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**August 2014**



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August 14

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## Camp Fire News & Notes

It's hard to believe that summer is almost over! Summer camps have been a success so far this year. The campers have showed their flexibility with the heat and had a great time! We would like to send a gracious thank you to all those who supported children going to camp and those who volunteered during our camps we couldn't do it without our volunteers! We have one camp with plenty of room left in August. Our Grandparent camp is August 17th from 2pm-4pm and the price is just \$5.00 per adult, campers are free, but must be accompanied by an adult! This is a great opportunity for grandparents or a grand-friend (such as friends or family members 18 years of age and above) to experience camp with a child. Together you can explore the woods, make crafts, play games, make sand castles and swim. Camp Fire will soon be hosting two different fundraisers. Camp Fire will be selling tickets for Grandma's Backyard BBQ Chicken Dinner, Sunday September 7th from 12pm - 2pm. Pick up will be at Wendt Key Realty. Dinners are \$9.00 and include ½ chicken, coleslaw, baked potato, butter, sour cream and a roll. Tickets will be sold from now until August 29th. You can purchase your ticket at the Camp Fire office or from Camp Fires board members. In August we will start our annual mums sale. Mums can be purchased for \$6.00 each. Sale dates are August 4th through September 10th. Orders and money are due by September 10th.

With the end of August coming, we would like you to remember to check out the Sandusky County Fair display. We will have pictures from summer 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, and Camp Fire staff for more information! Camp Fire was created to guide youth on the journey to self-discovery. It gives experiences that teach them to care for themselves, their environment, and the people around them. Club Programs will be forming in September!

Camp Fire



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# Lifestyles 2000

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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](mailto: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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## Publisher's Letter

Dear Readers,

Every day it seems the world gets crazier, so I am happy that we can bring a smile to your face with our newest issue. I hope Mary Post doesn't mind, but I had to share her letter this past month.



*Went to the Fremont Rec pool and picked up your July issue. I thought WOW this is out early, I'll just wait a couple more days and read on July 1st - basking in the sun I couldn't help myself as the temptation was just too strong and completely overcame me! I felt guilty; like eating ice cream or a doughnut when you're on a diet! So I'm enjoying every word (or bite ha-ha) then I read my name, "Mary Post". Just wanted to thank you for brightening our lives and to make you aware of how much your readers look 4-ward to every issue!*

Thanks Mary for being such a great reader.

Have a wonderful month.

Joanne



Lifestyles2000 has given away over \$1000 in prizes through July for our "Celebrating 15 Years" contest.

Winners in July for African Safari include: Beth Dodson and Sandy Kessler, Clyde.

Miller Boat Line tickets to: Berta Seymour, Oak Harbor, Mary Zimmerman, Fremont, Linda Gladieux, Oak Harbor.

## Find Pete Winners

There were 162 correct entries, however, several of you forgot your addresses so you were disqualified. Please, we need a mailing address! The correct answer was "The Pond Builders".

"Find Pete" winners include: Jim McGue, Belinda Logan, Steve Shimer, Charles Babione, Edith Foos, Becky McElfresh, John Shiets, Sarah Marker, Sandy Watson, Jerrod Taylor, Fremont; Heather Langley, Clay Bundschuh, Marilyn Ohl, Clyde; Holly Anderson, Green Springs; Steven Wetzel, Sandusky; Debi Powers, Bellevue.

## Find Pete Prizes

Prizes this month include gift certificates to Jenesis Salon, Old Fort Market, Dairy Queen West, The Pond Builders and Rallys. If you wish a specific prize, please list in your entry.

Lifestyles is celebrating our 15th Anniversary, be sure to be part of the fun! "Celebrating 15 Years" on your entry gives you a chance for Miller Boat Line tickets, add "African Safari" and enter to win a pass for up to 6 people valued at \$100.

## 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](mailto: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](http://www.lifestyles2000.net)



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

By Grace Sidell

The weather has been so beautiful and perfect for summer time fun. Hope you and yours are enjoying it as much as my family and I are.

Here are a couple of garden type things I've learned so far this summer: Children's small plastic playhouses make neat bird feeders. They can be bought for a couple dollars at Goodwill or a similar store. Be sure to glue the doors open so a bird does not get trapped inside. If necessary, remove the bars in the windows enough to allow the birds to reach the seeds; Koi fish can be fed catfish food. They grow very well and their owners save a bundle of money. (Catfish feed costs \$18.95 for a 40 lb bag, while food labeled "Koi" cost about \$28.00 for a 2 lb bag); On the "I can't believe I did this" side, always remember to put the weed killer solution in the tank with the water before you spray the weeds! I had mixed 3 tanks full that day and when I checked the weeds were dead in 2 of the 3 areas, but not in the third. In fact, I think they had grown at least 3 inches by my carefully "watering" them! It didn't take me long to solve that problem.

Here is a Pete and Patsy Peacock report, there's good news, bad news and informative news. We'll start with the bad news first. One May 30th Patsy, our original and only hen died. Pete missed her a lot and for a few days he kept calling her. She died from a condition called "egg block". This means she could not pass an egg before the next egg came down to be laid. We were sad but were told there was nothing we could have done. Patsy had similar problems last year, as well. In reviewing our history with peacocks, the only time we have had problems has been during the egg laying time. Other wise, they are good companions, fun for our house visitors and guests to watch and a nice addition to The Old Garden House. So what to do now?

I called Roger, the man from whom I bought them and told him my story. I said "I guess I'll bring Pete to you and just give up but, if you ever have birth control for peacocks let me know!" He laughed and said "Well, we don't have birth control exactly, but we're close". I asked, "what do you mean?" Then he told me about a hen they call a charcoal peacock. She is the female that is hatched when they mate a certain type of peacock hen to a certain type of male peacock to gain more and different colors in the male off springs tails. However, the females of this combination are always born sterile and do not produce eggs at all. "Wow!" I said, "I think I want one of those! This would solve our problems. Pete would have a mate and we would not have egg laying or nest placing concerns. It sure is worth a try." So he is looking for one for me. I also think if I had a larger cage/house for them, I could better protect them from predators. I will need to confine them for a period of time if and when he does find a charcoal hen. So, if any of my readers has or knows of anyone who has a wire corn crib with a roof they no longer use, I could be interested in buying it. My phone # is 419-332-7427.

So, until next month, enjoy the summer days, wish on a star, bake some cinnamon rolls and text or call a friend just to wish them a happy day and to remind them 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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# Helen Marketti's Music Corner *Rock Atlas USA*

Rock Atlas USA written by rock author, David Roberts is a book that every music fan will want in their collection. It is a very fascinating read with hundreds of stops along the way covering all fifty states. It includes interesting stories of where some of our most favorite music legends have stopped, played, wrote or met their demise. If you ever wondered where an iconic album cover photograph was taken or where the childhood home is of your music heroes, Rock Atlas will show you the way. David lives in the UK and our interview was conducted via email. In the following "Q and A", he describes in detail his idea for the book as well as a few of his favorite locations. There is also a UK version and he is already working on Volume II!

Who were some of the music artists that you enjoyed listening to while you were growing up? What was it about their music that appealed to you?

*I was exceedingly lucky. I was a teenager in the sixties and was privileged to listen to the Beatles as they first came on the scene and developed into what is still the best band in the world. The excitement of waiting for each new release was amazing. And, how they changed in eight short years: incredible what they achieved. Listen to 'She Loves You' then listen to 'A Day In The Life.' How did they change popular music so quickly?*

Where was the first rock and roll destination that you visited?

*Even before I came up with the idea for the Rock Atlas book I had visited London's Abbey Road Studios, and that famous zebra crossing, and just felt a weird feeling about how many of my heroes had walked through those doors. In the U.S., my first destina-*

*tion was personal. I headed for the East Coast and made for Manassas, Virginia. Unremarkable probably for most people but special for me was the fact that my favorite album cover was shot at the Manassas railroad station. Stephen Stills Manassas is still my all-time favorite.*

What sparked the idea to write the book (and the UK version)? How long did the process take to complete?

*I was editor of the annual Guinness Books of British Hit Singles and Albums in the UK where, like most music reference books we worked with facts about music, people and songs. I just thought that there should be a decent book about music places. After all, so many places are mentioned in songs for a start. But, more than that, what most fascinated me were the places immortalized in album cover photos, statues of music legends, great venues, music museums, childhood homes, and that kind of thing.*

The book had great contributors and references. I enjoyed reading the history and anecdotal notes about the locations.

*Yes, I think the anecdotes and stories by people about iconic places where something special in music has happened are the best bits. Those give the best insight into why places are important or even worth a pilgrimage to visit. I love stories like the one where Bruce Springsteen climbs over the wall to visit Elvis's Graceland on an after hours visit.*

I particularly enjoyed reading about the California and New York locations; however, there were so many great happenings in all 50 states! I also enjoyed the history of Johnny Cash and Folsom Prison.

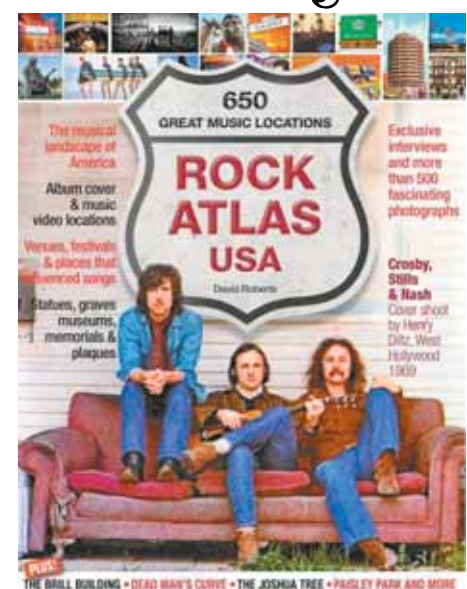
*Yes, California and New York are the states with the biggest number of Rock Atlas locations. L.A. probably has the highest concentration of great locations. When I visited Laurel Canyon, I realized that within a couple of square miles I was standing in a place where half of my record collection had been created! Joni Mitchell, Neil Young, Jim Morrison, Frank Zappa, the Eagles, Fleetwood Mac and many, many more all had homes there at one time or another.*

It seems there is as much interest in the 60s, the artists and music of that era today as it was during that time. Why do you think that is?

*You're right. I think there were so many new genres developing out of Rock and Folk in that decade and so much change. A lot of the music still seems so fresh. I have witnessed a lot of great music since but the rate of change has gradually slowed down to a point where actually nobody really expects to hear anything new anymore. Most music these days, and there is still a lot that's great, is re-cycling the good stuff from long ago. Having said that, most of the British sixties bands were recycling American blues or soul and heavily influenced by Motown!*

I too am interested in where the famous are taking their final rest. I know some people find that to be weird. What are your thoughts on fans leaving mementos or paying respects to their music heroes resting places?

*I must be weird, as I don't really find it weird at all! Fans of legendary musicians are entitled to feel that they should get as close to their heroes as possible. If you follow a great musician all your life, it's like a family member going when*



*they die. I'm sure the music greats like Muddy Waters, Elvis, Hank Williams, Jim Morrison, Jimi Hendrix, etc..., would appreciate the fact that people travel huge distances to visit their grave.*

David, is there anything more you would like to mention or discuss that I did not ask you?

*Only that Rock Atlas has been a real labor of love. In addition, if anyone wants to suggest new entries / locations for a future second edition or give me feedback on the first I would be delighted to hear from them. My email is popppublishing@gmail.com*

Rock Atlas is published by Red Planet/Ovolo Books, \$29.95.

Rock Atlas USA is available through Amazon.com

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## Local Author Bob Morton Meets Real CIA Agents to write his Caribbean Spy Series

Robert Morton of Fremont has published "Finding Happiness in America", a nonfiction novel about family, parenting, educational and community issues unique to Americans. It is sold in hardbound and Kindle forms at Barnes & Noble bookstores and on Amazon.com. Morton also writes a column called Family Journal for New York Parenting, a magazine published monthly in all five boroughs of NYC.

Despite his training in education and psychology, he has always desired to write spy thrillers, so he created the online spy series "Corey Pearson- CIA Spymaster in the Caribbean". How can a retired school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University, with no experience in the spy business, write about espionage and counter-intelligence? Morton joined the Association of Former Intelligence Officers (AFIO) and is often away from Fremont attending AFIO seminars and discussing spy tradecraft with intelligence professionals in and around Washington, DC.

He travels to Caribbean islands and consults with several dozen Intelligence Community (IC) scholars and field operatives in order to make the spy series realistic. In fact, the character of Corey Pearson is based on a CIA spy that Morton met with several times, named Antonio Mendez. He first met Mendez in Beachwood, an eastern suburb of Cleveland, Ohio, and refers to him as "A true American hero". A small group of AFIO members invited Morton to meet with Mendez for a luncheon and to hear a lengthy account of his adventure in Iran. For three hours, Mendez discussed Operation ARGO, the 1980 joint CIA-Canadian covert undertaking where he exfiltrated six fugitive American diplomatic personnel out of revolutionary Iran.

Morton took 23 legal-sized pages of notes as Mendez revealed declassified data, much of which was not exposed in the Hollywood move ARGO. For example, as the Iranian hostage situation escalated, H. Ross Perot, the Texas billionaire we all got to know when he ran for president in 1992 and 1996, had used a secret land route to exfiltrate two of his business employees imprisoned early on in the Iranian Revolution. While Mendez was planning how to get the American diplomats out of Iran, Perot contacted the CIA and offered his services to help them rescue the hostages. "What's the holdup?" Ross Perot snapped in his usual manner. "If it's red tape, I'll put up the money and you can pay me back later!"

Mendez considered smuggling out the trapped American diplomats using Perot's secret route, but ultimately decided upon creating the elaborate disguise of a fake Hollywood movie production team to exfiltrate them- right under the noses of the Iranian revolutionary guards!

Morton learned from Mendez the clandestine tradecraft and incredibly detailed planning that went into Operation ARGO, and how the CIA and CIS (Canadian Intelligence Service) cooperated to get the six Americans out of Iran. During one follow-up interview, Mendez told Morton that they spent weeks on deciding what type of "cover" they would use, and ultimately decided on a Hollywood movie project because most in the Middle East perceive Hollywood movie directors to be a bit nuts, but they also are intrigued by them. Thus, Mendez assumed the "Hollywood director/producer" disguise.

Tony Mendez and his CIA team performed the incredibly deep cover operation almost perfectly, under the risk of instant death. He flew to Canada dozens of times and visited Hollywood studios as well with his Canadian CIS entourage, as depicted in the movie ARGO. They set up a shop in Hollywood with secretaries, etc., in case Iranians got suspicious and sent their spies here in the US to check it out.

Much of the spy tradecraft Morton learned from Mendez is utilized in the "Corey Pearson- CIA Spymaster in the Caribbean" spy series. If you enjoy vacationing in the Caribbean or like spy thriller TV shows, DVDs, or novels, you'll enjoy Morton's online spy series. In fact, he'll immediately send you the first three episodes for free. Get to know Corey Pearson and how the CIA and Intelligence Community (IC) operate! <http://ciacaseofficercorypearson.blogspot.com/>

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Take a spine-tingling journey through the Florida Keys and Caribbean islands with Corey- the first 3 episodes are complementary and sent to your computer screen immediately on a secure line!



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<http://ciacaseofficercorypearson.blogspot.com/>



During this 150th commemoration of the Civil War, many have learned more about the battles, generals, regiments and their very own ancestors who served in the rank and file. But little progress has been made in identifying women who served as nurses. It has not been for the lack of trying, but rather that there are so few records.

Their stories were often discovered long after the war in reunion minutes, letters, diaries, obituaries, county histories, and family reminiscences. And so it was with Anna Amelia Clark, who passed away at Catawba Island at the age of 89 in 1936. Her service as a nurse during the Civil War was recounted in her obituary and an interview she gave six years earlier to a "Progressive Times" reporter at her home on West Third Street in Port Clinton.

Born in Painesville, Ohio in 1847 to James and Emma (Welsh) Wood, Anna, moved a short time later with her family to Adrian, Michigan. When the Civil War broke out and President Lincoln

called for 60,000 troops, the men of Adrian soon raised a regiment known as the 4th Michigan Infantry. Anna, only 13 years old, went with her father to serve as a nurse for the troops of the 4th Michigan. She was joined by Anna Aldrich, the daughter of another member of the regiment.

The 4th Michigan left for Washington D.C. where they were equipped for battle and reviewed by President Abraham Lincoln himself. Anna recalled that Lincoln shook her hand and that of her friend Anna Aldrich and a third lady who had joined them in Washington.

The 4th Michigan wore Americanized Zouave uniforms that included a fez hat, sack coat, tan gaitors, and loose trousers. Since there were no organized medical teams for regiments, neither Anna nor her fellow nurses had uniforms. According to Anna, they wore dark wool dresses and carried bandages and canteens of water and whiskey.

Anna recalled that first battle at Bull Run with deep regret. As she moved among the dead and wounded after the

conflict, she came upon a Confederate boy probably fifteen years old. The standard bearer of his regiment, he had been hit by a shell. Severely wounded, the boy asked Anna to place the flag in the ground above him so that he would be found and identified. It was against orders and Anna could not comply. She gave the boy a drink and in a few moments he took his last breath.

Anna remembered the ferocious fighting of the Seven Days Battles that took place in the spring of 1862. So many were killed that the dead – North and South together were rolled into blankets with no identification and placed in a single trench. At Malvern Hill, Colonel Dwight Woodbury of the 4th Michigan was killed.

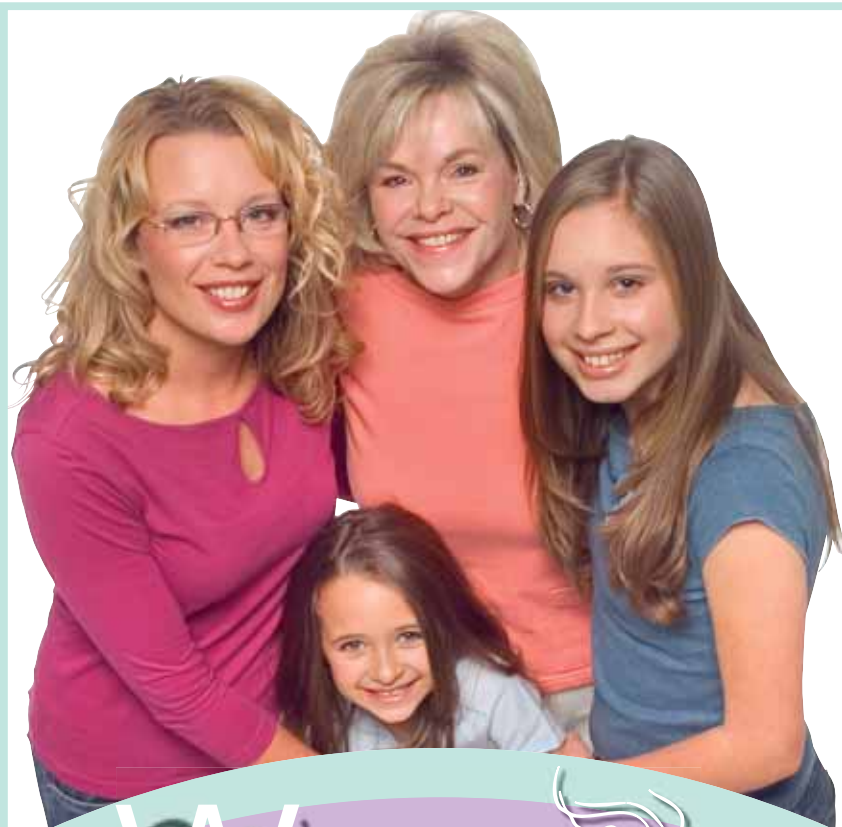
Anna continued to serve with the regiment until the fall of 1862 when she contracted malaria in the swamplands of Virginia. After her recovery, she returned to Washington with her mother and grandfather in the spring of 1865. They were present in Ford's Theatre



*Courtesy of Find A Grave*

when John Wilkes Booth took the life of President Lincoln.

Obviously intelligent and educated, Anna, later in life, became a stenographer and took down the speeches of Reverend Moody, transcribing them for publication. She also wrote articles for magazines and newspapers. Anna married Edwin Babcock and later Lemuel Clark. When she died in 1936, the reporter believed that only two Civil War veterans were still alive in the county, but Anna Wood Clark was the only Civil War nurse in Ottawa County. She is buried in the Riverview Cemetery.



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**DEAR MAYO CLINIC:** How is post-polio syndrome diagnosed? Are there any new treatments for it?

**ANSWER:** Post-polio syndrome refers to a group of symptoms that can surface decades - often up to 30 or 40 years - after a person has polio.

In previous generations, polio was a much-feared illness. But as a result of the now-famous Salk vaccine, polio was virtually wiped out in developed countries in the mid-1950s. The World Health Organization almost accomplished worldwide elimination of polio by the early 2000s. But because of political turmoil, WHO could not reach all the areas where polio still occurs. As a result, there have been recent polio outbreaks. They have been largely limited to isolated epidemics in areas of central Africa, with rarer cases in central Asia.

No polio epidemics have occurred in the United States since the introduction of polio vaccination. There remains, however, a large population of people who were infected with polio before the start of vaccination programs who continue to live with significant muscle weakness as a result of the disease. In the United States, that number is about 250,000.

Years after the initial illness, many polio survivors have symptoms of worsening weakness, pain and fatigue. This group of symptoms has been called "post-polio syndrome." The people who have muscle weakness from polio are at highest risk for post-polio syndrome, while those who recovered without muscle weakness

are at lower risk for developing this syndrome later in life.

About two-thirds or more of people left with muscle weakness after their polio attack go on to develop post-polio syndrome. Fortunately, in most cases the symptoms get worse slowly and remain mild. A small number, however, may be more significantly affected and need to make lifestyle adjustments or use adaptive equipment to help them stay mobile.

There is no specific diagnostic test for post-polio syndrome. Doctors usually diagnose it by excluding other possible causes for a person's symptoms. For example, it's very common for polio survivors to develop degenerative arthritis at an early age. This often comes from the unnatural stress they put on their joints over a lifetime of living with muscle weakness. Other overuse problems are also common in people who've had polio. They include chronic tendonitis, bursitis and other musculoskeletal problems. Once these

conditions have been ruled out, post-polio syndrome can be considered.

No treatment is currently available that can repair or restore the strength of muscles affected by post-polio syndrome. The goal of treatment is to effectively manage the symptoms and keep people with this condition as comfortable and independent as possible.

Energy conservation and rest are important for those dealing with post-polio syndrome. This may include pacing one's physical activity throughout the day, and alternating it with frequent periods of rest. Assistive devices, such as leg braces, a cane, walker or, in rare cases, a wheelchair or motorized scooter, may also help conserve energy and improve mobility.

Physical therapy is often recommended for people who have post-polio syndrome. Stretching and range of motion exercises can be very helpful. In some cases, pain medication may be needed,

as well. Aggressive muscle strengthening programs are discouraged because they do not appear to actually improve muscle strength. They also can raise a person's risk for more overuse injuries.

Although there is not a cure for post-polio syndrome, most polio survivors with this condition are able to manage it well with the help of their health care team. Many continue to lead productive, independent lives well into their late-senior years. - Eric J. Sorenson, M.D., Neurology, 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). [www.mayoclinic.org](http://www.mayoclinic.org).)*

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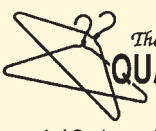
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# Autism: An Escalating National Tragedy

The Centers for Disease Control (CDC) recently released a gloomy report on autism- 1 in 68 American newborns is diagnosed with autism and since it occurs eight times more frequently in males, one in fifty-four boys receive the diagnosis each year.

Researchers are desperately attempting to isolate causation. They know it is a neurological disorder with no real cure and lasts a lifetime since it stems from a chromosomal abnormality involving brain neurotransmitters. It is genetically transferable with a 15% chance of more than one family member having it. There is growing evidence linking it to environmental toxins including pesticides sprayed on lawns, golf courses, roadsides and crops.

Not surprising, autism comes from the Greek word meaning "self." Babies with the disorder prefer a solitary existence. It is hard for parents to get them to do the "oooo" back-and-forth communication and quite often they don't hold up their hands to be picked up like other infants. Instead, parents receive a "wet noodle" response or the baby may grow as rigid as a board to avoid being picked up or touched. At birthday parties, they rarely do "declarative pointing" to get others interested in their newly-opened gifts. The "3-point gaze" is missing as well- while playing, they rarely look up at their parents to "read" their faces and then look back at the toy. They may not respond or look up at parents until their name is called several times.

I tried to pin down the number of local residents who are afflicted with this disorder by calling Stacey Gibson of the Sandusky Co. Health Department. Gibson said that in their 2013-14 Health Assessment, local

parents were asked if a doctor ever told them that their child had autism and/or Asperger's Pervasive Developmental Disorder. Three percent of the respondents replied, "Yes."

Fortunately, if your life is affected by autism, help is close by. Jeff Vogel, Director of the Fremont Memorial Hospital Center for Mental Health & Well-Being" said they hired Joseph Rieman, DO, who specializes in child and adolescent psychiatry and Patti Schwan, M.S.W., L.I.W.S., who specializes in counseling with children, adolescents and families. In concert, the team can offer medication management, out-patient services, professional counseling and the teaching of social skills for those afflicted with autism. Contact them at 419-334-6619.

With one out of sixty-eight children born in America suffering from autism, I'm disappointed this national tragedy wasn't mentioned in either the Democratic or Republican National Conventions. Geraldine Dawson, the chief science officer for Autism Speaks ([www.autismspeaks.org](http://www.autismspeaks.org)) calls the increasing autism rates among America's newborns a public health crisis that demands a coordinated national response, increased research, earlier screening, and better treatment. For the sake of our children and parents to be, I pray our national leaders heed Dawson's words.

*Robert Morton, M.Ed., Ed.S. has retired from his positions as school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. Contact him at the Family Journal: [www.familyjournal1.blogspot.com](http://www.familyjournal1.blogspot.com)*

# My Mother's Recipes

By Joanne McDowell

I cannot believe it is August! What a beautiful summer we have had, now I am praying for a nice winter, not that I expect that to happen!

This month's recipes come from Hilda Burkett, a Woodville resident, who loves to cook and bake. Hopefully I have typed them in correctly...enjoy!

## Honey Brownies

1/3 c butter  
1/3 c honey  
2 eggs  
3/4 c sugar  
1/2 tsp salt  
2 teas. vanilla  
1/3 c cocoa  
1/2 c unsifted all purpose flour  
1 c chopped nuts

Cream butter and sugar in small mixer bowl, blending honey and vanilla. Add eggs, one at a time, beating well after each addition. Combine flour, cocoa

and salt, gradually add creamed mixture. Stir in nuts, pour into greased 9 inch square pan. Bake at 350 degrees for 25-30 minutes, or until brownies begin to pull away from edge of pan. Cool in pan. 16 brownies.

## Porcupine Meatballs

1 1/2 lbs. ground beef  
1/2 c rice  
1 tsp salt.  
1/2 tsp pepper  
1 T, minced onion  
1 egg  
10 oz tomato soup  
1/2 c water

Wash rice, combine meat, rice, eggs, salt and pepper. Shape into small balls, cook in heavy 10-inch skillet on all sides. Heat soup and water, pour soup over meatballs, cover and simmer 25-30 minutes.



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The old nest stood vacant for 30 plus years. (Some say it was haunted...we couldn't say for sure.) It was carefully constructed from Bay Township clay by a hopeful pair of barn swallows in the rafters of the barn back when Robin's grandfather owned it. He enjoyed watching the birds so much that he would leave the barn window cracked open so they could come and go and not have to wait for him to open up the big doors in the morning. He passed away in 1985 but the nest is still there.

Admittedly, barn swallows can be very messy and unless their nest is located in a back corner and not over your tractor or new lawn mower, you might not want them nesting in your building. Unfortunately, this particular nest was positioned right in the middle, over the mowers and other equipment. So, after Robin's grandfather passed away and her parents inherited the property, her father closed the window on the birds. It remained closed for 29 years...until this year.

Early this spring Robin noticed a pair of barn swallows hanging around the barn every time she would open the doors. They flew in and out, and appeared to be checking out the old nest. The problem was, they could only get in or out when she left the doors open. On a whim, she decided to try her grandfather's trick and leave the window open, even though it was off on the side and nowhere near the door. Also, it hadn't been opened up in so many years that it was doubtful that these swallows knew it even existed...and certainly not that it was a way in and out of the barn. From past experience we've discovered that unless an obstacle is insurmount-

able, nothing stands in the way of a determined bird. And, it seems that our feathered friends are smarter than we often give them credit for being because within a day or two they'd figured out the window trick. The open window became their entrance and exit the entire time they used the nest.

Unfortunately, this story does not have a happy ending--as is the case so many times in our natural world--at least not for the eggs that the female swallow laid and carefully tended. But the ending is so interesting and unusual that we wanted to share it with you.

We'd seen the female sitting on the nest so we knew they had eggs. But, one day, as Robin walked into the barn and looked up at the nest eight feet over her head she was horrified to see a large fox snake coiled up on top of it eating the eggs. She managed to get the snake off the nest but it was too late--the eggs were destroyed and the adults had flown off. As for the snake? It slithered away, licking its lips. Needless to say, we were saddened and disappointed by the outcome.

The mystery is: how did that snake know there was a nest with eggs eight feet off the ground? We don't think it just looked up and saw the nest, although everything we've read says that snakes do have good eyesight. And most snakes don't crawl along a ceiling (I hope...gulp!) on a regular basis. We're wondering if it watched the swallows' behavior and instinctively knew there would be eggs in the nest. Fox snakes are supposed to be good climbers but as for climbing the wall and crawling across the ceiling...well that seems a little much. Maybe the nest



really was haunted...if it wasn't then, it surely is NOW!

Speaking of "homes"--our small flock of chickens and Keetie recently became the proud owners of a new home (read that as "chicken coop"). It was custom made for us by someone in the area. We are extremely pleased with it and the

chickens seem to enjoy their new quarters. It is nestled in the pine trees closer to the house which makes it easier to take care of them.

The only issue right now seems to be what to name it. Keetie wants to call it "Keetie's Man Coop". We'll see....

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# "Grate" Treats & Eats

By: Chris Timko-Grate

August- and I can't believe we are only a month and a half away from fall. I really hope we have a beautiful fall and the weather will last longer than usual because this summer weather has me spoiled, and I do not want to think of what comes after fall! Of course we are a few months away so I should just enjoy what we have now and worry about bad weather later.

Our garden has done very well this summer and we are enjoying all the fresh vegetables. There really isn't anything better than a fresh tomato off the vine and a cucumber right out of the garden and onto a salad! I have been looking for tomato recipes and dressings for marinating tomatoes and cucumbers because I know we will be eating them every day for awhile. We are also grilling and I found a good Lemon Chicken Recipe. Of course I tweaked them all to our liking and they turned out very good. We are starting to get a lot of zucchini, so if anyone has recipes to use these in any way, I would

appreciate you sharing. We also have yellow squash, Brussel Sprouts, and all sorts of peppers coming soon, so send me your recipes. Enjoy!

## Marinated Lemon Chicken Breasts

### Marinade and Chicken

- 3 garlic cloves minced
- 1 tablespoon canola oil
- 1 tablespoon sugar
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons fresh thyme
- 2 teaspoons finely grated lemon rind
- ¼ teaspoon coarsely ground black pepper
- ½ teaspoon salt

4 (6-8oz) chicken breasts, rinsed cleaned and trimmed if need to do so  
Combine above marinade ingredients in a large bowl. Add the chicken breasts toss until chicken is well coated. Cover and refrigerate overnight or up to 24 hours (the longer the better)

### Basting sauce:

- ½ cup fresh lemon juice
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 2 teaspoons honey mustard
- ½ teaspoon each salt and coarsely ground black pepper

Combine above basting ingredients and whisk

Preheat grill to medium, to medium high, oil the grates, and place chicken on grill. Baste with basting sauce turning and basting until chicken reaches 165 degrees. Discard any leftover marinade and basting sauce.

### Two Dressings for Tomatoes and Cucumbers

2-3 tomatoes washed and cut into chunks or cubes, 2 small, or 1 large cucumber peeled and cut in cubes. Pour one of the following dressings over

them and refrigerate for one hour before serving.

1. Basic Vinaigrette - ¼ cup red wine vinegar, ¾ cup olive oil, 1 tsp. each chopped basil and minced scallions. Salt and ground black pepper to taste. Stir ingredients together in a bowl and whisk until well blended, serve at room temperature.

2. Sun Dried Tomato - 1/3 cup water, 1/4 cup balsamic vinegar, 1/4 cup worcestershire sauce, 1/4 cup sun-dried tomatoes packed in oil, 2 tablespoons Dijon Mustard, 1/2 teaspoon minced garlic, 1/2 cup olive oil. In blender or food processor combine all ingredients except oil, and process until well blended. Gradually add oil and processing until smooth.

Comments, suggestions, and any recipes you would like to share contact me at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com)

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# Calendar of Events

August 2014 – Sandusky County

**Aug 1-Oct 5:** Civil War Prison Life Unearthed, Hayes Presidential Center, 8 am. Northwest Ohio is home to the only Union Army Civil War prison specifically designed to house captured Confederate officers. Johnson's Island Civil War Prison continues to reveal tantalizing details about the war and the men who fought and died.

**Aug. 1-3:** Jimmy Bukkett's/Memory Marina (Humane Society), 2815 N. County Road 198. 8/1 Brent Lowry Band 6-10pm, 8/2 Mars 6-10pm ,

**Aug. 3:** 100 Proof 2-6pm.

**Aug.2:** Farmer's Market, Downtown Fremont.

**Aug. 2 & 3:** Celebration of the 2014 Battle of Fort Stephenson, 423 Croghan St., Fremont, Sat: 10am to 9pm, Sun: 10am to 3pm, free. Festivities include battle re-enactments, period encampment, live music, food and craft vendors, Native American games and activities, tribal war council and pow-wow. Peninsular Farm tours.

**Aug. 2, 9:** Fremont Speedway, Sandusky County Fairgrounds, gates open at 4 p.m. and racing begins at 7 p.m.

**Aug 3:** 5th Annual "Fremont's Got Talent", Birchard Park, noon, free. Preliminary at noon, finals at 5pm. Free, \$1,000 grand prize. \$300 student prize. Sponsored by the Exchange Club of Fremont. People's choice (for 18 and under). In case of rain, concerts will be cancelled at 4p.m. This info can be found on the City's website at [www.fremontohio.org](http://www.fremontohio.org) or by calling the Recreation Center @ 419-334-5906.

**Aug 6:** Verandah Concert: Cottonwood Jam String Band, Hayes Presidential Center, 6:45pm, free. It's "bring your own seat" as you select a spot on the shaded lawn in front of the historic Hayes Home to listen to a musical performance by area entertainers. Come early to enjoy a free ice cream social. [www.r.b.hayes.org](http://www.r.b.hayes.org)

Aug. 7: Basic Bonsai Care with Director, Rod Noble, Leo Pelka Bonsai Shelter Schedel Gardens, Elmore,

10am, \$12 per person or \$10 for members. Intro to Bonsai – Discussion of history, general principles, care, watering, tools, and techniques for the beginner. Includes a demonstration of how to select, style, pot, and wire a pre-bonsai plant into a specimen bonsai.

**Aug. 7, 14, 21, 28:** Bellevue Open Air Market 4-7pm, city Parking Lot located at the corner of East Main & North Sandusky Streets.

**Aug. 8-10,** 2014 Jimmy Bukkett's (Jake Binder Scholarship Foundation), 2815 N. County Road 198, Fremont.

**Aug. 9:** Second Saturdays R 4 Kids, 11am – 3pm, \$7.50 for adults, \$1 for children . Topic: Civil War Medicine. Participants will experience being 'mustered in,' and learn about soldiers, officers, and military training. The day includes special activities and a make-and-take-project. Families are not obliged to stay for the entire 3-hours. The format is a "come and go when you want."

**August 9:** Pontifex Glow Run, Rodger Young Park. 9pm, come in your glow-in-the dark paint or glow accessories. Glow accessories will be available for purchase at the race. A glow necklace will be included in every race packet. Pre-register by July 26th by going on line to [www.Facebook.com/BodyLinesGym](http://www.Facebook.com/BodyLinesGym) or by mail or by stopping into Body Lines at 416 W. State St. All proceeds from the race will go to Pontifex Inc. a 501(c) 3 a nonprofit organization.

**August 11;** Jail and Dungeon Tours, 622 Croghan St, Fremont, 5:30 pm, 6pm, 6:30pm & 7pm, admission \$2. Tickets purchased at the Sandusky County Visitors Bureau, 712 North Street, (the fairgrounds parking lot)) or at the door. [www.sanduskycounty.org](http://www.sanduskycounty.org)

**Aug. 15-17:** Jimmy Bukkett's (Fremont Fire Fighters for MDA)

**August 16:** Farmer's Market in downtown Fremont.

**Aug 19 – 24:** The Sandusky County Fair Sandusky County Fairground, one of Ohio's LARGEST county fairs! [www.sanduskycountyfair.com](http://www.sanduskycountyfair.com)

**Aug 20:** Verandah Concert: North Coast Big Band, Hayes Presidential Center, 6:45pm, free.

**Aug. 22-24:** Jimmy Bukkett's (Fremont Ross Hockey)

**Aug. 22:** Dungeon Descent: An Adventure into the Paranormal 8p.m., cost \$20 p/p. Explore the age old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure.

**Aug 22, 23:** Village Wide Garage Sales, Oak Harbor, map of registered sales available at the Oak Harbor Chamber office or [www.oakharborohio.net](http://www.oakharborohio.net)

**Aug 25:** Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, 622 Croghan St, dinner at 6pm, doors open at 5:30pm, \$20.

Tickets: Sandusky County Visitors Bureau, located at 712 North St, in Fremont or on-line at [www.sanduskycounty.org](http://www.sanduskycounty.org)

**Aug. 28:** Evening Guided Tour of the Gardens, Schedel Gardens, Elmore, 6:30pm, \$15 per person or \$13 for members. Master Gardener, Elaine Mylander will direct a twilight journey. The tour will include information on plants and trees as well as Schedel history.

**Aug. 29-Sept. 1:** Jimmy Bukkett's @ Memory Marina (Riders Unlimited)

**Aug 30-Sept 1:** SCRAP, White Star Park, 5013 CR 65, Gibsonburg. Antique Tractor & Engine Show featuring Cockshutt & Co-op Tractors & Equipment & Ohio Built Engines. Consignment auction Sept. 1st at 9:37am.. Saturday night: Connor Rose. Sunday night: DJ'S Rusty & Jen Burkett. Banjo & Fiddler Contest, Parades, Horse plowing, benefit poker run, antique cars & trucks, wheat threshing, antique tractor pull on Fri, Sat. & Sun. Flea Market. Show Info contact: Elwood: 419-307-4265, Roger Below: 419-547-6335

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# In Your Own Backyard

**Aug 2, Sept 6, Oct. 4:** Gibsonburg Farmers Market in downtown Gibsonburg at the log yard. 9 am to 12 pm. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. For info contact us at [gibsonburgfarmersmarket@gmail.com](mailto:gibsonburgfarmersmarket@gmail.com) or call 419-637-2257.

**Hayes Memorial United Methodist Church Vacation Bible School**, this year the theme is Workshop of Wonders, an exciting way for kids to learn about Jesus' power. Hayes Memorial VBS is open to all children entering pre-school through sixth grade and will run from August 3-7. Supper begins at 5:30 p.m. and the program at 6 p.m. and each evening concludes at 8:30 p.m. Registration by calling the church office at 419-334-2605.

**Fremont Area Women's Connection luncheon, Anjulina's Catering**, 2270 W. Hayes Avenue, Tues., August 12, Luncheon 11am -12:30 pm. Cost \$12 inclusive. The Feature will be led by Lori Peters. The topic is "Wardrobe Malfunctions/fixes". Lori Kempton, Hamilton, OH, will speak on CHANGE HAPPENS, and her byline is "Just when

Lori thought she had everything together, her world turned upside down". For luncheon and free child care, call by Aug. 7, Donna 419-680-2251 or Carrol at [faw-cluncheon@gmail.com](mailto:faw-cluncheon@gmail.com).

**Fremont Ross Football Reverse Raffle and Chinese Auction**, Sat. August 16th, 5 pm  
Fremont Eagles, 2570 W State St. Tickets are \$50 each, dinner, 50/50 drawings and over \$5,000 in prizes! For tickets call Chad Long at 419-308-2548 or Chuck Mettler at 419-341-4864

**Tiffin Art Guild's 7th Annual Art Fair**, August 9, 10 am-5 pm, downtown Tiffin.

**ProMedica Memorial Hospital to provide 25 free mammograms:** Wednesday, August 20, ProMedica Memorial Hospital is hosting a free mammogram screening event. The free mammograms have been made possible through the Northwest Ohio Affiliate of Susan G. Komen. An appointment is required and the mammograms will only be administered to individuals who are uninsured or under-

insured. Call 419.333-2036 to schedule an appointment.

**Village of Lindsey Farmers Market:** Second Saturday of each month, 9 am until noon, in the Village Park on Main Street. Open to vendors selling produce, baked goods, crafts, jewelry, plants. Fee for all vendors is \$5 for unlimited space. For info 419-665-2045.

**The Fundraiser Committee of the Sandusky County Cancer Care Fund** would like you to mark your calendar for September 21 for the 8th Annual Fashion, Friends & the Fund event to be held at Anjulina's Catering & Banquet Hall. Look forward to an enjoyable afternoon from 1-3 pm, for a great cause. We invite you to "save the date".

**CIRCUIT RIDER PASTOR TO SPEAK:** In keeping with the historical significance of the Fort Stephenson Anniversary Celebration festival that will happen the weekend of August 2-3, First Presbyterian Church of Fremont will be holding a special worship service on Sunday at 9 a.m., and, thanks to

the marvels of time travel, the morning message will be delivered by the Rev. Joseph Badger, a pioneering Presbyterian circuit rider serving the Connecticut Western Reserve. Rev. Badger (portrayed by the Rev. William McConnell of First Presbyterian Church) will share reflections based on Badger's experiences in the War of 1812, including the critical role he played in the Battle of Fort Stephenson. Members of the congregation will provide a reception immediately following the service, as well as guided tours of the church's historic sanctuary.

**Join Hayes Memorial United Methodist Church on Sept. 6, from 5 p.m.- 7 p.m. for a Back 2 School Bash!** There will be a Chili Cook-off with a cash prize, face painting, live music, a dunking booth, bounce house, concessions, fun games, and even free haircuts for kids! The Bash will be in the yard of Hayes Memorial United Methodist Church at 1441 Fangboner Road (behind the YMCA). Call the church office at 419-334-2605 or visit [www.hayesmemorialumc.org](http://www.hayesmemorialumc.org).



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# RC Warbirds Over Port Clinton



With your admission of \$5.00 you'll get full access to the Air Show and the Liberty Aviation Museum with its beautiful WWII exhibits! Take a stroll through the museum and check out the North American B-25 "Mitchell" Georgie's Gal, North American T-6J "Texan" Harvard Mk IV, a fully restored Grumman TBM Avenger and the active restoration of a Ford Tri-Motor by the Tri-Motor Heritage Foundation.

During the show you will be able to get up close and personal with other Full Scale Historic Warbirds. Yankee Air Museum's B-17 Yankee Lady will be available for Flight Experiences rides on Sunday, Titan aircraft T-51's will be doing fly overs and aerobatic demonstrations during the day, and flight demonstrations of Charlie Cartedge's Grumman TBM Avenger.

At the RC Warbirds Over Port Clinton everyone will enjoy the festivities! We have several attractions to keep you entertained and help you learn about all aspects of full-scale and model aviation.

RC flight exhibitions will range from medium to giant scale propeller driven and jet turbine aircraft. Our pro pilots will perform aerial 3D, pattern, scale and extreme helicopter aerobatics throughout Saturday and Sunday.



Spectator and pilot lounge tents will have a wide variety of fantastic food at a great price. If you'd like to take a break from the festivities for a full meal you can visit the Tin Goose Diner in the museum where a classic American menu and décor from the fifties will help transport you back to the Golden Age of Aviation. Be sure to stop by the Tri-Motor Heritage booth after dinner for some great Tofts Ice Cream.

After the event on Saturday night only from 7:00 PM to 10:30 PM, the Liberty Aviation Museum will be holding a Big Band WWII Dance Party. 40's dress attire is encouraged but not necessary.

Advanced tickets for the Warbirds event can be purchased at [WWW.RCWARBIRDSOPC.COM](http://WWW.RCWARBIRDSOPC.COM). Advanced discounted tickets for the Big Band WWII Dance Party can be purchased at [HTTP://LIBERTYAVIAITONMUSEUM.ORG](http://LIBERTYAVIAITONMUSEUM.ORG) or full price tickets can be purchased at the gate the day of the event.

RC Warbirds Over Port Clinton - Flying, Food, Dancing, and Fun for the whole family!

## ATTRactions

- Air show - 9AM - 4PM Saturday & Sunday.
- Liberty Aviation Museum with attractions.
- Yankee Air Museum - B-17 Yankee Lady (Sunday)
- MAPS Air Museum - Jet Turbine display and F-4 Phantom Cockpit display.
- Air National Guard Red Horse Squadron Motorized Airplane to sit in and take pictures
- Pilot and Spectator lounge for great food and Beverages.
- 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.
- AMA - Academy of Model Aeronautics RC Simulator Exhibit
- CAF - Commemorative Air Force booth for historic artwork and toys for fundraiser
- CAP - Civil Air Patrol education and recruitment.
- Discover Aviation booth - Aviation Education and Event promotion.
- EAA Chapter 50 - Fundraiser booth for some great aviation literature and Young Eagles.
- North coast Veterans Museum - WWII historic display of weapons and other artifacts.
- The Firelands Military Vehicle Group - Various fully restored WWII Military Vehicles display.
- Marine Corps - Pull up Challenge
- US Army - Modern Military Vehicles
- Big Band WWII Dance after event Party! Saturday night August 23rd after the event starting at 7:00 PM to 10:30 PM.

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# SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR AUGUST:

To register: 419-334-4495

**Stargazing, August 2,** sunset, Wolf Creek Campground, 2701 S.R. 53, Fremont. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park south of Fremont. No registration.

**Leave No Child Inside Natural Play Day, Aug 3,** noon-3pm, Wolf Creek Campground, 2701 S.R. 53 so. of Fremont. Spend the afternoon with activities along the trail. Can you jump as far as a bullfrog or build a fort out of sticks? Make s'mores. Dress to get dirty. No registration required.

**Hike for the Health of It, Aug 4,** 8-9pm. Doug Haubert Wetland area of White Star Park, 1330 C.R. 66, Gibsonburg. No registration.

**Getting to Know You, Floodplains, Aug 6,** 4-6pm, Creek Bend Farm, west side of the creek, 2181 C.R. 92, Lindsey. Dress to get wet, no open-toed shoes. No registration.

**Moonlight Canoeing, Aug 9, Aug 10,** 7:30-10:30pm, meet at the Park Office, 1970 Countryside Place, Fremont then travel to Decoy Marsh. This is an excellent trip for couples, you must register with a partner. open only to ages 18 and over. 419-334-4495.

**Puddle Jumpers, Beach Party, Aug 11,** 10-11:30am, White Star Beach, 925 S. Main, Gibsonburg. Ages 5 and under are invited to dress for the beach as we dance, hunt for treasure, and splash! Registration required.

**Kids in Nature, Wetland Restoration, Aug 11,** 4:30-5:30pm, Shelley Wetland/Tea Kaufman Homestead, 2126 C.R. 292, Bellevue. Explore the wetland restoration projects, no flipflops or sandals please. Registration required.

**Fishing with Ranger Dan, Aug 12,** 10-11:30am, Raccoon Creek Reservoir, next to Water Treatment Plant, 1041 S. Main, Clyde. Bait and poles provided or bring your own. Registration required.

**Babies in Parks, Water, Aug 13,** 10-11am, White Star Beach, 925 S. Main, Gibsonburg. A program for infants & caregivers. Bring blanket or beach towel to sit on. Registration required.

**Fish Research, Aug 16;** 2-4 pm, Creek Bend Farm, 654 S. Main St (SR 590), Lindsey. Dress to wade into the creek and assist with ongoing research. All ages welcome. Registration required.

**Meet Me at the Cabin, Rug Braiding, Aug 18,** 4-5:30pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Learn the lost art of rug braiding by hand and start your own run. Bring a yard of cotton material, scissors, needle and thread. Registration required.

**Summer Celebration, Aug 19,** 4:30-7:30pm, Countryside Park, 1970 Countryside Place, Fremont. Simple summer fun: tie dye, ice cream, hot dog roast, kite fly. All ages welcome to celebrate the end of summer! Registration required.

**Star Party, Aug 22-24,** 6pm Friday through noon Sunday, White Star Park, field behind the barn, enter at 960 C.R. 60, Gibsonburg. All ages are welcome to view the night sky with telescopes set-up for viewing and presentations throughout the weekend.

**Stream Quality Monitoring, August 23** 10am-12pm, Wolf Creek Canoe Launch, 2409 S. State Route 53, Fremont. Dress to get wet, no open-toed shoes. Registration required.

**Monarch Butterfly Tagging, Aug 23,** Aug 30, 2-3:30pm, 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.

**Marsh Hike, Aug 28,** 5-7pm, Decoy Marsh, 2700 C.R. 259, Fremont. Dress for the weather, there are limited shade areas. No registration.

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## MURDER MYSTERY DINNER

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**Omarr's  
Astrological  
Forecast**

By Jeraldine  
Saunders

**ARIES** (March 21-April 19): You'll never know how good you can be unless you reach for the stars. You can focus on achieving the dreams you once thought were impossible. Use your skills to climb the ladder of success.

**TAURUS** (April 20-May 20): The month ahead offers you a chance to improve a situation that involves your home or family. Your judgment may be better than usual and you may be given an opportunity to make your dreams come true.

**GEMINI** (May 21-June 20): Love and relationships aren't always logical. Banish preconceived notions and follow the lead of your partners. If you need forgiveness for a wrong or transgression you will be able to ask for it.

**CANCER** (June 21-July 22): Don't let money become an issue or give in to moments of irrational possessiveness. Top off every day with blissful moments of togetherness with a congenial companion.

**LEO** (July 23-Aug. 22): The excitement of new places and faces can be exhilarating. Escape from routines. Your imagination and inspiring ideas make you a welcome addition to any crowd and attractive to romantic partners.

**VIRGO** (Aug. 23-Sept. 22): Put practical matters at the front of the line. You may prefer to be an impractical dreamer, but it is more important to put your ideas to work in viable ways. Don't be afraid to ask for help or favors.

**LIBRA** (Sept. 23-Oct. 22): Don't be content to play second fiddle. You might think you have to bow to someone else's opinion, but you may have a brilliant solution if you merely speak out. Exude confidence.

**SCORPIO** (Oct. 23-Nov. 21): You can learn to give without feeling used and learn to love without feeling abused. You may have an opportunity to move forward and leave your suspicions in the dust.

**SAGITTARIUS** (Nov. 22-Dec. 21): Pay attention to the inspirations that pop into your head. Pursue the latest fad or most popular entertainment. You're at your best with a congenial companion who shares your interest in exotic delights.

**CAPRICORN** (Dec. 22-Jan. 19): Your ship might come in if you sent it in the right direction in the first place. Go ahead and flatter the boss or ask for a favor from a friend. Use every opportunity to achieve a worthy goal.

**AQUARIUS** (Jan. 20-Feb. 18): There's no such word as "impossible" in your dictionary. You can make your fondest dreams come true through good will or by following the guidance of others. Grab every opportunity.

**PISCES** (Feb. 19-March 20): You can play the part of the diplomat in the upcoming month. You may have quite a lot of work on your desk or a daunting schedule, but you'll have plenty of time to help straighten out someone's problems, too.

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## Sandusky County Home Health and Homemaker Programs Help Sandusky County Residents Remain Independent

Imagine how difficult it would be to worry about falling each time you step into the shower. What about the helpless feeling knowing you need to take your medicines but have a difficult time remembering which pills to take and when. Now imagine how it would feel knowing instead that there will be someone to help you in and out of the shower and be there to teach you how to take your pills as directed.

Since 1973 the United Way of Sandusky County has been proud to support Sandusky County Home Health and Homemaker programs. These programs receive funding each year through designations and campaign pledges to offer services that help promote, improve and maintain the health of homebound patients residing in Sandusky County.

"I would like to say thank you for being so nice and respectful. Everyone was very caring and gave me great care. I was very happy with them for helping me!", Mrs. G stated about her experience with Sandusky County Home Health. Mrs. G was admitted to Home Health services after suffering a head injury from a fall. Living alone, the nurse focused on teaching her how to manage her diabetes, hypertension and the post fall head injury. Medication management and when to contact the doctor with concerns were reinforced. As her injury was related to a fall, Physical Therapy worked to strengthen her ambulation skills and taught safety awareness. A home exercise program was established to help her maintain these abilities.

Sandusky County seniors age 60 and over with physical limitations have the opportunity to take advantage of the Homemaker Program. These seniors desire to maintain their independent living status but due to advanced age, disease and disability require assistance to provide their per-



sonal care safely. Because of the care provided by the Homemaker Program, these patients are able to remain in their home with the assurance that assistance with personal care will be provided and if their care needs change needed intervention will take place.

After a hospital and nursing home stay, Mr. C was finally able to return to his own home. After completing skilled Home Health care, he enrolled in the Homemaker Program as it was still not safe for him to attempt self personal care as he lived alone. As Mr. C had always been independent, he wanted to remain at home and was very appreciative of receiving assistance to allow that to continue. When asked to evaluate the Homemaker Program services provided, he stated simply "Performance Excellent!"

Thanks to donations from United Way donors patients such as Mrs. G and Mr. C are able to receive services from Sandusky County Home Health and Homemaker Programs. In addition, United Way funding has been able to provide skilled home health services to clients without the ability to pay for these services. For additional information on Sandusky County Home Health and Homemaker Programs please call 419-334-6191.

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Some months it seems not much goes right. July was one such month with injured cats and starved horses. With a budget that continues to grow in spite of constant cuts the last thing the shelter needed was not a major horse rescue. As I write this column Silkie, the most starved of the three surviving horses, is beginning to recover. She is still very emaciated, but she is now stable and no longer critical. She is a very sweet horse and we hope we can get her back to a good weight. This will be a long, slow process. The kitten in the photo was brought to us in July, his entire leg had been badly broken and needed to be removed or he would not survive. Since he was so young, and really a sweet kitten, we chose to remove the leg. He now has a great home and a lot of love.



Also in July a pregnant cat came in with a litter of dead kittens inside of her, again, we had to choose whether to save her as she had become toxic. She also had a seriously infected wound that had to be stitched. We chose to give her a second chance at life and she is now up for adoption at the shelter, her name is Tawny. Once again we ask that if you can afford a donation to help us care for so many injured and abused animals in our community, we would greatly appreciate it. You can also visit our website, [www.hs-sc.org](http://www.hs-sc.org) to make a donation through PayPal. We can also use volunteers daily from 1-5p.m. and needed supplies include: paper towels, litter, canned cat food, latex gloves, bleach, laundry soap, Dawn dish soap and Pine Sol. Thanks so much for your help.

## CASA Volunteers Needed

Court Appointed Special Advocates, also known as CASA volunteers, are needed to help abused and neglected children in this community. The next class to train local citizens to become CASA volunteers will begin on Thursday, September 11 at 5 p.m. at the main office of CASA of Seneca, Sandusky and Wyandot Counties at 21 Court St. in Tiffin.

CASA of Seneca, Sandusky and Wyandot Counties is a local nonprofit organization that recruits, screens, trains and supports volunteer citizens to advocate for the best interest of abused and neglected children. Child abuse is an ongoing problem in our communities. In 2013, 209 children were helped by CASA volunteers in Seneca, Sandusky and Wyandot counties.

To enroll in the next training session, call CASA of in Fremont 419-355-1442.

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5	2	1	9	7	4	6	3	8
6	9	4	8	3	1	5	7	2
2	7	5	4	9	3	8	1	6
8	3	9	1	5	6	7	2	4
1	4	6	7	8	2	3	9	5

## ProMedica Memorial Hospital to provide 25 free mammograms

On Wednesday, August 20, ProMedica Memorial Hospital is hosting a free mammogram screening event. The free mammograms have been made possible through the Northwest Ohio Affiliate of Susan G. Komen. An appointment is required for a free mammogram, which will only be administered to individuals who are uninsured or underinsured. Call ProMedica Memorial Hospital's Centralized Scheduling at 419.333-2036 to schedule an appointment.

## Get Into The Swing of Summer

We will be showing the movie  
**Swing Time**  
 with Fred Astaire & Ginger Rogers.  
 August 29th at 2 p.m.

Get into the swing of things! Join our residents for the special showing of *Swing Time* that will move your mind and spirit. Enjoy light refreshments and tour our vibrant community. Bring friends and family for this 1936 movie classic. RSVP by the 27th to 419-547-7746

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**Q:** We just had our cat put sleep; he was 20 years and four months old. How long do cats and dogs usually live? - L.S.

**A:** I'm so sorry to hear about your cat, but at least he enjoyed a long life, longer than most. Increasingly, though, cats are living (and in good health) to age 20 or longer.

While there is no national database on pet health, Banfield the Pet Hospital maintains an amazing database, which includes information from over 800 hospitals. It can likely provide an accurate snapshot. According to the Banfield State of Pet Health 2013 report, pets are living longer: The average lifespan of a cat in 2012 was 12 years, which has increased by 10% since 2002, adding a full year to a cat's life. The average lifespan of a dog in 2012 was 11 years, a four percent increase adding a half a year to a dog's average lifespan.

Additional findings in the 2013 report include the impact of spaying and neutering on a pet's lifespan. Data reveals neutered male cats live, on average, 62 percent longer than unneutered males, and spayed female cats live, on average, 39 percent longer than unsplayed female cats. An increase in longevity was also seen in dogs. Neutered male dogs live, on average, 18% longer than their unneutered counterparts, and spayed female dogs live, on average, 23% longer than unsplayed females.

We also know that being proactive by taking a pet for regular preventive checkups to maintain good health and diagnose illness early when it may be easier (and less expensive) to treat, adds to longevity and quality of life. I believe quality of life is what's most important for our pets; it's not how long they live but how well they live.

**Q:** I read your recent column on preventive care. Does teeth cleaning matter? - R.S.

**A:** "Absolutely," says Dr. Kate Knutson, president of the American Animal Hospital Association. "The secret to effective oral care is starting with a clean mouth. Otherwise, you may be brushing on abscesses (infected teeth). It may feel like taking a scrub brush to an open wound. It hurts, so no wonder the pet doesn't take to brushing."

Knutson, of Bloomington, MN, is an enthusiastic supporter of x-rays for pets' teeth for similar reasons that human dentists x-ray our teeth. Since x-rays in animals are done under anesthesia, Knutson notes that it doesn't cost much extra money to then have clinic staff conduct a cleaning.

"Appropriate dental care prevents bacteria from building up, which could otherwise lead to disease," she adds. "Also, living with bad teeth and gums is painful. For example, many cats (and small dogs) aren't being finicky, the truth is it may hurt to eat."

**Q:** My friend adopted a kitten off the street. Socks will sometimes become very still, squint her eyes, stalk and attack my friend, even biting so hard that it bleeds. Sometimes she'll even bite my friend's face. My friend has used a water bottle to squirt the cat, which sometimes works, as it does keep her off counters. Socks used to sleep with my friend, but now hides in the basement at night. My friend is terrified. Can you shed any light on what's going on here? - V.M.

**A:** "Cats, especially kittens, love to stalk and pounce; it's what they do," says cat veterinarian Dr. Elizabeth Colleran, of Chico, CA. "Cats who may not have had the advantage of their mother and littermates as teachers may not know not to bite down so hard. It's important that your friend play with her cat using an interactive toy (such as fishing pole-type toy with feathers). You should never use your hands or feet as play objects, even with young kittens."

Your friend is already familiar with some of the cues, such as stalking and squinting; others include tail flashing, a cat's ears rotating back, the cat crouching. The instant she sees any of these, she should toss a toy (a squeaky mouse toy or a toy that moves, like a little ball) in one direction for the cat to chase, while she slowly walks off in another direc-

tion. She should keep toys in her pocket so she's always ready.

As for the cat biting at your friend's face, I'm not sure what's going on, but she needs to prevent the cat from having that opportunity.

Colleran, the American Association of Feline Practitioners spokesperson for Cat Friendly Practices, is somewhat concerned that the cat hides overnight, and wonders why. She also wonders if perhaps your friend is being more punitive toward her cat than simply squirting water. She may be doing something as simple as her screaming at the cat for harming her (which is understandable) and also squirting the water. As a result, the cat has associated the unpleasant experience with the owner. Since hiding is a new behavior, Colleran also wonders if there's a medical explanation, so seeing your veterinarian makes sense.

*(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 Content Agency, LLC, c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve.dale.tv. Include your name, city and state.)*

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## Shelter Specials For August

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**Events:** Jimmy Bukkett's, Aug. 1-3  
Big D's Golf Scramble at River Cliff Sat., Aug. 9th

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- Class 4 Therapy Laser
- Acupuncture



Mon. 8 a.m.-7 p.m., Tue.-Fri. 8 a.m.-6 p.m., Sat. 8 a.m.-Noon, Closed Sun.



# Out to Lunch

By Lynn Urban



## Lagoon Saloon

One of my favorite places to be in the summer is anywhere on the water. I try to hit them all in the Port Clinton area, and one that I keep going back to is the Lagoon Saloon. It's located at Nugent's Canal just south of Port Clinton on the Portage River. What I like is the casual atmosphere, where you can sit at a picnic table on the waterfront patio and watch the sunset. It's a local hangout for the residents, but has become a very popular place to eat with everyone, from Port Clinton to Fremont.



They are best known for their pizza, which the locals say is the best around, and it's true, it's really good pizza. A simple 12" pizza starts out at \$10.00 with each additional topping costing \$1.50 each. Specialty loaded pizzas like the taco, deluxe, and a variety of chicken pizzas run \$17.00. Every night has a special, that also includes pizza specials. We happened to be there on a Monday, and the Monday night special was a burger, fries, and a beer for \$5.00. You can't beat that. The juicy 1/3 lb. burger was served with lettuce and tomato and a mountain of fresh cut French fries. It was an excellent burger. The wings were 50 cents a piece that night. They were fried light and crispy with an assortment of tasty sauces ranging from mild to hot, BBQ, and Parmesan. They were good too.

One thing I go there for are the homemade egg rolls. The owners Mother in Law is Vietnamese and makes them herself by hand. They are full of wonderful flavor and served with a tasty sweet and sour sauce. They are better than any others that I've had.

The menu has a large selection of appetizers, sandwiches, salads and subs. Wednesday night all Subs are \$5.00. Although it's a bar atmosphere, it's also a family and kid friendly restaurant with a kids menu. Be sure to check it out while it's nice enough to enjoy the warm weather.

## PAIN MANAGEMENT CENTER ADDS PHYSICIAN

The Bellevue Hospital's (TBH) Pain Management Center recently welcomed Kaveh Nabavighadi, M.D., to its staff.

The Pain Management Center at The Bellevue Hospital is located in Building 1, Suite C, directly behind TBH at 1400 W. Main St. The center will be open Monday through Friday.



"Dr. N" is a pain management physician specialist and is board certified as an interventional pain anesthesiologist with experience in pain management techniques as well as conventional pain management.

He received his medical degree from the Case Western Reserve University School of Medicine in Cleveland, OH and his bachelor's degree from Johns Hopkins University, Baltimore, MD. He completed his internship, residency and fellowship at the Henry Ford Hospital in Detroit, MI.

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

For appointments, please contact the office staff at the Pain Management Clinic, 419.484.5903.

## Classifieds

### WANTED

**VENDORS WANTED** for Holiday Craft & Vendor Show to benefit the Humane Society of Sandusky County Event is Saturday, November 1 at the UAW Hall in Fremont \$25 per space. For more info & application, contact Deb @ (419) 552-5389 OR gotwickless@aol.com Visit us on FB at HSSC Holiday Craft Show

### SERVICES

Dust Free Cleaning can beat the summer heat and dust. Kids headed back to school, call us to clean up the house. Rates, \$12 per hour, 4 hour minimum, references, insured, call 419-603-6667.

### FOR SALE



#### 2007 Chevy Silverado Z71

Very clean 2007 Chevy Silverado 2500, HD, Z71 package. Very well maintained. Power windows, power driver seat, & power locks. Remote start, cruise control, steering wheel radio controls. Ice cold A/C, hot heat, OnStar capable. Optional manual transmission on steering column. Hydraulic hard top bed cover & tool box included. Oil changed every 3,000 miles. Just over 174,000 on odometer, most being highway miles. There are 2 small holes in driver's seat, and a nickel size dent on the driver's front door. \$14,000 Call 419-603-3313

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Send a check with your ad to 30 Ponds Side Dr., Fremont, OH 43420 by the 20th monthly.

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