

2000 Lifestyles

Free

Vol. 15 Issue 8

August 2013



www.lifestyles2000.net

The Bellevue Hospital Welcomes Dr. Rick Tobey

Rick Tobey, D.O. has joined the Families of The Bellevue Hospital, Dr. Doug Hoy and Buckeye Medical, Inc., as a family medicine physician. He is accepting new patients and looks forward to becoming involved in the community. Dr. Tobey grew up in Dayton and has resided locally for the past two years. He and his wife, Leah, are busy raising their five children. Dr. Tobey is an active member of his church, participates in Boy Scouts, and is setting up a saltwater reef aquarium in his office.

Education:

College of Eastern Utah, Price, UT, Associate of Arts Degree

Wright State University, Dayton, OH, Bachelor of Science in Biological Science

Michigan State University, East Lansing, MI, Doctor of Osteopathic Medicine

Graduate Training:

Henry Ford Hospital, Wyandotte, MI, Rotating Internship

Firelands Regional Medical Center, Sandusky, OH,

Family Medicine Residency

Rick Tobey, D.O.

1265 West Main Street, Suite A

Bellevue, Ohio 44811

419.483.1991



Dr. Tobey is a member of The Bellevue Hospital's Medical Staff.





Lifestyles 2000

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Lifestyles is available at local Subways in Fremont & Clyde.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Keep your feet on the ground. You can go chasing rainbows if it makes you happy, but it won't get you anywhere. Focus your energies on tangible, realistic goals rather than flights of fancy.

TAURUS (April 20-May 20): Watch your step . Even with the most innocent of intentions, your words could be misconstrued by people with a chip on their shoulder. Be on your best behavior when meeting new people.

GEMINI (May 21-June 20): No good deed goes unpunished. You may wonder why you do all that hard work. Perseverance pays off. A few kind words from a friend or colleague will be all it takes to make your day.

CANCER (June 21-July 22): Make sure all get their fair share. You can have the biggest piece of the pie, but others may hold it against you. Remain equitable when dividing the spoils and you'll keep everyone happy.

LEO (July 23-Aug. 22): Stay casual. Avoid getting into deep, philosophical conversations. Being too frank about a subject could create hurt feelings. Entertain yourself with a backyard gathering of close friends.

VIRGO (Aug. 23-Sept. 22): Walk before you run. Don't try to rush a romance to the next level before you've really gotten to know your partner. Take words at face value and don't look for hidden agendas.

LIBRA (Sept. 23-Oct. 22): Stick with what you know. You can earn Brownie

points by taking on extra responsibilities and being a go-getter. Show just how well you can handle your fields of expertise.

SCORPIO (Oct. 23-Nov. 21): When faced with a yes or no decision, your answer should be maybe. Don't commit to anything! Hold off on making major decisions or purchases unless you are sure of results.

SAGITTARIUS (Nov. 22-Dec. 21): If it's not broken, don't fix it. An elder colleague's methods seem dated but they get results. That's all that matters, take good advice to heart as it may provide the answers you need.

CAPRICORN (Dec. 22-Jan. 19): The best is yet to come. Don't let a minor downturn get you down, as the horizon will grow brighter in the month to come. Make sure finances are in order but avoid making any major changes.

AQUARIUS (Jan. 20-Feb. 18): Cover all the bases. Leave nothing to chance and make sure you've prepared for every possible outcome. The attention to detail you pay now will make life that much easier in the future.

PISCES (Feb. 19-March 20): Bite your tongue. It may be easy to find fault with situations, but that doesn't mean you should tell everyone about it. Keep your attention focused on your own undertakings and projects.

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

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

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

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

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Thank goodness it's August, I was beginning to think we weren't going to make it through July. First the tornado, or what sure seemed like a tornado, three days without power, and we were one of the lucky ones. Then the storm that flooded so many basements, including ours! Enjoy August, and here's hoping things are going to improve!



The cover is the grandkids enjoying their summer, from Kansas City to LA to NYC. Some of the photos, like the one of the local reservoir, were taken in Fremont.

We have a new advertiser, Hall's Market, between Clyde and Fremont. When you stop by be sure to say your saw their ad in Lifestyles. On that note, please be sure to support our advertisers, they are the reason we are able to bring you our publication every month. (I cannot believe it has already been fourteen years).

See you in September, stay safe.

Joanne



There were over 160 entries for July and the majority were correct. If you said Ace Hardware you had it!

Find Pete Winners

Winners of a gift certificate include: Deborah Messer, Bonnie Carr, Jessica Anderson, Lois Benz, Marvin Boyd, Mrs. Richard Weasner, Clyde; Mike Koebel, Lynn Moore, Marilyn Rice, Pat Koebel, Dan Rolf, John Shiets, Alyce Ann Schmidt, Erin Williams, Scarlett Sterling, Don Habermeier, Fremont; Karen Hartman, Erica Didion, LaDona Weisenberger, Bellevue; Lynn Fox, Gibsonburg.

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!

Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Well, I guess we'll have to wait until next month to find out about Patsy the peacock and her eggs/babies. Tomorrow will be 28 days that she has been sitting. (Last year the eggs hatched at 30). Tomorrow is also one day past deadline to get this in for publication, so...unless she brings them from the nest very soon, we'll have to wait till next month for the news. You see, Patsy didn't choose a place near the house this year, so we don't know for sure how many eggs she is sitting on. That's a scary thought-she could have 7 or 8! Pete is mature this year, so he has probably fertilized all of them! More news to come next month in the continuing saga of 'Pete and Patsy, 2013'.

Oh, by the way, now that the breeding season is over, Pet is losing his long tail feathers. He has only 4 left to loose. I've been picking them up and saving them for folks who would like one. Most have "eyes" on the tips, but not all of them do. If you are in town and want to pick one up, (one with 'eyes' or several of the others) call me at 419-332-7427.

We hope all of you survived last week's big storm with minimal damage. Here at The Old Garden House, we had lots of big tree limbs down, but no real damage to buildings. We had a 3 foot piece of roof flashing come loose on the garage when a limb, way too big to fit in the 6 foot space between the picket fence and the garage, did. Amazing! I'm so thankful. I plan to rent a wood chipper and

make mulch instead of burning it. That's sort of like the old saying, "When life sends you lemons, make lemonade." I thank my family and friends who helped with the clean up. And so, with grateful hearts, we move on into summer counting our blessings.

Did you notice the hostas in bloom this year? Their extra tall and plentiful spikes are beautiful. Those early rains brought out the best in them. You couldn't ask for better transplanting conditions-great time to do those extra things we've been putting off till "a rainy day."

A quick look at my calendar for August tells me that it's defiantly summer, it's busy and it's front porch swing sitting time! We have 8 reservations so far for the Tea at Two on the 27th. We can take 26 more. The Victorian Experience that follows will be a program on Old English Landscapes and Gardens. We will have a presenter. To register, call us at 419-332-7427.

So until next month-go swimming, wash the car, play with the kids and grandkids, take someone to lunch or dinner and repeat after me...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.



Please Join Us!

Cruise on Over to Valley View Health Campus

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- **Campus Tours**





JP's Family Restaurant

I really do appreciate suggestions from readers telling me about restaurants to try, it gives me more variety to choose from. Someone sent a message recommending JP's Family Restaurant in downtown Bellevue on Castalia Street, it was formally "Parker town". With the new owners, it has been completely redone into a bright, open family style restaurant with friendly waitresses that give you a welcoming feeling. The home-style food was delicious and reasonable with large portions.

I have now been there for breakfast and dinner.

The breakfast menu has your usual eggs, meats, and hash browns, also corned beef hash and chicken fried steak. I had JP potatoes which are home fries loaded with onion, green pepper, mushrooms, ham, cheese, eggs, and toast, all of this for \$6.25. It was enough for two days. Breakfast was served all day.

They have a variety of 15 different sandwich's to choose from, ranging from \$3.00 to \$6.00, served with chips, or for \$1.99, served with fresh cut fries, coleslaw or cottage cheese. The burgers and sandwiches are all huge as well as the fresh chef and chicken salads. Also all soups are homemade daily.

If you're hungry for a down home style dinner, try the country fried steak, gravy and mashed potatoes, or the liver and onions. The marinated chicken breast dinner, likewise, was very good, and full of flavor.

They also feature a different dinner special everyday. I had the homemade Lasagna, served with salad and garlic toast. That, plus an Ice Tea came to just under \$10.00. It was superb.

Even though you get your fill, I had to ask about desserts. All of it was homemade of course. We decided to split a Cherry Crumble Pie and a light and creamy Peanut Butter Pie. They were both very good.

A senior citizen and kids menus are offered, as well as delivery service in Bellevue. And like most family style restaurants, only soft drinks, coffee and tea are served.

I recommend JP's for a good home cooked meal anytime.

The Exchange Club of Fremont Oh presents Fremont's Got Talent on Sunday, Aug. 11th – rain date Sunday, Aug. 18th in Birchard Park. Bring the entire family to see this fantastic family oriented free show. The preliminary round begins at 12 noon and the top 15 finalists perform again beginning at 5 PM. The audience will select the People's Choice award! Food and drinks will be available for sale. Bring a chair and stay for the day- you will not be disappointed.

Hayes Memorial United Methodist Church will be having Vacation Bible School August 4 - August 8 from 5:30 pm-8:30 pm. The theme this year is Fun Fair-Where God's World Comes Together! A free dinner will be served each night at 5:30 pm. Please bring your children to enjoy all the fun activities and fantastic songs! To register your child for this great event please contact Kyle, the HMUMC Youth Director, at 419-334-2605 or kyle@hayesmemorialumc.org.

Village of Lindsey Farmers Market: Second Saturday of each month through October, from 9 am until noon, in the Village Park on Main Street. This is open to vendors who wish to sell produce, baked goods, plants, crafts, jewelry, etc. A Flea Market area will be added during the months of July and October. The fee for all vendors is only \$5 for unlimited space. Shoppers will find a wide variety of items available and may register to win free merchandise. For info call 419-665-2045.

Scott Trinity UMC is hosting "Fill the Bus" to support Lakota Schools. The bus will be at the church 6076 County Rd. 11, Risingsun on Sunday, Aug. 25 from 10:00 AM to Noon. You may arrange additional drop-off times by calling the Church Office 419-457-6758. Thank you in advance for your support.

S.C.R.A.P. Inc., 25th Anniversary, 1989- 2013, Annual Antique Tractor & Engine Show, Labor Day Weekend, featuring Original Show's Displayed Tractors & Oil Field Engines.Events. Antique Tractor pulls at the fair on August 25th, registraton at 8am, pull at 9:30am. Grand Stand Track -2 sleds this year, August 30 at White Star Park, registration 5 pm – Pull 6 pm August 31 & September 1 . White Star Park S.C.R.A.P. Annual Show, registration at 8am, pull at 9:30am. Additional Info : Elwood 419 307 4265 earnhardt@wob.rr.com or Brent 419 332 5775 74bighorn@gmail.com

Scrap Show events: Aug. 31 Saturday Night Entertainment, Connor Rose Concert, 6:30-8:30pm. Fireworks following the concert. Sept 1, Sunday Night Entertainment, Barn Dance at the Gray Barn, DJ'S - RUSTY & JEN BURKETT Sept 2: Consignment Auction, 9:37 am.

"QUILTS FROM THE 1800'S": You are invited to bring a friend and come to the Fremont Area Women's Connection luncheon at Anjulina's Catering, 2270 W. Hayes Ave., Fremont, on Tues., August 13, luncheon 11 am - 12:30 pm. Cost \$12 inclusive. (A complimentary nursery is available by reservation). The Feature will be Janet James presenting quilts from the 1800's . . .The Speaker will be Greta Runyan from Springfield, OH. She will explain "Putting together the pieces of life and it fits perfectly" . A former pre-school teacher shares importance of trust and security. For luncheon/ free child care, please call by August 8th-Donna at 419-680-2251 or email - Carrol at fawcluncheon@gmail.com

Stuff the Bus for Fremont City Schools at Associated Buyers, 115 South Stone St. in Fremont on August 10th from 10am-3pm, We will be accepting school supplies and uniforms of all sizes. Byrons BBQ will be serving great food.

WINE

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GARDEN

BEER

August Entertainment

2nd - Becca Bouyack (Country) • 3rd - Adam Darr (Acoustical rock)

9th - Roger in the Raw (music from 5 decades) • 16th - Cory Jolly (Jazz)

17th - Adam Darr • 24th - Mark from Classic Trendz

30th - Donnie Ray Crozier (Blues and more)

All events are held from 7-10 pm in our outdoor garden area.

(Entertainment will be moved indoors for inclement weather)

419-547-4255

Help for Women Undergoing Cancer Treatment

The unique and very personal experiences of women finding their way through cancer diagnosis, treatment, and troubling appearance concerns come to life in the American Cancer Society Look Good...Feel Better® program. When a woman is undergoing treatment for cancer, she may lose her hair and experience other appearance related side effects. The impact can be devastating, making a hard time even harder.

On Monday, August 12th, trained volunteer beauty professional Lorrie Garcia will lead women through practical, hands-on tips about makeup, skin care, nail care, and ways to deal with hair loss, including how to wear wigs, turbans, and scarves. Each woman who attends will receive a free makeup kit to use during and after the workshop. Most of all, the ladies shared laughter and camaraderie as only women going through the cancer journey can. Look Good...Feel Better is a collaboration of the American Cancer Society, the Personal Care Products Council and the National Cosmetology Association.

The American Cancer Society helps cancer patients get well. The Society's services, including Look Good...Feel Better, are available at no charge thanks to our generous supporters and local Society events including Relay For Life.

Any local residents with cancer and their families can find free information, help, and support anytime, day or night, at 1-800-227-2345 or by visiting www.cancer.org.

Any woman undergoing cancer treatment may attend the upcoming Look Good...Feel Better session at The Bellevue Hospital, Bellevue. The session begins at 1:00 pm and lasts approximately two hours. There is no fee to attend, but registration is required. To register, call (toll free) anytime day or night, 1.800.227.2345.

Sessions are also available in adjacent counties. Full information on the program, sites and dates is available when calling to register.



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August Specials

**Lil' Philly &
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Reiki Circle Reconnecting Nursing with Reiki

Energy therapies are fundamental to nursing practice and are recognized in the Nursing Intervention Classification Code. (NIC) is a care classification system which describes the activities that nurses perform as a part of the planning phase of the nursing process associated with the creation of a nursing care plan.

Origins of touch therapies, therapeutic touch, Reiki, Healing Touch, and massage may differ; however, they share an efficacy derived from subtle energy or spiritual changes that deflect the focus from disease to wholeness through the prevention of disease and promotion of healthy living. They are not interventions of curing but of healing, which is about becoming whole. The process belongs to the person, not the disease.

Reiki is a energy-based healing modality. It has ancient roots, but is uniquely suited to modern nursing practice. Reiki training offers a precise technique for tapping into healing energy, or ki, and transmitting it through touch. Reiki treatments are gently balancing and provide energy that supports the well-being of the recipient in a holistic and individualistic way.

Relaxation, pain relief, physical healing, reduced emotional distress, and a deepened awareness of spiritual connection are among the benefits attributed to Reiki and is easily adaptable to nursing practice in a variety of settings. Reconnecting to nursing through Reiki and other energy modalities are included in the scope of nursing standards in many states and could address issues of stress, compassion fatigue, and burnout. Nurses are increasingly vulnerable to these conditions; Reiki could assist them in healing themselves and helping others.

Please join us Tuesday August 13, 6-8 PM conference room A/B. If you have any questions regarding Reiki or the Reiki Circle please call Patricia Zilles at 419-355-1283. I look forward to meeting you and sharing the spirit of Reiki.



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Certified Nurse Midwife joins Memorial Hospital staff

Kay Smith, C.N.M., M.S.N. has joined the staff of Memorial Hospital. Smith is a certified nurse midwife with 33 years of women's health experience; she also has more than 20 years of health-care leadership experience.



According to Pam Jensen, president of Memorial Hospital, "We are very excited to have Kay join the Memorial Hospital team. Her expertise will enhance the women's health services we provide in our community."

Smith is experienced in providing comprehensive women's health services including family oriented prenatal care; comprehensive gynecological care; menopause management; well woman checkups; family planning; urinary incontinence care and much more. Smith can also provide alternate labor-pain control plans for expecting mothers. She is certified by the American College of Nurse Midwives.

Smith sees patients at the office for Memorial Women's Health Services at 595 Barton Road in Fremont. For more information, or to schedule, call 419.333.2798.

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TORCM to host Annual Airshow August 17 & 18

The Tiffin Ohio Radio Control Modelers welcome spectators to their annual Big Bird Fly-In, featuring model aircraft on August 17 and 18, 2013 at their picturesque flying site in Seneca County. On August 17, flying is open to large scale models only, many will be powered by gasoline engines in excess of 50 cc. On August 18, flying is open to model airplanes of all sizes.

Spectator admission and parking are free. There will be food and refreshments available on site. TORCM members will be selling raffle tickets with proceeds to benefit the Humane Society of Seneca County animal shelter. Spectators are encouraged to bring lawn chairs and spend the entire day. Flying begins at 9:30 am daily and will continue into late afternoon.

The TORCM flying field is located on East Seneca County Road 38, 1.7 miles east of North State Route 101. For more information visit the TORCM website at, www.torcm.blogspot.com.

Bob says....

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Campfire News and Notes

It's hard to believe that summer is almost over! Summer camps have endured an unusual season as weather was concerned. From pouring rain to sweltering heat, the campers have showed their flexibility and had a great time! We have 2 camps left and there is still room in the Wild about Water Camp on August 12th. Deadline to register is August 5th.

Camp Fire is selling tickets for Grandma's Backyard BBQ Chicken Dinner, Sunday August 18th. Pick up will be at Wendt Key Realty. Dinners are \$8.50 and include ½ Chicken, Baked Potato, Cole Slaw, Roll Butter and Sour Cream. Tickets are available at the Camp Fire office, from Camp Fire Board members and Wendt Key Realty from now till August 8th.

With the end of August coming up, I'm excited to see the Camp Fire display at the Sandusky County Fair. The National Art Competition medium was prints/printmaking and state and local entries will be on display. We will also have pictures from this past summers camps and Club Program activities for all to see!

If you are not familiar with our club programs, we encourage you to speak to our club leaders, club members and Camp Fire staff for more information! Camp Fire was created to guide young people on the journey to self-discovery. It gives experiences that teach them to care for themselves, their environment, and the people around them. Programs service youths from Kindergarten through high school and into adulthood. Keep in mind our Club Programs, registration starts in September. Look forward to seeing you at the fair!



Camp Fire

Light the fire within

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Child & Adolescent Psychiatrist

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Largest model aviation airshow in the area coming to Port Clinton

Experience the world of remote control model aviation during the largest model aviation airshow in the area! Exhibitions will range from medium to giant-scale propeller driven aircraft to turbine powered jets! Model aviation has never been so popular! Watch propilots perform aerial acrobatics! This year's theme is Warbirds featuring flying model aircraft from WWI to our current military marvels! Also see extreme helicopter aerobatics and realistic scale aircraft throughout the event. Model aircraft flying is open to the public as well! Bring your aircraft and fly with us! This two day event is hosted by the Libertay Aviation Museum and will be held August 24th and 25th at the Ottawa County airport in Port Clinton, Ohio from 10am to 5pm each day. Along with your \$7 admission you'll get full access to the model Air Show and also to the Liberty Aviation Museum with its beautiful WWII aircraft exhibits! Take a stroll through the museum and check out the North American B-25, North American T-6J "Texan" and the active restoration of the famous Henry Ford Tri-Motor. Liberty Aviation Museum and vendors will be serving concessions at a great price. Or, take a break for a full meal at the Tin Goose Diner located inside the museum. There are lots of exhibits, a Kids Zone, raffles,

education for kids & adults, and more for only \$7 Adults, Kids under age 14 are FREE! WWII Veterans are FREE! Flying, Food, and Fun for the whole family August 24th and 25th, Saturday and Sunday, at the Port Clinton airport!

- Other Info & Attractions:
- RC Airshow 10AM – 5PM Saturday & Sunday.
 - Liberty Aviation Museum with attractions.
 - Kids Model Zone – learn to build models, airplane barrel rides for only \$1.00 and meet Willy the Walleye.
 - Air National Guard Red Horse Squadron Motorized Airplane to sit in and take pictures
 - Lazertoys booth to buy some fun Remote Controlled toys and much more.
 - Pilot and Spectator lounge for great food and spirits.
 - Tri-Motor Heritage booth for Tofts Ice cream
 - NASA Technology booth for some high technology demonstrations and



- what's in store for the future of the space administration.
- 2 Brothers booth for Remote Controlled Education.
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The Kid's Doctor: Migraines in children

Just as with diagnosing these headaches, it's important to individualize treatment for each child, with the goal being fast relief, no rebound or re-occurrence, and minimal or no side effects to medication.

When I see a patient who has a history compatible with migraines, I not only have the child and parents keep a headache log, but I also spend a lot of time discussing early treatment of the headache. One of the first things you learn in medical school about treating pain is to "get ahead" of it. This means you need to be aware of your symptoms and begin therapy early, as pain that's gone on for some time is much harder to treat.

I find that one of the best ways to explain this to a parents and older children is to talk about surgery. When you have a surgical procedure, the anesthesiologist doesn't wait for you to "wake up" and tell him that it hurts; he's already given you medication to "keep ahead of the pain" before waking you up. If you've ever had surgery, you know this to be true.

The same pain principles apply to treating headaches, especially migraines. At the first sign of a migraine, with or without an aura, I usually prescribe an ibuprofen (Motrin, Advil) product. In studies, ibuprofen was more effective for headache relief than acetaminophen. I use a "generous" (10mg/kg/dose) dose and repeat it once in 3-4 hours if the headache has not resolved.

You don't want to use ibuprofen more often than several times a week or you may find your child actually gets rebound or overuse headaches.

Ibuprofen is available in liquid, chewable and pill form, so can be used in a young child with suspected migraines. I also like to use naprosyn (Aleve) in older children who can swallow pills. It too is a non-steroidal anti-inflammatory and is available over the counter.

The most frequently used medications for childhood migraines are called triptans. This class of drugs has been around for more than a decade now, but these meds are not FDA approved for use in children and adolescents because of the difficulty in designing a study (this is true of many different medications.) Regardless, they are frequently used to treat childhood migraines with good results, tolerability and a good safety profile.

There are many different drugs, with names like Imitrex, Zomig, Maxalt, Frova and the newest, Treximet (a combination of a triptan and a non steroidal drug), and all have a similar safety profile.

Once a child has "failed" therapy with an over-the-counter non-steroidal drug, I typically use these drugs as "rescue" medications. Just like many other medications, each person seems to respond differently, so you may need to try different medications to see which one works best for each migraine patient.

When a patient seems to find the best triptan, it's important to start the medication at the earliest onset of a migraine. I also try to help adolescents distinguish between "different" types of headaches, so they're not using this class of drugs too frequently (max 3 headaches a week).

Not every headache is a migraine!

If these medications don't relieve the headaches within 48-72 hours, more aggressive therapies need to be used, and preventative treatments and strategies should be considered. There are many studies underway looking at the combined effects of biofeedback therapy and cognitive behavioral therapy in combination with medications. These are discussions that each parent/child should have with their physician as it relates to their headache frequency and pain level.

(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 www.kidsdr.com.)

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The Bellevue Hospital (TBH) will host two upcoming public Garden Markets, one each in August, and September. The markets will be co-sponsored by Drown's Market of Green Springs who will bring their produce to the hospital as a part of the hospital's efforts to support a healthy lifestyle.

The Garden Markets will offer a wide variety of seasonal fruits and vegetables and are open to members of The Bellevue Hospital Family and to the public.

Each event is set for 9 a.m. until 1 p.m. on three upcoming Wednesdays, including Aug. 28, and Sept. 25. The location will be the South Entrance of the hospital.

Cash, check or credit card will be accepted. TBH employees may also choose a payroll deduction option.

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William Gaines: Eyewitness to History

In 1813, there were no cameras, videos, or smartphones to record the historic events of the Battle of Fort Stephenson – only the words of those who lived it 200 years ago this month. One of those was 13-year-old Drummer Boy William Gaines, who had marched north from Kentucky a year earlier with the 24th U.S. Infantry, caring for his uncle's horse. The two had volunteered with General William Henry Harrison's Army to defeat the Native Americans at the Battle of Tippecanoe. It was there that Gaines' uncle was killed. Undeterred, Gaines re-enlisted in the 24th the following July and again marched north – this time to Fort Meigs. There he helped defend the Ohio Frontier from the British and their Native American allies.

Decades later, Col. Webb C. Hayes interviewed Gaines about his experiences serving with Harrison's Army during the War of 1812. Although an elderly veteran, Gaines remembered the events of the Battle of Fort Stephenson with great clarity. He recalled that while camped at Fort Seneca, rumors spread that the British attack on Fort Stephenson was imminent. As Gaines told it, he then "exchanged his drum for a musket" and was one of six from the 24th U.S. Infantry dispatched to Fort Stephenson along with troops from other companies.

Shortly after arriving at the fort, the "British hove in sight and began landing their troops and cannon." Colonel William Shortt demanded surrender of the fort or no quarter would be given. When 21-year-old Major George Croghan refused and shut the gates, he spoke to his men, telling them to "pre-

pare themselves as no quarter was to be given."

The bombardment began. Lt. Joseph Anthony, Gaines' commanding officer, panicked and quickly hid until after the battle. Ordered by Croghan to hold their fire, the defenders waited anxiously as they endured the British shot and shell. Gaines' comrade, Samuel Thurman, climbed atop the blockhouse, "determined to shoot a redcoat." Shortly, a British cannonball "took his head off." Toward evening, the British charged and Croghan, at last, gave the order to commence firing! They "shot through loop holes in the pickets and port holes in the blockhouses." Gaines vividly recalled the wounded Colonel Shortt of the 41st Foot, "holding up a white handkerchief for quarter."

With Thurman dead and Anthony under arrest, the young teen returned to Fort Seneca with his remaining 24th comrades. After Perry's Victory on Lake Erie, Gaines marched to the lake and boarded

one of Perry's ships. They were now on the offense and bound for Canada. When they landed, Harrison found that the British had already evacuated. Colonel Richard M. Johnson's mounted forces followed the enemy at a rapid pace. One thing and one thing only was on their minds - revenge for the River Raisin slaughter of their fellow Kentuckians. Perry and his men aided the Kentucky volunteers and Harrison's regulars. His ships carried their baggage and military supplies to the mouth of the River Thames.

Gaines declared, "We made short work of the British. They knew we were coming and General Proctor and an aide fled before we were within a mile of them. They were the only two to escape capture." Native American resistance faded away after the loss of Tecumseh.

Ordered by the Secretary of War, Gaines and the rest of Harrison's troops, once more boarded Perry's ships. They set sail



for Buffalo and then Sackett's Harbor. Gaines had the good fortune to sail with Harrison, Perry, and the captured British officers. One can only imagine the victory celebration that took place aboard that ship. From Tippecanoe to the Thames, William Gaines, just 13 years old, had been there – a participant in the victories that brought pride and unity to a young nation.



Laurie (Miller) Sistrunk, CLU
Financial Advisor

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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR AUGUST:

MOVIE in the Park - White Star Beach, Gibsonburg, Fri, Aug 9; 8:30pm. We're going to the dogs at this event and the Sandusky County Dog Kennel joins in the fun. Arrive early to meet and greet some of the loveable dogs. You're sure to enjoy this family favorite about a group of baseball playing boys and the beast of a dog that lives next door!

Stargazing, Sat. at sunset, Aug 10, Wolf Creek Park Campground. View the night sky with Sandusky Valley Amateur Astronomers. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, south of Fremont.

Puddle Jumpers: Beach Party, Mon, Aug 12, 10am, White Star Beach. Ages 5 and under are invited to put on a swimsuit and explore the beach, dance the limbo, hunt for treasure and more. Registration, call 419-334-4495.

HIKE for the Health of It, Tues, Aug 13, 7:30pm, Wolf Creek Campground, 2701 S.R. 53 south of Fremont. Just show up and walk with Naturalist Linda.

Fishing with Ranger Dan, Wed, Aug 14, 10am, Raccoon Creek Reservoir, S. Main, Clyde. Learn fishing techniques with Ranger Dan and Naturalist Linda. Bait and poles provided or bring your own. Registration required: 419-334-4495 or www.LoveMyParks.com

MOVIE in the Park - White Star Beach, Fri, Aug 16; 8:30 pm.

Winous Point Shorebird Banding & Tour-Meet at 7am: Sat, Aug 17; at Park Office, Fremont. Learn about bird banding research in a wetland area. Excellent opportunity to see confusing shorebirds up close - bring your camera!. This is a unique opportunity to visit the oldest duck club in North America with a tour of the facilities. Dress for the weather, wear shoes you

don't mind getting wet. Open to ages 18 and over. Registration required.

Leave No Child Inside Play Day, Sat, Aug 17, Noon- 30pm, Wolf Creek Campground, south of Fremont. Spend the afternoon in natural play. You will get a list of clues to find activity areas: cross the creek, build a fort, jump like a frog, make s'mores and so much more. Just show up at the first campsite and start the fun.

Meet Me at the Cabin: Rug Braiding, Mon, Aug 19, 6pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Learn the lost art of rug braiding and start your own run. Bring a yard of cotton material, scissors, needle and thread. Registration required.

Moonlight Canoeing-Meet at 7:30 pm: Tues, Aug 20; Wed, Aug 21; Thurs, Aug 22. All programs meet at the Park Office, 1970 Countryside Place, Fremont. Perfect for couples, you must register with a partner. This spe-

cial full moon canoe program is open only to ages 18 and over. Registration required, 419-334-4495.

Monarch Butterfly Tagging-Meet at 2 pm: Sat, Aug 24; Sat, Aug 31; meet at the Park Office. Assist local researcher, Tom Kashmer with Monarch migration studies by netting, tagging, and releasing butterflies. Nets and instruction provided. Open to ages 6 and up. Registration required, 419-334-4495.

S.C.R.A.P. (Sandusky County Restorers of Antique Power) Antique Tractor & Engine Show-Aug 31, Sept 1 & 2, White Star Park. Get show details: www.S-C-R-A-P-Inc.org

FIREWORKS! Sat, Aug, 31; White Star Park. S.C.R.A.P. celebrate its 25th Anniversary and the Park District kicks of celebration of its 40th Anniversary. White Star Beach area will be open that night for a front row seat to the show. No access to the water will be allowed, just a great view of the fireworks!



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DEAR MAYO CLINIC: For the past couple of weeks, my calves have been swollen. They don't hurt, but I definitely notice that my socks are tighter than normal. What could be the cause?

ANSWER: There are numerous causes of painless swelling of the legs (peripheral edema). If there are no other symptoms, mild leg swelling is relatively common and easily managed. But peripheral edema is sometimes associated with a more serious underlying disease, so it's important you see your doctor for a thorough exam and accurate diagnosis.

Edema is the result of a buildup of excess fluid in your tissues. Normally, the body maintains a balance of fluids between the network of blood vessels, the lymph system and all of the tissues outside of these vessels. However, if the balance is disturbed, the tiniest blood vessels (capillaries) may leak fluid that builds up in surrounding tissues. The result is edema.

In addition to swelling, other signs and symptoms of edema may include stretched or shiny skin, skin that stays indented after being pressed for at least five seconds, or an increase in abdominal size.

Peripheral edema typically affects both legs. Edema in only one leg may be related to something in that leg or the groin on the same side.

In some instances, edema can affect the lungs and lead to shortness of breath and difficulty breathing, which requires urgent medical care.

A physical exam can help sort out the cause of peripheral edema and help determine if there is a serious underlying condition. Certain blood tests and urinalysis may be done, as well as an electrocardiogram, chest X-ray and possibly additional imaging, such as an ultrasound of the affected leg or even the pelvis.

Mild edema without symptoms such as shortness of breath, abdominal swelling, or high blood pressure usually signals a less worrisome cause. The benign causes can include having consumed more salt than usual, being overweight, standing or sitting for an extended period of time, and your age (older adults are more susceptible to swollen legs).

Sometimes, peripheral edema is a side effect of a drug. Among the many drugs known to cause swelling are calcium channel blockers, corticosteroids, nonsteroidal anti-inflammatory drugs, the anti-seizure drug gabapentin (Neurontin), and certain drugs for diabetes - particularly thiazolidinediones.

Peripheral edema can stem from a number of conditions, notably:

- Weak or damaged leg veins. Over time, one-way valves that keep blood moving toward your heart can weaken and stop working properly, allowing fluid to pool in your lower limbs.

- Deep vein thrombosis (DVT). Edema may develop if blood clots form in the deep veins of your leg. Clotting usually affects only one leg and may produce swelling, pain and tenderness.

- Congestive heart failure. If one of your heart's lower chambers loses its ability to pump effectively, blood can back up. Right-sided heart failure produces lower limb edema and, if severe enough, can lead to abdominal swelling. If the left side of the heart is affected, shortness of breath with exertion and when lying flat in bed can occur due to fluid in the lungs.

- Scarring of the liver (cirrhosis). Scarring related to end-stage liver disease creates serious obstacles for blood flow through the liver. This results in abdominal swelling and peripheral edema, especially as the liver becomes less capable of producing albumin, one of the proteins that keeps fluid in the blood vessels.

- Chronic kidney damage. Damage to tiny, filtering structures (glomeruli) in your kidneys can produce a cascade of changes. These include sodium retention, increased protein in the urine and an abnormally low level of albumin in the blood. Fluid buildup in combination with a low albumin level may produce peripheral edema and swelling, which involves the entire body.

- Damaged lymphatic system. The lymphatic system helps clear excess fluid from your tissues. Damage to that system - particularly to lymph nodes in the groin area due to cancer surgery or radiation therapy - may impair normal lymph drainage and result in lower limb swelling.

- Tumor. Rarely, leg swelling may be associated with pelvic tumors.

To help prevent fluid retention, your doctor may recommend limiting salt

intake. Wearing special compression stockings may help prevent fluid retention in your legs and feet. Mild edema related to prolonged standing or sitting can usually be managed by lying down with the legs elevated for an hour or two a day. Water aerobics or walking in a swimming pool also may help redistribute excess fluids. For more severe peripheral edema, a water pill (diuretic) may be prescribed. - John Wilkinson, M.D., Family Medicine, Mayo Clinic, Rochester, Minn.

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

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The Bellevue Hospital Welcomes Dr. Hala Bunni

Hala Bunni, M.D. has joined the Family of The Bellevue Hospital as an obstetrician/gynecologist. Dr. Bunni was born in Great Britain and raised in Canada. She now resides locally and in her spare time enjoys cooking, entertaining guests, trying new foods, traveling, snorkeling, and most of all, shopping!

Education:

University of Western Ontario, London, Ontario, Canada • American University of the Caribbean School of Medicine, St. Marten, Netherlands Antilles

Residency:

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Dr. Bunni is a member of The Bellevue Hospital's Medical Staff.

Rain, Rain, Go Away/Our Favorite Field Guides

It has finally stopped raining (sort of). Although spring started out dry, we've made up for the lack of rain over the past few weeks. We have lots of water in our pond, in the marsh, in our front yard and in the field between the house and the barn. In fact, our three ducks and the three families of Canada geese (total of 21 geese) have chosen to swim in the field instead of the pond. Our garden looks like a jungle and our lawnmower has been working overtime.

Most of the bird babies have hatched and fledged, although the parents are still feeding some at our feeders. Under the careful coaching of their parents, the young geese are perfecting their flying skills—especially take-offs and landings. We know they will be leaving us soon, and this year no one will be left behind. All the young geese seem healthy.

Both of us can "Google" with the best of them... there is no doubt that the Internet is a great research tool and contains a wealth of information. (Of course, it goes without saying that you can't trust everything you read there, either.) But, and maybe this is just our generation, nothing can replace the feel or the smell of a good book—especially a well-written, well-illustrated field guide...which brings us to the subject of our favorite field guides.

Over several years' time we have accumulated about twenty-four field guides. Some are too big to carry out

on a walk, and some, like the Kaufman or the Peterson Field Guides are just the right size to slip in a pocket or a backpack. Different guides have different pictures or photos. Sometimes you need to compare 2 or 3 different books to make a positive ID.

It is our opinion that the Kaufman Field Guides are some of the finest available. Although not originally from Northwest Ohio, Kenn Kaufman, the author of these field guides, has lived in the Oak Harbor area for the past several years. His wife, Kim, is the director of the Black Swamp Bird Observatory. He is a well-known conservationist, and his series of field guides includes mammals, butterflies, birds, and insects of North America. The Kaufman guides are easy to use for quick identification—they fit in a day pack or pocket, the pictures and descriptions are detailed and specific, and they are reasonably priced at around \$18.00 to \$22.00. We have almost all of his field guides.

The Peterson Field Guides sit on our bookshelf next to the Kaufman guides. They are excellent identification references, too, although some of the pictures are drawings rather than photos. In addition to the Peterson Field Guide for Eastern Birds, we also have one for reptiles and amphibians, eastern trees, wildflowers, and animal tracks. Our Peterson guides are older editions and cost us around \$15.00. Newer editions are comparable in price to the

Kaufman guides at around \$20.00 to \$22.00.

We have a set of "nature guides" by Don and Lillian Stokes that are classics. They are not as lavishly illustrated as the Kaufman guides, and contain mostly drawings—many in black and white. Their real value lies in the detailed descriptions of the natural history, behavior and habitat of individual species. Our set includes 3 volumes on bird behavior, Nature in Winter, reptiles and amphibians, and wildflowers.

Although neither of us is particularly interested in mushrooms and other fungi, we do have a copy of the Simon & Schuster's Guide to Mushrooms on our shelf. It is nicely illustrated with sharp color photos.

We've listed a few of our favorites but there are hundreds of field guides available—some are very expensive and some are very cheap. In general, you can purchase a good field guide for \$20 to \$30—brand new. Used bookstores are a good source for used and slightly older editions. If you don't want to spend that much, you can borrow from your local library—or a friend.

If you love nature or are just curious about the natural world around you, a good field guide can make an outdoor walk more enjoyable.

To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

To commemorate the historical significance of the Battle of Fort Stephenson, First Presbyterian Church of Fremont will be holding a special worship service on Sunday, Aug. 4. The service will begin at 9 a.m., will be held in the church's historic sanctuary. The Rev. William J. McConnell, PhD, will portray the Rev. Joseph Badger, a pioneering Presbyterian circuit rider who worked the Connecticut Western Reserve during the time of the War of 1812. Rev. Badger will share reflections based on his experiences in the War of 1812, including a critical role he played in the Battle of Fort Stephenson.

The church is located at 120 S. Park Ave., adjacent to the site of the Bicentennial of the Battle of Fort Stephen Anniversary Celebration Festival taking place August 2-4. The church will also host a hospitality suite on Aug. 3 and 4, 11 a.m. until 5 p.m. each day. The hospitality suite will include a first-aid station, a baby-changing station, a local mission fair, and a cooling-off station open to festival participants and attendees. First Presbyterian Church extends an invitation to the community to attend the special worship service on Sunday morning, as well as an invitation to stop by during their visit to the festival.



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Q: Our dog got really sick eating chicken jerky about six months ago. At that time, our veterinarian confirmed that it was very likely the jerky made her ill. Our veterinary bill was over \$2,500! The treat manufacturer never replied to our email or phone calls. Our dog might have died. How can this be allowed? - F.H., Buffalo Grove, IL

Q: I read your column on the chicken jerky treats, and I still don't get it. If pets are getting sick, why are the products still being sold? It seems like common sense to me to stop the sales, at least until the cause can be determined. - C.H.

A: Indeed, chicken jerky treats are reportedly making some dogs ill, and some pets have even died. So far this year, the FDA Center for Veterinary Medicine (FDA CVM) has received over 800 complaints of pets sickened due to jerky treats, according to Dr. Dan McChesney, director of the Office of Surveillance and Compliance at the FDA CVM.

The story began in June 2011 when several Canadian veterinarians reported dogs starting to display symptoms of kidney disease associated with the treats made in China. Of course, some cases are not substantiated, and other pets may have been affected but their owners never complained or associated a pet's prob-

lem with the treats, McChesney notes. In any case, he concedes there's clearly an apparent issue with chicken jerky treats.

So what exactly is going on? Despite working very hard to determine the answer - even visiting Chinese manufacturing plants - the FDA CVM and additional independent experts have come up empty. Therein lies the problem. The U.S. government isn't legally allowed to stop companies from distributing products, or suggesting a recall without solid justification. Some people argue that deaths and illness - even though the cause is mysterious - is reason enough.

Duane Ekedahl, president of the Washington-D.C. based Pet Food Institute, points out that most pets have no apparent affect after eating chicken jerky treats, aside from a wagging tail.

That was hardly the experience of Terry Safranek, of Brooklyn Heights, OH. She's confident that Waggin' Train "Wholesome" Chicken Jerky caused her best friend, Sampson's, death Jan. 13. Nestle Purina PetCare, which make the treats, has done nothing, despite many complaints, and nearly 63,000 signatures on Safranek's Change.org petition (which you can sign: <http://www.change.org/petitions/nestle-purina-recall-chicken-jerky-treats-made-in-china>).

In February, I wrote about how U.S. Sen. Sherrod Brown of Ohio tried to intercede, so that the problem with the treats could be nailed down and the product removed from store shelves. He was unsuccessful.

Perhaps the best tool to solve this problem this issue is the old supply-and-demand model. If demand dissipates, chicken jerky suppliers will be far more motivated to correct the problem.

While I realize most pets suffer no ill effects from the treats, what if it's your pet that gets sick? Is buying chicken jerky really that important? Call it a boycott if you like, but I think it's less risky to choose an alternative treat.

The U.S. Food and Drug Administration answers questions regarding chicken jerky treats here: <http://www.fda.gov/AnimalVeterinary/SafetyHealth/ProductSafetyInformation/ucm295445.htm>.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.)

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August is Child Support Awareness Month. Please join us in celebrating this month by participating in the following activities.

On August 7: "Wear Green" to show your support for and understanding of the importance of child support.

On August 9: from 9:30 a.m.-12:30 p.m. attend the Family Fun Fair at the Sandusky County Department of Job and Family Services, 2511 Countryside Dr., Fremont. There will be activities to entertain children (Ronald McDonald, Bubbles the Clown, face painting, crafts, etc.)

On August 21: 10 a.m.-2p.m. stop by the SCDJFS fair booth; CSEA representatives will be there to answer questions regarding our local child support program.

During August, talk to your CSEA worker about your possible eligibility for our driver's license reinstatement or contempt amnesty program. For a payment in the amount of one monthly obligation plus \$1.00 on arrearage, you may be able to have your license reinstated or your warrant withdrawn.

Throughout the year, talk to your CSEA worker about your possible eligibility for our Waiver and Compromise program for obligors who owe permanently assigned arrears (money owed to the state). For more info, please contact the Sandusky County CSEA at 419-334-2909.

AUGUST SPECIAL:
Adult cats, fully vetted
\$25
Kittens, fully vetted \$60
(age 8 weeks to one year)

BACK TO SCHOOL CUT-A-THON
\$10 donation
Hair bling, face painting, food & more
Sunday, August 18th 12-2

Jenesis Salon
607 Walnut Street, Fremont

Save the date: Spaghetti Dinner
Sept. 15th

2520 Port Clinton Rd
Fremont, OH
419-334-4517
www.hs-sc.org

Shelter "Tails"

by Joanne McDowell

This is Sadie, this is how she looked a month ago, today she has gained weight and is on the road to recovery. We are asking for donations for her veterinary care as she needed IV's and blood work to get her started on the road to a normal life. We are estimating the cost at around a thousand dollars.



The shelter is constantly challenged with cases like Sadie, along with the task of paying staff, buying medication, food, litter and paying the utilities. It is indeed a monthly struggle, without community support and continuous fundraisers, we wouldn't be here to help these abused and neglected pets.

So please, the next time you sit down to donate money to a non profit group for animals, make sure the money is benefitting the pets in your community. So many times people come to us for help and say that they give to the Humane Society of the United States all the time. Unfortunately local animal shelters never see that money. (Stores like Pet Smart and Pet Co do benefit shelters by making grant money available.)

We would also like to thank Leadership Sandusky County for doing a fundraiser for the humane society this year, as well as St. Mark's Vacation Bible School. We are always grateful for any groups that are willing to help.

Remember it is hot in August, please do not leave your pets in your hot parked car, this is against the law and you can be cited.

Mary's Pampered Pets

Grooming Dogs & Cats

Mary Miller, CMG



"Let me pamper your pet when you can't."

Services - Hydrosurge Bath and Shedless Furminator

Aug. 21st National Homeless Animal Day

Now carrying Best Breed Dog Food

Call for Fall Appointments!

M-F 9-5, Thurs PM by appt only,
 Third Sat. 9-close
 108 E. Buckeye St, Clyde
 1 block east of Main St.
 419-547-9100

My Mother's Recipes

By Joanne McDowell

Just in case you may have noticed, these are not longer My Mother's Recipes! I have been finding such easy ones online that even I enjoy making! In the heat of August we all want something simple to make, and these first two are simple.

(Thanks for your nice notes, I can see this is indeed a favorite column, so keep those cards and letters coming!)

Enjoy!

EASY CHICKEN!

- 1) Chicken
- 2) Packet of dry Italian seasoning mix
- 3) 1/2 cup brown sugar

Mix the Italian seasoning packet and the brown sugar, coat chicken on all sides, line pan in foil because the dressing/sugar will caramelize. Bake at 350 degrees until golden brown, Bake at 350 degrees for 25 minutes on each side.

APPLE ANGEL DUMP CAKE

Ingredients:

- 1 can apple pie filling
- 1 box Angel Food Cake Mix, dry
- Sugar
- Cinnamon

Directions: Mix the dry angel food cake mix with the apple pie fill-

ing, pour into a greased 9x13 cake pan, sprinkle with cinnamon and sugar. Bake at 350 degrees for 20-30 minutes. Do not over bake. Cake is done when browned on top but not completely set. If using a glass pan, bake at 325. Remove from oven and serve with whipped cream or vanilla ice cream and caramel.

CHOCOLATE PEANUT BUTTER BARS

- 2 cups quick-cooking oats
- 1 3/4 cups firmly packed light brown sugar
- 1 1/2 cups All Purpose Flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup butter
- 1/2 cup chopped peanuts
- 1 cup (6 oz. pkg.) semi-sweet chocolate chips
- 1 large egg, beaten
- 1 (14 oz.) can Sweetened Condensed Milk
- 1/2 cup Creamy Peanut Butter

Heat oven to 350°F. Combine oats, brown sugar, flour, baking powder and baking soda in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles fine crumbs. Stir in peanuts.

Reserve 1 1/2 cups crumb mixture. Stir egg into remaining crumb mix-

ture. Press onto bottom of 13 x 9-inch baking pan. Bake 15 minutes. Stir together sweetened condensed milk and peanut butter in small bowl until well combined. Pour evenly over partially baked crust. Stir together reserved crumb mixture and chocolate chips. Sprinkle evenly over peanut butter layer. Bake an additional 15 minutes. Cool. Cut into bars.

AMISH BROCCOLI SALAD

- 1 head broccoli, chopped / Raw
- 1 head cauliflower, chopped / Raw
- 1 cup mayonnaise
- 1 cup sour cream
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/2 pound bacon, fried and crumbled
- 1 cup shredded Cheddar cheese

Combine the chopped broccoli and cauliflower in a large bowl. In a separate bowl, combine the mayonnaise, sour cream, sugar, and salt to make a creamy dressing. Add the dressing to the broccoli-cauliflower mix, stirring to evenly coat the vegetables. Stir in the bacon and the cheese, reserving a small amount to sprinkle on top of the salad just before serving.

Serve: 4

Classifieds

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FOR SALE

For Sale: 2002 R-Vision Motor Home "Condor" Model, 32' long, wide body design, loaded with options including a large left side slide out with moving living room and kitchen, front and rear A/C. Call Keith at 419-503-1736 for info.

Classified advertising works! Susan sold her piano and Corvette in just two days! Send your check for \$25 to Lifestyles, 30 Ponds Side Drive, Fremont, OH 43420. Include your classified write up.

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SATURDAY NIGHT BINGO!
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YMCA - 1000 North Street, Fremont 419-332-9622

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- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of instants

Watch for Wednesday Afternoon Bingo!

EMERGENCY



Art Maines



Ellie Polter



Maria Sanchez



Dr. Traci McCaudy

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