flag pole. They have 3 grass walkways that came together at the flag-pole. I ordered seeds that will produce red, white and blue flowers to plant in the beds. They are sun loving flowers and should do well there.

Spring Pass Along Plant Day is set for the 2nd Sunday in April, (the 9th) from 1 p.m. to 3 p.m. Come, bring seeds, perennial plants or flowering bulbs that you do not need and take some that others have brought. There is no charge—just fun and sharing. If you have never been to The Old Garden House before and you plan to use your cell phone to locate us, here's a word of advice. Be sure to say or type 1045 South Bloom Road or it will send you to the other end of Bloom Road. It dead ends at the river on one end and our house at the other. The Heinz Plant takes up the entire middle. See you on the 9th.

The April Tea at Two will be served on the 25th. It is an evening Tea at 5:30 p.m. High Tea is the name given to an evening tea where the menu is a light dinner. The program will be presented by Laura Lamalie, otherwise known as "The Apron Lady. For reservations call 419-332-7427.

So, life goes on at your house and mine, Spring is in the air, the snow is gone, the birds are nesting, the grass is greening out and LIFE IS GOOD!

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

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The Kid's Doctor

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

Fewer doses of HPV vaccine effective

I am a huge proponent of vaccinating children (and ourselves); and I remind patients that there are ongoing studies regarding vaccine safety, as well as efficacy.

The Centers for Disease Control and Prevention and the Advisory Committee on Immunization Practices (CDC and ACIP) recently announced that the HPV vaccine, which prevents many different types of cancer caused by human papillomavirus, may be protective and effective after just two doses of vaccine rather than the previous recommendation of a series of three vaccines. That is good news for teens, especially those that are "needle phobic"!

The ACIP recommended a two-dose HPV vaccine series for young adolescents, those that begin the vaccine series between 11 and 14 years. For adolescents who begin the HPV vaccine series at the age 15 or older, the three-dose series is still recommended.

This recommendation was based upon data presented to the ACIP and CDC from clinical trials that showed two doses of HPV vaccine in younger adolescents (11 to 14 years old) produced an immune response similar or higher than the response in older adolescents (15 years or older).

The HPV vaccine has been routinely recommended beginning at age 11 years (approved to use as young as 9 years), but unfortunately only about 42 percent of girls and 28 percent of teenage boys have completed the three-dose series.

By showing that a two-dose series (when started at younger ages) is effective and protective, the hope is that more and more young adolescents will complete the series. The two doses now must be spaced at least six months apart and may even be given at the 11-year and then 12-year checkup, which would not require as many visits to the pediatrician.

According to the CDC, more HPV-related cancers have been diagnosed in recent years, and more than 31,000 new cases of cancer each year (from 2008-2012) were attributable to HPV. That routine vaccination could potentially prevent about 29,000 cases of those cancers from occurring. But, in order to see these numbers shrink, more and

more adolescents need to be immunized before they are ever exposed to the virus. Remember, the HPV vaccine is protective against certain strains of HPV, but does not treat HPV disease.

Once again, this is a good example of using science-based evidence to provide the best protection against a serious disease - with fewer shots too! Win-win!

(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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Helen Marketti's Music Corner

Al Jardine



Al Jardine and Brian Wilson of The Beach Boys will be performing the album, *Pet Sounds* at the Hard Rock Rocksino on April 22nd. Fans will be entertained by signature songs on the album, *God Only Knows*, *Wouldn't It Be Nice* and *Sloop John B*. Al was kind enough to take some time out during his busy schedule recently to discuss the tour, current projects and the longevity of his career and friendship with Brian Wilson.

If you were born in time to witness the music of The Beach Boys first hand, you were around during an ideal time for music when the transformation of the 60s progressed, as did the musicians of that era. The Beach Boys were a presence in the 60s as they still are today. Their music gave a voice to the thoughts people wanted to express. Sometimes when we do not know what to say, we may choose a song as a substitute for our own words because the song says it best. The catalog of Beach Boys music can capture any feeling or thought and it is with words we know and love.

Everything, of course, has its beginning. Al fell into playing the guitar quite naturally. "I remember seeing a guitar and wanted to learn how to play it. I was influenced by my heroes such as Buddy Holly, Bill Haley and Elvis Presley. My mom also bought me a ukulele when I was six years old," remembers Al. "When I was growing up, I listened to doo-wop, rock, country and western. I

loved The Four Freshmen, Gilbert & Sullivan and The Kingston Trio. The Four Freshmen were a musical experience and I loved their harmonies while The Kingston Trio was an escapist experience. They provided a way for me to travel musically. They took me places such as Mexico, Jamaica and Florida. All of us are Capitol Records artists too, so we all kind of borrowed from each other such as The Kingston Trio doing "The Wreck of The John B" in 1958 and then we included our version on the *Pet Sounds* album as "Sloop John B."

It is hard to believe that it has been 51 years since the *Pet Sounds* album was released. People have grown up with the classic songs and new generations are discovering the music. "It made sense in 2016 to do a tour for the 50th anniversary of the album," said Al. "I love playing with Brian. We are very entertaining together. We have a wonderful band that has become our orchestra. They can play anything! My son, Matt is also in the band. He basically grew up during The Beach Boys and is a highlight for many fans at every show as is Blondie Chaplin who played with us in the early 70s. This year we are continuing the tour and now celebrating the 51st anniversary."

Al and Brian have a friendship that has lasted more than 50 years which perhaps is the best gift of all for a band that has been a household name for many generations. "Our friendship is the largest part of the reason that The Beach

Boys continue. After the reunion tour ended in 2012, we just decided to keep it going, to continue the tour together."

Fans are always hungry for the 60s era of music, the bands that shaped the counter culture and the songs that made us think, cry, smile and remember. "I would have to say that the music of that time and the iconic personalities like Brian are what keeps fans interested," said Al. "People are more curious these days. They want to see the artists that made the music and hear the albums in their entirety. That is a remarkable accomplishment in itself. We got lucky and are fortunate to still be able to offer the music the way it was supposed to be heard."

Al keeps his inspiration going by the energy of others. "Working with young people helps, people that are still excited about the music. Their excitement is contagious and helps us stay focused."



We like their young point of view and they know all of The Beach Boys stan-

Helen Marketti, cont'd on 16

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Campfire News and Notes

Wow it is hard to believe that it is Spring. Where did the time go?

We would like to include a special Thank You to all the donors and participants for our "Uncork the Fun" fundraiser held in March. This event was a huge success and fun was had by all.

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 18th. 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.

Save the date! Summer Camps are right around the corner. ? Camp Fire has so much to offer this summer. Traditional Day Camps will be 5 days this summer and have been scheduled and are as follows: June 26th – 30th, July 17th – 21st and July 31st – August 4th.

We will also be having several themed camps this year. Registration will be available in April.

Camp Fire will be seeking teens and adult volunteers to work during the 2017 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 April.

Remember Camp Fire for all you rental needs this summer.

Here at Camp Fire the summer fun is just beginning. Come out and see what we are all about.

Hope to see you all soon.

Helen Marketti, cont'd from 15

dards, which we do play in addition to Pet Sounds."

In 2010, Al released a solo project, "A Postcard from California" which has several tracks that remind of us warm memories, fun experiences with some new material as well as familiar staples. Al's inspiration for the album started with a childhood memory. "My parents



took my brother and me to California during the 50's on a trip. It was very exciting to see the mountains and the ocean for the first time. My first flight across the United States was an adventure of all time and it was a great experience. Then we eventually moved to LA where I met Brian, his family and the rest is history. Actually, it's still happening, it feels like we are embarking in a whole new direction."

In addition to the Pet Sounds tour, one of Al's next projects is to release the album, "A Postcard from California" on vinyl.

Whether you have been a Beach Boys fan since they first hit the airwaves or a fan that has discovered them in the



generations that followed, you are in for great memories and timeless music at the Hard Rock Rocksino on April 22nd!

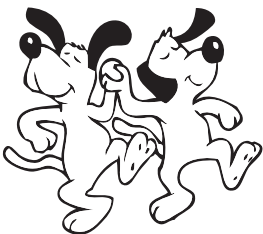
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Donations can be mailed to or dropped off: Humane Society of Sandusky County, 1315 N. River Road, Fremont, OH 43420 by Friday, May 19, 2017.

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

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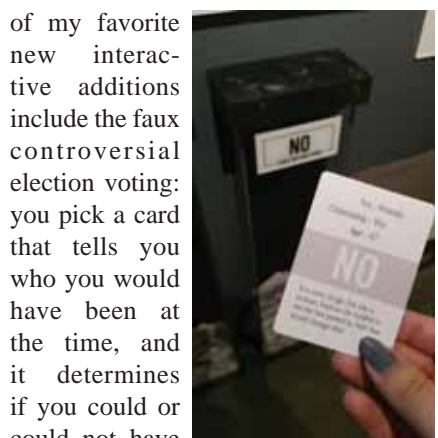
By Kelsey Nevius

The weather this year continues to switch back and forth- especially with it feeling like spring in February and winter in March- so events that typically ring in the warmer weather didn't have the same spring feel they normally do.

While I am excited to get into warmer weather and more spring events, I do also enjoy spending time indoors, especially at my favorite haunts of museums and libraries. After hearing about some new events and renovations at the Rutherford B. Hayes Presidential Library & Museums, I was eager to go back and see it for myself. Along with some new programs and special exhibits, including the Presidential Pop Culture exhibit. So, since the weather is still so indecisive, it gave me the perfect chance to check out the new things Hayes has to offer.

The first things I noticed were the new website and signs they had: everything

was crisp and clean, incredibly nice looking and helpful. The next was entering the museum, and as I walked around the first and main floor, there seems to be so much more information and interactive material added to the museum. Some



of my favorite new interactive additions include the faux controversial election voting: you pick a card that tells you who you would have been at the time, and it determines if you could or could not have voted during the election. The card I drew determined that I was a female U.S. citizen, aged 67, and I couldn't vote as I was a woman. I thought this activity was really interesting, as it puts you back in the time period and integrates you as a part of history. Another I saw was the Civil War Soldier's Experience, which tested if you could carry the weight that regular soldiers would during the war. Surprisingly, everything was a lot

heavier than I imagined: the pack alone weighed 46 pounds!

Some other things I enjoyed were the wall of letters and medals. During Hayes' and his son Colonel Webb C. Hayes' lifetimes, they collected presidential signatures via letters. This wall featured a lot of those signatures, including the continuation of them into today with Barack Obama's signature. The Presidential Pop Culture Exhibit, which continues on until October, was also an interesting exhibit that can be applied to past and present. This exhibit tells of how pop culture influenced the public in terms of presidential elections and candidates, which is something important to apply to today as pop culture continues to shape and change our perspective and influence us.

I thought the new additions to the Hayes Center elevated what was already there: the interactive exhibits, the ties to past and present, and the new instructional and educational videos were really informational and helpful. The vid-

eos and interactive aspects were my favorite, and there is something for all ages now included in the museum, and everyone can understand the parts they've added. I can't wait to go back and experience the museum again, and perhaps next time, even take a tour of the house.



The Church Ladies' Rummage Sale

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Q: There is a feral cat in my backyard that had two litters of kittens this past year. I have found homes for the kittens, but now I want to trap the mother and get her spayed so that this cycle stops. However, she is very wild and never allows us to approach more than 20 feet. I bought a live catch raccoon trap from Lowes and baited it with a can of cat food and set it out for her. However, it has been a week now and she will not go in the trap. We watch her in the backyard at night from a window and we have seen her sitting right in front of the trap looking at the food but she refuses to go in. Is there anything else we can try? - Hugo Grant, Allentown, PA

A: She sounds much more cautious than most feral cats. If you just leave things the way they are now she may try to enter the trap in such a slow manner that it may try to close prematurely and then she will never go into it.

I would advise you to wire the trap open so it cannot close for now and just leave it out with food just in front of it. When she is eating the bait in front of the trap then you can gradually move it further into the trap until she is confident that she can go in and out of it with no hesitation.

This should take about two weeks. Then you take off the wire that is preventing the trap to close and leave it set out and most likely you will catch her the first night.

Since she will likely panic, please be sure that you cover the trap with a water proof tarp securely before you start this process. That way if she gets

trapped in the middle of the night at least she is protected from the elements and if it is dark inside the trap she will feel a little less anxious.

Q: I have three indoor cats. We provide them with scratching posts and other toys, but they are not interested in them. Instead, they are destroying our furniture with their claws. I don't believe in declawing, so is there anything else I can do to stop them from scratching the furniture? — Ann Sparks, Denver, Colo.

A: If your cats are scratching the arm of the couch, cover the arm with a towel, blanket, piece of wood, books, aluminum foil — anything to keep them from getting access to their preferred scratching spot. I like a product called Sticky Paws®, a double-sided tape that doesn't damage the furniture and feels sticky to their paws when they try to scratch it. Once the couch appears off-limits, put the scratching post near it,

since your cats will head that way to scratch already. Rub catnip on the post or leave treats on its base to attract the cats. Praise them when they use it.

To create a scent barrier, look for "keep off" type products in pet stores that you can spray on the furniture. You will need to reapply these products every 24 hours until your cats learn to leave the couch alone.

Thanks for not declawing your kitties and for recognizing scratching is a natural cat behavior that needs a healthy outlet. You're an awesome pet parent.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)

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It's Time We Stand Up to Illegal Drugs in Sandusky County

By Dr. Paul Silcox

After looking back and reflecting on 2016 in Sandusky County, there were many things that I was glad to see how things were looking up in my life and family. But as most of you know, it was a year that forever left its mark in the form of a hole in my heart that can't ever be filled.

A young man that I had known ever since he took his first breath, til just a few hours before he took his last, succumbed to the Sandusky County heroin epidemic. It was my son. And as I write this, I am having one of my grieving moments.

My purpose in this article is to truthfully inform and enlighten, teens, parents, grandparents, teachers, preachers, youth pastors, counselors and voters of Sandusky County how bad this is and what is trying to be done about it.

Below is a table that shows the overdose deaths that have occurred in Sandusky County compared to Seneca Co. to the south of us and Ottawa Co. to the north of us over the last 5 years.

Overdose Deaths	Seneca Co	Sandusky Co	Ottawa Co
2012	5	4	4
2013	6	5	2
2014	9	13	3
2015	6	12	3
2016	8	25	10
Total	34	58	22

almost 25 years. Our Drug Task Force in Sandusky County is less than 2 years old and only has 2 full time officers to cover 418 square miles.

The passage of the levy will provide 4 full time officers, and a full time prosecutor along with an office administrator. The funds raised will only be used for law enforcement to reduce the illegal drugs coming into our county and to work with other agencies to track down the sources of the tainted, poisoned drugs. The prosecutor is dedicated to seeking the harshest sentences possible to send out a message that Sandusky County is not a pushover community to run an illegal drug business.

I had no idea how bad this problem was in our county, much less our nation, until last November when I lost my son. Now I know how bad it is. I'm trying to enlighten and educate others in hopes that they don't find out the hard way like I did.

In the first two months of 2017, Sandusky County has had 6 overdose deaths and if that pace continues, we are on track for a 50% increase over last year.

Seneca and Ottawa counties have had a Drug Task Force in place and operational for

Delay the Disease: Fighting Parkinson's disease

By Lesley King, PTA

April is Parkinson's Awareness month. If you or a loved one has been diagnosed with Parkinson's disease, know that you are not alone. There is a community of individuals and family members who are living and fighting daily just as you are. In your community is a staff of therapist's who have received specialized training in the treatment of Parkinson's disease.

Delay the Disease is a community based fitness class for individuals with Parkinson's disease. The fitness class utilizes specific exercises to address the symptoms associated with Parkinson's disease. Research

has demonstrated that intense and rigorous exercise on a daily basis does delay the decline of function associated with this disease. Delay the Disease is a tool available to assist you in the management of your disease and enable you to delay the loss and live the most functional life possible.

PT Services is proud to recognize the following therapist for achieving instructor certification for Delay the Disease and will be joining current instructors Vickie Sneath, PT and Lesley King, PTA.

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