

2000 Lifestyles

Free

Vol. 19 Issue 4

April 2018



Happy Easter

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Lifestyles 2000

April 2018
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Fremont & Clyde, Denny's, Frisch's, The Garrison,
Bassett's, Kroger's and Clyde Drug Mart*


Agencies Plan Volunteer Appreciation Event

Plans are underway for the 17th annual Volunteer Appreciation event to be held on April 26 at Anjulina's Catering & Banquet Hall LLC, 2270 W. Hayes Avenue. The doors will open at 5 pm with dinner and program to follow.

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 & Museum, 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 and First Call for Help, WSOS Senior & TRIPS Programs and YMCA of Sandusky County.

The annual event is financially supported by the participating agencies and area business sponsors. Participating agencies are pleased to offer this cooperative event each April to celebrate National Volunteer Week which is celebrated the week of April 15. 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 13. Regrets need not call.



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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. 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 100 retail locations in Sandusky and Ottawa counties.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

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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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

I can hardly believe it, in May we celebrate 19 years! They say when you love your job it isn't work and I can truly say that I have been on vacation for the past nineteen years.



Thank you to our readers and advertisers for making Lifestyles successful, also a thank you to my designer, Tammy Calhoun, and our writers. It is a treat to work with all of you.

Have a Happy Easter and let's hope we have some spring weather soon, we deserve it!

Joanne



There were over 170 entries this month, one of our biggest months in some time. North Branch Nursery was the correct answer.

Find Pete Winners

Winners are: Eileen Shetzer, Paula Chambers, Becky Balsizer, Clyde; Phyllis Sours, Daisy Miller, Jake Ellison, Green Springs; Kalea Johnson, Dick Setzler, Cindy Stierwalt, Cathy McFerren, Chris Reed, Barbara Behrendsen, Tom Drusback, Brianne Rakes, Ron Wheeler, Fremont; Gail Edwards, Gibsonburg; Sharon Miller, Bettsville; Lynne Warnick, John Artino, Eileen Siesel, Bellevue.

Find Pete Prizes

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

SUMMER CONTEST: Starting next month we will be giving away 2 African Safari passes for 6 people valued at \$130 each to Celebrate our 19th Year. To enter, just put "Celebrating 19 Years" on your entry. You do not have to find Pete to play.

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.

Should You Give Your Child an Allowance?

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



Robert Morton

Researchers interviewed 1,000 parents across America and found that 70% of them gave their children an allowance. If you give your children an allowance, structure it so they must manage it themselves. The experts agree that it is the gateway to developing sound budgeting and spending skills and can be started as early as age five. With some ground rules established, decide with your children what the weekly allowance is to cover and establish prearranged times for payments.

With younger children, start with bi-weekly allowance payments, then gradually increase the payments to weekly intervals. As they grow older, most teens can budget successfully with monthly allowances. Always make allowance payments on the same day, so they can pace themselves and securely plan their spending and savings. Encourage them to consider how they will spend, save, and share their money.

Give younger children a transparent container to store the allowance in and give them coins, not bills. In this way, they will concretely feel the weight, hear the jingle, and see their shiny accumulations when they save and their disappearance when they overspend. If your child wants a candy bar, comic book, or a mechanical hobby horse ride at the grocery store (Are those still around?) simply state, "Use your allowance money, honey." If the piggy bank is empty, that is the end of the matter. Don't use the allowance as a means for punishment or as payment for household chores...everyday jobs around the house should be an expected contribution for the good of the order. Remember, giving your children a regular, predictable income enables them to learn to make sensible money-management decisions; it shows them the value of a dollar and how to handle and manage their money.

You can pay kids for special or extra jobs around the house, but routine household chores should be expected, without pay.

Your early efforts in teaching young children that money doesn't grow on trees or magically spring from the deepest recesses of your pockets should make money management easier for them later on.

Hopefully, by teaching our children the relationship between postponing gratification, budgeting, spending and saving, they will discover something which many adults have not...that money makes a terrible master but a magnificent servant.

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. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"-both can be found in Kindle or paperback at Amazon.com books.

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Out and About

By: Kelsey Nevius



By Kelsey Nevius

It's hard to believe it, but spring is coming, and not only do the events pick up during this time of year, but it's a transitory time for everyone in the same position as I am. Come May, I'll be closing one chapter of my book, and opening that next as I walk across the University of Findlay stage and receive my two diplomas, one for

English and the other for Journalism. I suppose it seems only fitting that graduation is held in May, and as the seasons change, so will I, along with my fellow graduates.

Some things never change, though: no matter how old I get, I still love to set off on adventures and write about them, hoping to inspire someone else to set off on their own adventures, too. Most times, you don't have to look far. Events and festivals are popping up on the horizon left and right, but for this month, I wanted to focus on something that has always held a place in my heart.

My love of food was inspired at a young age, as my mom is a great chef with a lot of talent and a knack for stocking the house

with savory dinners and sugary desserts. I have always loved trying new things, even when I looked into the pot and said new thing looked a little too strange for me to even begin to think of eating it.

So, for this month, when my mom said that she was attending her monthly Cookbook Club, I wanted to join in. As I'm at school most of the time, I hardly ever get to go, but because of a blessed spring break, we were able to make the trek out to the Clyde

Library and attend, delicious smelling bags of food in tow.

For the Club, there's a different theme every month, and you make whatever you find or feel like based on the theme. This month's theme was "Food Bloggers", so both my mom and I scoured the internet to find something. While she went big by making Dr. Pepper Sesame Ribs, I stuck to my not-so-great-at-cooking side by making a batch of extremely easy Brookies (or brownie-like cookies, for those of you who haven't heard of them).

My brookies took 3 ingredients (brownie mix, vegetable oil, and a few eggs), my mom spent all morning filling the house with an almost barbeque-like smell. We toted our finished products to the library, ready to try some new foods that others had found.

Unfortunately, I came on the one off day of the year, as there were only four of us in attendance. However, Rachel's Butterscotch Cinnamon Pie and Nelsey's Oat Crackers and Bean Dip rounded out our miniature feast.

Though my mom's ribs were a hit, and my brookies could only be pulled off so well, I'm just glad I got to spend time with others and bond over a common factor that can bring us all together. The power of food sometimes astounds me, how it can bring a room of complete strangers together and make friends where nothing was before.

That, to me, is better than anything I could have tasted. Plus, I get the added bonus of spending time with my mom. To me, nothing is sweeter than that.



Nutritional Support for Healing

By Patricia Zilles

Nutritional support alone can improve energy intake which supports the survival, function and quality of life. The nature of life begins from the smallest parts of living things to the largest plants and animals.

Dietary energy density is positively associated with energy balance in patients with illness and advanced stages of cancer. Relations between energy intake, energy density, and energy balance are affected by systemic inflammation. Thus, targeting systemic inflammation may be important in nutritional interventions.

Cells Obtain Energy from Food: All cells require a constant supply of energy to generate and maintain the biological order that keeps them alive. This energy is derived from the chemical bond energy in food molecules that serves as fuel for cells. Sugars are particularly fuel molecules, and they are oxidized in small steps to carbon dioxide (CO₂) and water. Glucose breakdown dominates energy production. Water enters the cell by osmosis.

Enzymatic breakdown of food molecules in digestion, which occurs either in our intestine outside cells or in specialized organ cells. Molecules in food are broken are broken down during digestion in their sub units- proteins into amino acids, polysaccharides into sugars, and fat into fatty acids and glycerol through the action of enzymes. After digestion the small organic molecules derived from food enter the cell where the final oxidation begins. Oxidation has three steps that further break everything down into DNA, RNA and smaller ribosomes.

Patricia Keller, the clinical nutritionist at The Bellevue Hospital, will be our guest in April to share with us about the food we eat that supplies the energy power that helps the brain function at its best.

Please join us on Tuesday April 3, at The Bellevue Hospital, conference room A-B, at 6 PM and we will dismiss at 8 PM. Patricia will be speaking the first hour and then we will take a short break at 7 PM to have open discussion and ask questions. Reiki moving meditation and breathing will take us into closing. I hope to see you there.



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MUST BE 21 TO ENTER



All Month-May 25: Special exhibit “Bhutanese-Nepali Neighbors: Photographs by Tariq Tarey.” Rutherford B. Hayes Presidential Library. www.rbhayes.org

Storytimes at Birchard Public Library, 423 Croghan Street. Storytimes for 3-5 Year Olds, Tuesdays at 9:30 am, or Wednesdays at 10:30 am, Storytimes Birth to 36 Months, Tuesdays at 10:30 am, or Wednesdays at 9:30 am. Family Storytimes Tues. at 6:30 pm.

Preschool Storytime, Gibsonburg Public Library. Storytimes for 3-5 Year Olds Tues. at 9:30 am, or Wednesdays at 10:30 am. Storytimes for Birth to 36 Months Tues. at 10:30 am or Wednesdays at 9:30 am. Family Storytimes Tues. at 6:30 pm.

2- Music Makers, Gibsonburg Public Library, 4:30 pm Preschoolers are invited to enjoy music, stories, songs, and a craft with Mrs. Jamey.

5- Poetry for Homeschool Students, Gibsonburg Public Library, 11 am. All levels of writing are welcome to attend.

7- LEGO Club, Green Springs Public Library, 217 N. Broadway, Green Springs, Ohio 44836 Saturday, April 7, 1:00 pm Kids can drop in to build a Lego creation.

8- Egg-tastic Easter Egg Hunt, White Star Park Barn, Gibsonburg, 2-3 p.m. For ages 2-5 years. We will have a little fun with Nibbles the Nature Center rabbit and finish the day off with an Easter egg hunt. 419-334-4495 to register.

8- Tree Huggers: Colorful Kites, White Star Park Barn, Gibsonburg, 2-3 p.m. For ages 6-12 years. Make your own kite and have lots of room to fly it. 419-334-4495

9-Cookbook Club, Gibsonburg Public Library, April theme: Vegetarian Recipes. Bring a copy of your recipe with your dish!

11- Book & Munch Bunch: Chapter Books for Grades 4-7, Gibsonburg Public Library, 3:30 pm Eleanor Roosevelt by Russell Freedman

12- Tales to Tails, Creek Bend Farm: Wilson Nature Center, 10-10:45 a.m. Storytime, crafts and adventure. Toddler to pre-school. Registration required.

12- Third Thursday Movie Club, Birchard Public Library, 1:30 pm. Free.

12- Teen Zines, Birchard Public Library, 3:45 - 5 pm, Grades 7-12. Learn how you can make your own zine (short for magazine or fanzine)! Materials will be provided, and registration is required. Call 419.334.7101, ext. 209.

12- Sandusky County Historic Jail Tour, 622 Croghan Street, Fremont, 5:30 p.m.& 6:30 p.m. www.sanduskycounty.org.

12- Book Discussion Group, Birchard Public Library, 7- 8:15 pm We will discuss Wonder by R.J. Palacio. Books are available at the adult reference desk. All are welcomed; just drop in.

14- Dog Walks in the Parks, White Star Park Barn, 10-11 a.m. Dog lovers! Leashes, vaccinations, and tags are required. 419-334-4495 to register.

18- Book & Snack Pack: Chapter Books for Grades 1-4, Gibsonburg Public Library, 3:30 pm Tuck Everlasting by Natalie Babbitt.

18- Adult Coloring, Green Springs Public Library, 217 N. Broadway, 5:30 pm.

19- Book Bears: Early Readers, Gibsonburg Public Library, 10:15 am.

Pearl and Wagner: One Funny Day by Kate McMullan.

19- LEGO Challenge, Birchard Public Library, 4:30- 6 pm K – 6th graders can drop in and build LEGO creations on their own or as part of a team.

19 – Native Gardens, Creek Bend Farm: Wilson Nature Center, Lindsey, 7-8 p.m. Landscaping with Native Plants: How to Bring Year-Round, Low-Water Beauty to your Gardens. 419-334-4495 to register.

20- Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historic Jail, 8 p.m. Cost: \$25.00. Must pre-register by calling 419-332-4470 or www.sanduskycounty.org.

21- Television & Electronics Recycling, Sandusky County Fairgrounds, 9 a.m.-noon. For info: 419-334-7222 or www.recycleoss.org.

21- Habitat Adventures (6-10yrs), Wolf Creek Park, South Entrance, 1-2 p.m. We'll explore along the trails to spot nests, dens, burrows and more, and even make our own animal, registration required.

21- Fish Surveys at Creek Bend Farm, Wilson Nature Center, Lindsey, 3-4 p.m. Participate in the ongoing fish research that occurs at Creek Bend Farm. Registration required.

23, 25, 27-Canoe with Eagles, meet at Countryside Park, 1970 Countryside Place, 5- 8 p.m. Paddle Green Creek in search of Bald Eagles. Participants must register with a partner. On-line registration is NOT available. Call 419-334-4495 to register. Meet at Park District Main Office.

23 – Storytime, Green Springs Public Library, 217 N. Broadway, 6 pm, fun for preschoolers.

23- Adult Coloring, Birchard Public Library, 6:30– 8:15 pm. All supplies are provided.

25- Take a Tour of the Unknown: The Paranormal Experience, Birchard Public Library, 7 – 8:15 pm. Paranormal specialist Kent McClary. McClary is one of the hosts of “Dead Air Paranormal Talk Radio”, a live 2-hour show every Sunday on WBGU-FM (88.1).

26 – Movie Classic Club/From Page to Screen, Birchard Public Library, 1:30 – 4 pm. To Kill a Mockingbird.

27- YMCA Child Development BBQ Fundraiser, 1000 North St. Rib and Chicken dinners are available for Dine-in, Carry-out or Drive-thru. Order your meal by purchasing your pre-order tickets. Walk-up meals sold the day of event until sold out.

28- Lego Challenge, Gibsonburg Public Library, 100 N. Webster Street, Gibsonburg.

28- Fish Surveys at Creek Bend Farm, Wilson Nature Center, 3-4 p.m. Participate in the ongoing fish research that occurs at Creek Bend Farm. Registration.

29- Comedy Presentation of “The Six Ages of Woman”, Bellevue Historical Society of the Arts, 205 Maple Street. Open 1:30 pm, Appetizer Reception 2pm, Show 3pm. Tickets \$25 ~ www.bellevuehistoricalsociety.com

30- Wildflower Walks, White Star Park Barn, 925 South Main Street, Gibsonburg. 6-8 p.m. 334-4495 or www.lovemyparks.com to register.

30 – Adult Book Discussion, Gibsonburg Public Library, 7:30 pm; The Heart and the Fist: The Education of a Humanitarian, the Making of a Navy Seal by Eric Greitens

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Starting Seeds Indoors

By Viola Purdy, Sandusky and Ottawa County Master Gardener Volunteer

Spring is here and giving me an itch to get out in the garden. The weather has not been very cooperative, but one thing I do is start a few plants indoors. (Mainly peppers and tomatoes). I can get a much better selection and try new varieties.

Buying Seed: You can get seeds almost anywhere. I like to order mine from catalogs because there is lots of variety. The seed packets are full of good info regarding sowing and transplanting; how many days to maturity, how long they will take to germinate, whether they need light or darkness for germination and any special instructions. If you have never tried starting your plants indoors from seed, I suggest starting with vegetables.

Containers: Start your seeds in small individual containers. Cell flats can be bought or you can use recycled items such as egg cartons. There must be drainage holes. The reason you use individual cells is to avoid damaging the roots when transplanting. The exception are onion and leek seeds. Containers can be reused from year to year if they are washed in a 10 to 1 bleach solution. Fiber or paper pots can be used for seeds that do not transplant easily.

Sowing the Seed: A purchased soilless mix is best, it is lightweight, giving your seeds an easier medium to grow in. It should be moistened first before sowing seed, it will dramatically settle. Put 1-3 seeds in a cell, following the instructions on the packet. Some seeds require darkness for germination, cover

these with a layer of newspaper to keep out light. Some need light and can be covered with a thin layer of vermiculite to allow the light in while keeping moist. Cover with the dome of purchased flats or use plastic wrap if using recycled items. Put in tags with names and dates. Even though you tell yourself that you will remember, they always find a way to confuse you.

The soil should be kept moist until germination takes place. The tops can be sprayed with a spray bottle of water. Bottom watering is best, but be sure to dump any extra water so they will not sit in it.

Place in a warm place. On top of a refrigerator is good or placed on a heat mat.

The heat will help with germination. Avoid drafty areas and window sills.

A good lighting fixture is a shop light with grow bulbs. I find these bulbs to be expensive so I use a cool and a warm bulb in each fixture. Keep the light 2 inches above the plants. A water soluble fertilizer mixed as a ¼ strength solution can be used after they have 2 sets of true leaves. This can be done once a week.

After Germination, if more than one seed developed they should be thinned by snipping off the smallest or weakest with scissors. Do not pull, this can damage the roots.

Transplanting: Before planting outside you may need to transplant into larger containers if the roots fill up the smaller pots. They need room to develop for stronger plants.

Before planting into the garden your seedlings will need to be hardened off.

This will reduce transplant shock. Set your seedlings outside in the shade to get them used to the weather and wind. Do this daily starting with an hour or two, then gradually increase time. This can take 2 weeks.

Plant into garden on a cloudy day being sure to water each plant. If you have used paper or organic pots, take out the

bottom of pots and trim pots off at soil level when planting to avoid these pots from taking moisture away from plants.

If you have seeds left over, they can be kept for 2-3 years if kept in a cool dark place.

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The Bowlus Law Firm, 207 N. Park Ave.

Holland CPA, 512 Court St.

www.fremontkiwanis.org

In Your Own Backyard

We are partnering with Elmwood of Fremont to offer a free seminar on Transforming Loss: Finding Potential for Growth on April 17. Registration begins at 8am and the program begins at 8:30am- 10:30am. The event will be held at Elmwood and is FREE, open to the public and breakfast will be served. For those professions needing CEU's, social workers, nursing home, administrators, physicians, nurses, funeral directors, clergy, can obtain 2 CEU's for \$21.

4th Annual Bloomdale Spring Arts & Craft Show, Sat., April 28th, 9-3. All items handcrafted/hand assembled The areas only "exclusively crafts" show! 40+ crafters. Car Show 11-2, Silent Auction, Food, Music Benefitting Cancer Patient Services

Hello fellow book lovers! It's that time of year again! Our next book sale is April 18, 5-8. This is for Friends of Birchard Library only. If you are not a Friend, you may join that night for a small fee and join in all the fun! Otherwise, the sale is open to the public April 19, 10-8, April 20, 10-5 and April 21, 9-12. Saturday is bag day. We supply the bags, you fill them for \$3. To join the Friends of the Library, it is \$5 for Student/ Senior Membership, \$10 for an Individual, \$15 for a Family, \$30 for an Individual Sponsor, \$50 for a Corporate Patron and \$30 for a Business Associate. Birchard Public Library is located at 423 Croghan Street Fremont. Our prices range from 25 cents to \$3. Best prices around town! 419-334-7101.

The next Sandusky County Prostate Cancer Support Group will be Wed., April 25th at 7pm at Promedica Memorial Hospital. A speaker will be presenting a program and there will be private group discussion. Wives and significant others are welcome to attend. There will be refreshments and meetings are free. For more Info contact Beverly Hart, RN at 419-547-8273.

Free Investing Event: "Demystifying Investing" is a free introduction to investing; an event for everyone. Sponsored by BetterInvesting's Northwest Buckeye Chapter and Terra College Foundation. Thursday, April 12, at the Ronald Neeley Conference and Hospitality Center at Terra State Community College. 4:30 to 6:45 p.m.—walk-in discussions for future investors—students & staff welcome. 7- 8:30 p.m.—presentation on "Demystifying Investing." Refreshments and prizes! Register soon, seating is limited. Call 419-986-5232 or register online at www.SurveyMonkey.com/r/WWLTP7Y

Izaak Walton Pop up shoots for this year: April 7, May 5, June 2, July 7, Aug.4, Sept. 1, Oct.6, and Nov. 3. Held at

the Izaak Walton League Fremont Chapter C.R. 170 from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5 for 20 target presentations. For more info call Larry Perkins, 419-355-8374 after 5:30.

Bean and Cornbread Supper on April 14, 5pm-7pm @ Mt. Carmel UMC, 4997 CR 183 in Clyde. Donation Only, includes potatoes, cole slaw or applesauce, homemade pies..

Clyde Public Library Book Sale sponsored by Friends of the Library will be on Friday, April 21 from 9-5 and Saturday, April 22 from 9-3 with Saturday being bag day. Fill a bag for \$3, bags are provided. A big selection of hard back and paperback adult fiction and non-fiction books, children books, CD's, DVD's, magazines. We will also be selling cloth Clyde Public Library, Friends of the Library bags for \$5. The address is 222 West Buckeye St., Clyde.

THE SHOW MUST GO ON: Fremont Area Women's Connection; Anjulina's Catering, 2270 W. Hayes Ave, Fremont on Tues., April 10, 11 am – 1 pm, cost \$12 incl. Feature will be Randy Brown, Fremont Community Theatre, telling us about their latest show "Joseph and the Amazing Technicolor Dreamcoat". Our Speaker will be Sue Simmons, Mentor, her topic "On the treadmill of life, where are you going?" For Reservations and free child care: please call by April 5, Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com

LA Hair Design's Girls Night Out Party! "Women Empowering Women" April 28th, 6-8pm, Green Springs



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The Chamber Foundation of Sandusky County will be hosting the 7th annual Progressive Agriculture Safety Day®, Sat., April 7 . The event will be held at the Vanguard-Sentinel Career Center in Fremont, from 9 a.m. -noon with check-in from 8:30 a.m. 8:50 a.m. and is for youth, ages of 8-13 years, whether they live on a farm or in town. Registrations are currently being accepted until March 30th and any child registered by March 30th who attends the event, will be entered into a drawing for a chance to win a Kindle Fire. Free event and children will receive a pizza lunch, event t-shirt and "goody" bag. The event is sponsored locally by Bunge and The Andersons. To register your child call 419-332-1591.

Hey Fremont! Did you know that twice a year Fremont holds a city-wide scavenger hunt for adults? Teams of (up to) 6 meet at the YMCA at 5:45pm on April 21st.. They are given puzzles and riddles to solve which lead them to area businesses. At the completion of the hunt, everyone is treated to dinner and has a chance to win incredible door prizes. The cost for the hunt is \$99 per car/team. The winning team wins a cash prize (last year it was \$500) and gets to plan the next year's hunt! Look for us on FB. For questions call Becky at 4190680-8052.

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Out to Lunch

By Lynn Urban



Brad's BBQ

Brad's BBQ in Bellevue hasn't been around long, but has quickly become a popular place. I think the locals are happy to have a good place to eat in the former McClains restaurant on Main Street.

They are known for their BBQ ribs, brisket, and smoked prime rib, which are served only on weekends as their specials. That is when the smoker comes out. I found out the owners have their own farm and raise their own pigs for their signature BBQ. The beef is also farm raised. This makes for the freshest of meats.

The extensive menu consists of many homestyle meals such as perch, chicken, pork chops and steaks, to name a few, plus the daily specials. A favorite of my group was the tender Roast beef, mashed potatoes, and gravy. This, served with a vegetable was only \$8.99. I had a hand pressed ¼ lb. cheeseburger, hand cut fries and cole slaw for \$5.99. The 21 pc. shrimp basket had nice large lightly breaded shrimp with fries for \$8.95. The prices are quite reasonable.

They have a huge breakfast menu serving from 6am- 11pm daily. On Sundays, they offer a very nice breakfast buffet serving until 2pm for the after church crowd and priced at \$10.00.. The buffet is filled with plenty of fresh breakfast food. The sausage gravy was delicious, and made from their homemade sausage.

If you have room for dessert, they have a selection of homemade pies and usually a home-made cake on hand everyday. There is also a full service bar. Brad's BBQ is well worth the trip.



United Way Wraparound Program

Have you ever been concerned about your child's behavior at home or school? United way is helping to support the Sandusky County Family and Children First Wraparound Program to offer out of the box help to families with multiple needs.

United
Way



Wraparound is a group of people who have not given up hope on a youth or family but believe anyone can change. We support youth and their families through collaborative problem solving using family's strengths and addressing underlying unmet needs. We believe that if a kid could do well they would, and by giving youth and families the right supports and building skills necessary to be successful, unmet needs are met and changes happen. We believe every challenging behavior stems from an unmet need in a person's life. The ultimate goal in wraparound is to provide the family and youth with knowledge and skills to become self-sufficient and live a healthy, happy, meaningful life.

For example, last year a family in Sandusky County struggled with unemployment, lack of adequate housing and food, youth had bad grades and suicidal thoughts. Through the wraparound process, the family was able to secure suitable housing, adequate food, the family was connected with a therapist, youth's grades went up, and the overall mental health of the entire family improved.

For more information on wraparound, go to www.sanduskycountyfcfc.org or contact Megan Kimberlin at mkimberlin@scbdd.org or 419-332-9296, ext. 140. For info on how to support United Way of Sandusky County, go to www.uwsandco.org or call 419-334-8938.

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Helen Marketti's Music Corner

Chuck Negron
Formerly of Three Dog Night



Fans will recall the signature and memorable hits from Three Dog Night such as One, Easy to be Hard and Joy to the World among many more. As one third

of the lead singing trio with a career spanning nearly 50 years, Chuck has traveled a journey of being one of rock's kings to nearly becoming one of its statistics of mourning.

"I am originally from Brooklyn but eventually moved to California because I had a basketball scholarship from Allan Hancock College. I was recruited by Bill Sharman who is mostly known for his time with the Boston Celtics," said Chuck. "Anyway, one evening I went to a dance. I got onstage and sang a couple songs with some friends. I was just singing for fun."

Not long after that Columbia Records came to call and asked Chuck to come to the studio. Shortly after he attended a party in Hollywood where he met Danny Hutton. "Danny and I met up again and this time he had Cory Wells with him. He and Cory had gotten together and they decided they needed a third person for a three-part harmony and three lead singers. That's how Three Dog Night got started. There were moments where it seemed we couldn't live without each other. It was a time that was very special and magical."

"I feel grateful that I have this opportunity to still sing these songs. I am glad I have something left to give in

spite of all the damage I heaped upon myself. I feel blessed to be doing this at age 75. I will never be the way I was but I am glad for what I am able to give," said Chuck.

Life was not always kind to Chuck Negron. He admits that had come from his own doing. Eventually, he turned to heroin, which in turn nearly ended his life. "The first time I went through rehab was in 1985. I saw it as an opportunity to change my life but when I got out of rehab the call to get high again was there and I didn't put into practice what I had learned or should I say I didn't want to. I spent thirteen years in and out of 37 rehab facilities. Rehabs became my safe haven from being homeless. The 37th place I was at was called Cri-Help and that was for hard core heroin addicts. Cri-Help had contracts with the prison system so if people were being paroled who were drug addicts they went there. You had to quit your habit cold turkey. There was no such thing as detox," explains Chuck. "I prayed to God to let me die or at least have one minute of relief from this sickness and relentless obsession. Then I fell asleep when I thought I would never sleep and when I woke up the next morning, it was over. The obsession I had felt was gone. I knew that God had intervened. I threw myself in the program and it changed my life." Chuck is celebrating 26 years of sobriety.



He shares numerous experiences in his autobiography, Three Dog Nightmare with eleven new chapters and released on March 13. This will be the final edition. "The book is used in some rehab facilities, including Cri-Help," said Chuck. The first edition of the book was released in 1999. "I worked with Chris Blatchford who worked as an investigative reporter for FOX News. He encouraged me to write the book and share my story."

As Chuck got back to his music career, he noticed over time he would be out of breath when he came offstage. "My breathing was very labored but I didn't worry about it because I knew I would recover. I wasn't scared. I was too dumb I guess." (laughs) My girlfriend started taking oxygen readings after my shows and my numbers were low. Low enough where I could have had a heart attack or brain damage. We went to see a specialist and he said I would need to wear an oxygen cannula. Entertainers are supposed to make people relax, have fun and not remind them of life trag-

edies or illness. That's the way I felt," explains Chuck.

"My girlfriend and manager, Ami Albea looked into the matter further. She found a company called, Oxy-View. They design the glasses where the oxygen cannula is hooked up to the back rims of the glasses with two small hoses that fit in your nose. It saved my career," said Chuck.

Chuck does as many as 70 shows per year. He does solo work as well as travels with The Happy Together tour, which will start in June. "I love the creative process. The act of artistic endeavors is the reward. You do what you love and hope the magic happens."

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

OK, Ms. Grace, how long did it take you to make that pie that we guessed the making time at the Home and Garden Show? Well, here's the official report. On Friday we had 62 guesses. The actual preparation time for the apple pie was 20 minutes and 55 seconds. Steve Haslinger was the best guesser at 20 minutes and 30 seconds. He has already chosen Cherry pie, I baked it for him, he picked it up and I'm sure that pie is history by now. On Saturday 189 guesses were made on the preparation time required for the blueberry pie with a lattice top crust. The winner was Ann Kistler with a guess of 21 minutes and 15 seconds, which was only 1 second short of the actual preparation time of 21 minutes 16 seconds. On Sunday 74 people ventured a guess on the time it took me to make the lemon meringue pie, excluding crust baking time and browning the meringue. The actual preparation time was 24 minutes and 28 seconds. The winner was Barb Stout with a guess of 24 minutes and 18 seconds.

Until we did this at the show, I really had no idea how long it took me to prepare a pie for the oven, I just did it. The guesses ranged from 3 ½ hours, down to 10 minutes. I smiled at the 10 minutes and said to myself, "I'm fast but not that fast!" It was fun and visitors have come to expect some kind of game or contest when they visit us at our Old Garden House booth. We'll have to think of something fun for next year.

I've been thinking about doing this for a few weeks now and I've decided to go for it! As you may know, I really like the song of a singing canary. Last fall I called several pet shops to find a male mature canary that was singing. Male canaries sing-females only chirp, but do not sing. In my phone search, I found a male canary in a pet store in Sandusky. They said it was male and he was singing. I did not know that I should have gotten that in writing. Well, long story short, it doesn't sing. She just chirps. Since it hasn't sung by now, I know for sure "He" is a she and by now she is my friend and her chirps are my "good morning welcome" each day. I was just going to add this experience to the list of other things I have learned from experience and move on. I would keep Twitter

and enjoy her active personality and most welcome chirps.

Then, as luck would have it, I was cleaning and sorting through my collection of cook books and other pamphlets on my kitchen shelf, when I came across my mom's old "How to Breed and Raise Canaries" booklet dated 1951. (The year my mom got a female for her male and we hatched baby canaries) Needless to say, I spent the next half-hour reading, remembering and re-considering my decision. So, long story short, I can scratch the How-To-Do book from my purchase list, but, I'm going to buy a certified, in writing, male canary and try to breed him with Twitter and hatch a few baby canaries.

I have found a certified male at the Bird Loft, about an hour and 15 minutes east on the turnpike and I've read mom's canary book. If all goes well, we should have from 3 to 6 hungry baby birds-just in time for the 4th grade class visits in early May. We think we will name the male Tweet to go with our female Twitter. We're working on "E" names for the baby birds. (That sure is counting your chickens before they are hatched isn't it!)

We'll let you know as our adventure progresses.

Keep a smile on your lips and a song in your heart as you remember that LIFE IS GOOD.

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

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"Grate" Treats & Eats

By: Chris Timko-Grate

I sure do like the sound of saying "April". I know for sure now it is spring! We have longer days of daylight and those days are getting warmer! I am also ready to fire up the grill! Same amount of prep but very little clean up. Of course the great taste is the first reason to grill for me.

I have spent some of the winter going through cookbooks looking for grill recipes to try. When I find good ones I will gladly share them with you. But until that time I came across two very, very easy fruit salads that will carry you until all the good fresh fruit is available this summer. One has four ingredients and the other six, and no cooking required! Enjoy and remember to share your favorite recipes with me, I am always looking for new ones.

Fruit Salad #1

1 can peach pie filling
1 can pineapple, drained
1 package frozen strawberries

2 or 3 bananas cut up and sprinkled with lemon juice
Mix and enjoy!

Fruit Salad #2

2 packages instant vanilla pudding
2 cups milk
1 large Cool Whip
1 can mandarin oranges
1 can pineapple chunks
1 jar maraschino cherries

Drain all fruit until very dry. Beat pudding with milk until thick; fold in Cool Whip and into fruit. This keeps for several days.

Quote for the month: Good instincts usually tell you what to do long before your head has figured it out! Michael Burke

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

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (Mar 21-Apr. 19): Don't look back. Show that you are the one who can get things done by taking definitive action and giving a maximum effort. Others may be comforted if you assume the role of leader.

TAURUS (Apr. 20-May 20): Take what you can get. You should set aside some extra time to spend with a loved one as schedules may conflict. Only purchase items that have some lasting value.

GEMINI (May 21-June 20): Put your best foot forward. The key to getting ahead with a new romantic prospect lies with making a good first impression. Career and business matters may fall into a rut.

CANCER (June 21-July 22): Shake things up. Usual hobbies or pastimes may not cut it as you long to try something new and adventurous. Throw caution to the wind as hesitation is your only enemy.

LEO (July 23-Aug. 22): An ounce of prevention is worth a pound of cure. It is an excellent time to update or upgrade tools which may soon be out-of-date. Don't let a minor problem get more attention than it's worth.

VIRGO (Aug. 23-Sept. 22): You've got all the time in the world. Move at the pace that is most comfortable and you'll have no trouble fulfilling obligations.. Keep a cool head even when it seems that the clock is against you.

LIBRA (Sept. 23-Oct. 22.): Timing is everything. The stars may be trying to tell you something when someone is always there when needed and has all the right answers. Follow what you feel in your heart.

SCORPIO (Oct. 23-Nov. 21): Don't bite off more than you can chew. Keep your ambitions within reason or you could quickly get overwhelmed by trying to do too much.

SAGITTARIUS (Nov. 22-Dec. 21): Go with the flow. You may not agree with the current consensus, but it is easier to go along with the crowd. It may be to your benefit to keep opinions under your hat.

CAPRICORN (Dec. 22-Jan. 19): Play fair. You may gain a short-term edge by using cutthroat tactics, but you'll lose a lot of respect in the long run. Be content as too much ambition doesn't suit your needs.

AQUARIUS (Jan. 20-Feb. 18): The only thing to fear is fear itself. Overcoming doubts is the only obstacle that stands in the way of achieving goals. Set the bar as high as you like, and then rise to meet it.

PISCES (Feb. 19-Mar. 20): Change may be in order. Fight off the tendency to put things off and get the ball rolling on new projects and plans. Put the past behind you as your focus should be on the future.



The Humane Society of Sandusky County Spaghetti Dinner

Sunday, April 15, 2018

Carry Out Drive Thru Only

Simply Soup, 500 E State Street, Fremont

Door: Adults \$10, kids 10 & under \$5, kids under age 5 are free

Pre sale: Adults \$9 & Kids \$4

Spaghetti, salad, bread & desserts!

Ticket locations: HSSC animal shelter, Jenesis Salon

Ad Sponsored by Holland CPA

Shelter Tails

By Joanne McDowell

This is Sticks, a four year old Schnauzer mix that was surrendered to the local dog warden with a badly broken hind leg. Sticks had surgery in March to have a plate put in to repair his leg, the other option would have been to remove the leg. He is doing well with daily therapy and we have begun accepting adoption applications.



The Humane Society of Sandusky County chose to raise the \$1800 needed to make this little dog whole again..



We are asking for donations to help with the cost of his surgery. To date we have raised \$1,100. If we go over our goal we will use the money

toward other rescued dogs and cats with broken limbs.

Donations can be dropped off at the shelter, mailed to 1315 N. River Road in Fremont, or you can call the shelter at 419-334-4517 and make a donation by debit or credit card. Please place "Sticks" in the memo line of your check. Your help is greatly appreciated! As a 501c3 charity your donations are tax deductible.



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DEAR MAYO CLINIC: My father is 64 and was diagnosed with Parkinson's last year. So far his symptoms are very mild, but I'm wondering what the typical progression of the disease is like. I have read that deep brain stimulation is sometimes recommended. When is this type of treatment usually considered? Is it safe?

ANSWER: The symptoms of Parkinson's disease, or PD, tend to begin very gradually and then become progressively more severe. The rate of progression is hard to predict and is different from one person to another. Treatment for PD includes a variety of options, such as exercise, medication and surgery. Deep brain stimulation is one surgical possibility for treating PD, but it's usually only considered in advanced cases when other treatments don't effectively control symptoms.

Parkinson's disease is a syndrome which typically has no known cause. The diagnosis is based on symptoms. Neurologists who specialize in movement disorders typically have the most experience with PD diagnosis and treatment. There are many symptoms of parkinsonism. The most common include excessive slowness and lack of movement, as well as shaking or tremor.

As in your father's situation, symptoms are often mild at the outset. How quickly they get worse varies substantially, perhaps because there may be multiple underlying causes of the disease. In most cases, symptoms change slowly, with substantive progression taking place over the space of many months or years. Many people with PD have symptoms for at least a year or two before a diagnosis is actually made. The longer symptoms are present, the easier it is to predict how a person with PD will do over time. In those who have tremor and symptoms on one side of the body only, the disease typically advances more slowly than in those without tremor who have symptoms that affect both sides of the body, as well as walking.

While life expectancy is marginally reduced, people with PD usually function quite well for many years. They are, however, at an increased risk to develop instability that could

lead to falls. They also have a higher risk for dementia. These two possibilities represent the greatest potential difficulties for those with PD.

While no treatment is currently available to slow the natural progression of PD, this condition is by far the most treatable of all neurodegenerative disorders. The vast majority of patients see major improvements in their symptoms with treatment that includes exercise and medication. For example, most people who have PD are able to function better in their daily lives five years after they start medication treatment than they were before they started treatment.

Surgery is only rarely required to treat PD, and usually is in the form of deep brain stimulation. This procedure involves placing an electrode into the brain that is connected to a battery. It delivers a small electric discharge into the brain, which influences the brain circuitry and improves symptoms.

Most people who undergo surgery for PD have had symptoms for at least five years. Surgery can be helpful when medications don't consistently control symptoms or when tremor persists despite medication. Serious complication rates for deep brain stimulation surgery are low, with most institutions reporting a 1 to 2 percent risk for serious side effects.

Several other disorders similar to PD, known as atypical parkinsonism, have a less favorable long-term outlook than PD. In some cases, it can be hard to distinguish these conditions from PD. After several years of symptoms, however, determining the correct diagnosis is relatively straightforward.

Working closely with his neurologist, it is likely that your father will be able to achieve acceptable PD symptom control. It's important that he contact his physician if he notices changes in symptoms, so treatment can be adjusted as needed over time. - Ryan Uitti, M.D., Neurology, Mayo Clinic, Jacksonville, Fla. (*Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT)SIGN@mayo.edu. For more information, visit www.mayoclinic.org.*)

Is It Spring Yet?



Robin Arnold



Gena Husman

"I HATE March!" Robin announced midway through the month. She had just come back into the house after trying to sneak up and photograph a pair of ring-necked ducks that had stopped by our pond for a bite to eat. The sun was shining brilliantly in a partly-cloudy blue sky when she'd walked out the door. Looking out the window ten minutes later, I couldn't see her through the blinding snow squall that hit right after she set up her camera. She did come back in a little later with several nice photos of the ducks, though. March is a strange month—it gives us Daylight Savings Time and Spring on the calendar even as the snow is piling up all around us. (No complaints though—at least we haven't gotten what the east coast has suffered through!) One day the temperature is 50 degrees with rain; the next it's mid-30s with snow squalls; some days the sun shines, too. Seven mergansers swam around the open pond one morning, but a pair of Canada geese skated across the ice on it a couple of days later.

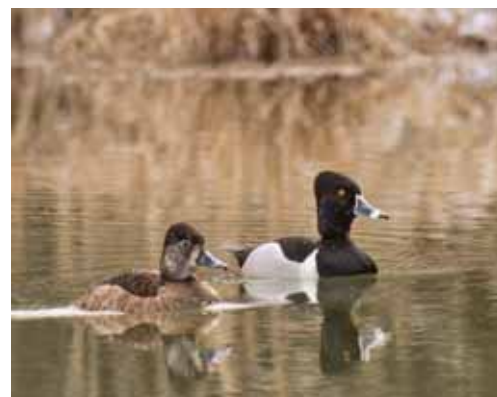
We're behind with spring planting.

With temperatures dipping into the low 20s at night, the dirt in our raised beds was still frozen in mid-March. Last year at this time, we had already planted two rows of Sugar Pod Peas and lettuce outside in the garden. We might have them planted by the time you read this. This year I waited to start our tomato and pepper plants indoors; I didn't want them to overgrow and not be able to put them out because it was too cold yet.

Late in February, out of curiosity, we started some lettuce indoors in a discarded plastic container and set it in the back window to see if it would grow. Lettuce is traditionally a "cold" weather crop and we didn't know if it would grow inside. Amazingly, we ended up with a beautiful crop of lettuce so thick that I thinned it by feeding some of the smaller plants to Ripley (our "rescue" parakeet) who gobbled them up like candy.

Due to a lack of activity where we had originally set up our trailcam, we decided to move it to a spot up on the dike around the marsh. That turned out to be a real lively place: the first night out it recorded six deer (including a young buck with only one antler), two rabbits, two raccoons, one fox, and one mink. Shortly after that, we were pleasantly surprised when it recorded a red-tailed hawk strutting around on the dike one afternoon...sure beats one tiny field mouse chewing on a corn cob any day!

Dust off your binoculars—spring bird migration is underway! We've had seven hooded mergansers, several wood ducks, and the pair of ring-necked ducks stop by our pond already, in addition to a pair



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Charlie is working to maximize our Sandusky County services within a balanced budget.

Dear Cathy,

We have a 1 1/2-year-old beagle mix that we rescued. We got her around 6 months old. She is adorable, loving and gets along well with our 7-year-old lab pit mix that we also rescued as a pup.

Our problem started when we began crate training her. She ripped everything and anything we put in the crate - pillows, blankets and towels - and she sometimes eats it. She's already had bowel surgery to remove a wad of rope from a rope toy she swallowed.

We tried putting nothing in the crate, but she tore things outside of the crate, even if we were home. She is very quiet when doing this, so we don't know what she's done until we find the holes and missing material, stuffing, etc. She rips apart any toy that is not the toughest, strongest rubber. She has eaten pillows, zippers, Velcro, shoe laces, tops of shoes and snaps.

Our veterinarian says beagles do this, and that she will outgrow this. We have had huskies, a beagle, and lab pit mix and never experienced this behavior beyond the initial puppy chewing stage. Is there anything we can do? - Terry, Commack, NY

Dear Terry,

Your veterinarian is right that most dogs outgrow chewing and other destructive behaviors around 18-months-old, so you might see a change over the next few weeks.

While dogs sometimes ingest things they chew, swallowing things, like pillows, zippers and rope toys, with the frequency you describe is not an entirely normal behavior either. Dogs also can develop behavioral or psychological problems, which may require medication to treat. Initially, you can try some calming treats, available at pet stores and online, or introduce her to Melatonin, which I mentioned in a recent column, to see if it will relax her. If it doesn't help, don't be afraid to go back to your veterinarian to discuss medication for your dog.

Whether bad habit, end of puppyhood, or psychological problem, she still needs lots of supervision, for now, and corrections when caught chewing inappropriate items. Take away

the item, say "no," and give her a hard rubber toy instead. Put peanut butter or other spray treat available at the pet store inside the toy and freeze it. A frozen treat will keep her mind engaged longer.

You also can spray Bitter Apple (available at pet stores or online) on items to discourage chewing, introduce basic obedience training daily to keep her mind busy, and take her on lots of walks, weather permitting, to expend some physical energy.

Dear Cathy,

I just read the story about Janice in New York feeding a feral cat. I have a wonderful, loving indoor calico who started out in the same situation seven years ago. Her ear was clipped, so someone in our neighborhood took the same care Janice did to get her neutered. I fed her, and she eventually warmed up over time, with the same actions Janice described, which I later realized was

her attempt to connect. She batted the window with my indoor cats and over time became tamer. She slept in our detached garage on a heating pad in the cold weather and I put a heater in front of her food and water to keep it from freezing. This went on for three years; she eventually warmed up, letting me brush her and entice her inside the sliding door for short periods.

Finally, I took the plunge after a very high January electric bill and brought her inside that fall. She is in her fourth winter indoors and has become a very loving and friendly cat, sleeping on my bed. The other two have accepted her, although one is friendlier than the other.

Janice has more indoor cats, which might be a problem moving hers inside. Perhaps one will be her "buddy," and my story will give her hope that someday she will have the same success as I did. - Cherry, Chicago, IL

Dear Cherry,

Thanks for sharing your story and giving Janice hope on what might be possible with her feral feline. It can be stressful to see a feral cat outside in the severe cold, and not know how to help. No one can expect a feral cat to enter the house with other felines without the cat learning to trust the human first which, as you describe, can take a lot of time.

While the number of cats inside a home can definitely impact how long this process might take, your letter shows what's possible with patience and perseverance.

(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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Healing at the Speed of Light!

Dr. Paul Silcox

For most of us, we have heard of lasers being used in industrial applications, or in surgeries. But did you know that laser is used for accelerating the healing process for MANY conditions today? I have personally been using simple low level laser therapy (LLLT) and more recently have learned and begun to use Class II, non-thermal, laser therapy for numerous nerve, muscle and inflammatory conditions.

With the most recent addition of the Erchonia EVRL Laser, research has been shown to be beneficial in mild traumatic brain injury, in addition to pain reduction and rehabilitation therapy to help the brain and nerves restore normal function and speed up healing.

Of the different types of cells in the body (muscle, nerve, blood, heart, liver, etc.), ALL of them have one thing in common. A powerhouse generator called mitochondria that produce the power to do its work. One thing that makes the mitochondria unique is that it can increase and boost its power output through a process of photobiomodulation. That means that the mitochondria are responsive to specific wavelengths of light (635 nanometers) and it boosts cellular activity, and detoxification processes to make things work better and faster at reducing pain, inflammation and speed healing!

When photobiomodulation is added to other forms of beneficial therapy (such as chiropractic or acupuncture) it speeds up the healing process, and tones down the inflammatory process and soothes irritated tissues.

Research is coming in with very positive results in the treatment of the symptoms of concussion from whiplash, falls and football type injuries.

It's things like laser therapy and acupuncture and adjustments that make me wish I had another 40 years to practice to see what God has in store in the scientific world that can be used to help mankind get back on track to better health without having to destroy the liver of kidneys.

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Heartbeat Hope Medical 2018 WALK—5K RUN FUN FOR LIFE!

This year we celebrate Love— all ages—all stages—ALL life!

Join us for our annual walk-run-fun day on May 5, at Conner Park, 2220 Tiffin Rd, Fremont. Participant registration begins at 8 a.m. A kick-off ceremony begins at 8:45 followed by the walk, 5krun, and fun! We encourage you to create a team to fund-raise and fun-raise this year.

We ask all participants to PLEASE pre-register. You can register online or email Dianne at events@heartfre.com. The online site can be used to register only, or you can set up your own FundEasy page for donations. Go to: bit.ly/walkforlife2018 and click on participate to fill in your registration details or find the link at friendsofheartbeat.org.

To gather donations, you can use the online site or you can collect them yourself...or both! Your friends and family can support your walk with pledges through our online software by going to FundEasy and searching for your name. Pledge forms can be accessed through the website or email Dianne.

All participants who reach \$150 in donations will receive a FREE event t-shirt. We will also have "Walk/5K Run for Life" shirts for sale. You can walk or run another time or place if you cannot make it the 5th! Just drop your sponsor sheets and donations at the Fremont or Tiffin Heartbeat Hope Medical office.

Be sure to have your sponsor sheets filled out and bring them to the event. You will find more info about creating a team or individual participation by visiting www.friendsofheartbeat.org or contact Dianne at 419-334-9079.

SATURDAY NIGHT BINGO!
Doors Open at 4pm Early Birds at 6:30pm
[YMCA - 1000 North Street, Fremont 419-332-9622](http://YMCA-1000NorthStreet.com)

More FUN added
Patriot Progressive Game
Win up to \$3000
Joker's Wild Bonanza
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Donna's Sewing: Alterations, pants, \$6 per pair; zippers, curtains, prom/wedding dresses, tailoring. Quick turnaround! Call Donna at 419-332-1654. 922 Carbon St., Fremont

GARAGE SALE

Garage Sale: Sat., April 28 from 9am-3pm at Hayes Memorial United Methodist Church, 1441 Fangboner Road in Fremont. Men, women, children's clothing, small household appliances, books, gadgets, something for everyone! Bag sale at 2pm.

FOR SALE

For Sale: 2015 Subaru Crosstrek XV 2.0i Premium AWD, 36,000 miles, heated seats, all-weather floor mats, \$16,900 or serious offers considered. Meticulous maintenance completed at Subaru Dealer One owner vehicle. Call (419) 208-6992

Bradley Smoker, small size, used once, with cover and 2 boxes of briquettes, value of \$150, \$70 or best offer. Call 567-342-3117.

Advertise here for \$25, just send your check and classified, 30 words or less, to 30 Ponds Side Drive, Fremont, 43420.

12 Acres, cont'd from 13

of northern shovelers in the marsh and a pair of mallards. Robin saw a pine siskin at the feeder and heard an American woodcock perform his spiral "dance" early in March. So far, we have at least one pair of Canada geese that will probably nest here again this year.

Mark your calendars: "The Biggest Week In American Birding" is scheduled for next month. The event starts Friday, May 4th and ends Sunday, May 13th, and is headquartered at Maumee Bay State Park. In addition to birding tours, there are bird-related seminars and activities for everyone. Most of the activities require registration which can be done online, but some are "walk-ins." If you have a computer you can find the information at this website: <http://www.biggestweekinamericanbirding.com/> otherwise, brochures will be available and distributed to many local businesses. Maybe we'll see you out on the boardwalk at Magee Marsh! Finally, "Happy Easter!" and "Happy Spring!" from 12 Acres in Ohio!

Give The Gift Of Life

Register as an Organ, Eye and Tissue Donor Today!

April is National Donate Life month and The Bellevue Hospital encourages you to make a difference and register as an organ, eye, and tissue donor.



Did you know?

- One American dies nearly every hour waiting for an organ transplant.
- More than 114,000 people are currently waiting for life-saving organ transplants.
- A single organ donor can save as many as eight lives.
- One organ, eye and tissue donor can save and heal more than 75 lives.

Already an organ donor?

Start a conversation with your friends and family members and encourage them to register.

Register online at www.donatelife.net

For more information about organ donation, visit the Donate Life America website at www.donatelife.net.



*Statistics provided by Donate Life America