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Free

Vol. 17 Issue 8

August 2015

Your Kids Got Theirs— How About You?



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- Protection from some vaccines can wear off over time.
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Lifestyles 2000

August 15



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www.lifestyles2000.net

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Reiki Circle

Patricia Zilles, Reiki Practitioner/Teacher
The Bellevue Hospital

On behalf of the Reiki Circle at The Bellevue Hospital, I would like to apologize for the cancellation; especially to those of you who have pre-arranged plans or already made plans to attend. I do apologize for any inconvenience and value your support and attendance, there were circumstances which were beyond my control but we intend to make this months meeting even more interesting and informative about Reiki and Chakra balancing.



Reiki Talk will be discussing where to begin self treatment of the chakras. The question came up from one of the students of the technique in the manual and how other forms of Reiki and chakra balancing are taught. So I hope you can join us then as our students and professional practitioners demonstrates both healing techniques.

The Reiki Circle will meet at The Bellevue Hospital on August 11th at 6 pm through 9 pm. in conference Room A & B. As always it is open to the public and a 15-20 minute Reiki treatment will be given at request for new attendants. We will open with Reiki Circle meditation, question and answer session and table discussion the first hour. Be prepared for a wonderful experience and welcome to all.



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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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30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Finally it is summer!

We have had a great new writer this summer, Kelsey Nevius, who plans to continue to do her interesting "out and about" columns even as she attends college. We look forward to more good reading.

A new writer this month is Adam Herrera. Adam knows a great deal about computers and since many of our readers are not of the "techie" age group I believe he can bring us lots of useful information. So be prepared to learn more about your tables, phones and lap tops in the months ahead.

Thanks for picking up August, I know with back-to-school this is one busy month. See you in September.

Joanne



"Pete" was hiding in the Centec ad in July, not too many got it right, there were less than 100 correct entries.

Find Pete Winners

Winners are Bob Wells, Eric Growel, Deanna Root, Lucy Reed, Judy Abel, Rachel Straka, Kari Keiser, Clara Thrun, Lucinda Reed, Deanna Root, Fremont; Lindsey Rockowiak, Lynne Warwick, Bellevue; Neil Wilson, Oak Harbor; Nathan Lowe, Laura Lindstrom, Clyde; Linda Copley, Gibsonburg; Myles Miller, Green Springs.

"Celebrating 16 Years" contest: Miller Boat Line tickets to Angela Missig, Lauren Kohler, April Ratliff, Fremont; Leslie Wood, Clyde; Ryan Hartman, Gibsonburg. African Safari to Holly Halbisen, Bellevue; Dawna Willey, Clyde, and Ashley Irving, Tiffin.

Find Pete Prizes

Prizes are from Jenesis Salon, Pond Builders, Dairy Queen West, Rally's Fremont. The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry. Mention "Celebrating 16 Years" to be eligible for a pass to African Safari for 6 or Miller Boat Line tickets.

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

Jill on Money:

By Jill Schlesinger

A midyear look at the state of the economy

Every January, I outline the big issues and economic predictions for the year ahead. With the first six months of 2015 down, let's take an intermission to review the highs and lows of Act I and look ahead to Act II.

-The U.S. economy: There were great hopes coming into the year, but a trio of events conspired to dash them. For the third time in five years, the U.S. economy contracted in the first quarter of the year (2011, 2014 and now 2015). The combination of bad winter weather, the West Coast port shutdown and shrinking investment in the energy sector due to lower oil prices caused Q1 GDP to shrink by 0.2 percent. However, a number of encouraging signs suggest that growth has snapped back in the second quarter and beyond: Despite a weak reading in March, job growth is accelerating and wages are edging up; new and existing home sales have reached six- to seven-year highs; personal income and spending have jumped; and consumer sentiment is at a five-month high.

-Federal Reserve rate hikes: In January, I predicted that "the first rate hike will occur in the third quarter of the year." I'm sticking to my guesstimate that the Fed will increase rates for the first time in over nine years at the September meeting, especially after Fed Chair Janet Yellen said that she expects "the economic data to strengthen."

-Oil: Oil prices bounced up from the \$40 lows to \$60 per barrel and have settled into a trading range. While drivers may miss those sub-\$2/gallon prices at the pumps, they can take solace in the fact that prices are down about 90 cents from a year ago.

-Housing: The improving economy and labor market, combined with still-low mortgage rates and loosening credit conditions, should help housing in the second half of the year.

-Markets: Stocks have bounced around a bit more this year than last, but the story is the same: Investors are laser-focused on Fed rate hikes, and bonds appear to have started the long-anticipated drop in price and rise in yields.

Big-picture trends and forces are out of your hands, but you can take action in your financial life to gain control.

-Investments: Review your investment accounts and be sure to rebalance them so that your asset allocations remain in check.

-Retirement: Use EBRI's "Choose to Save Ballpark E\$timate" (www.choosetosave.org/ballpark/) to calculate where you stand.

-Homeowner's and renter's insurance: Well before hurricane season or the next wild fire, review your insurance. The three biggest mistakes that people make with their homeowner's or renter's insurance are: under-insuring; shopping for price only and not comparing apples to apples; and not reading policy details before a loss occurs.

-Estate Planning: Hire a qualified estate attorney to prepare a will, power of attorney and health care proxy/living will. Those with larger estates, or who want more control over the disposition of their assets, may want to consider a revocable or changeable trust. In 2015, the estate tax exemptions are \$5.43 million for individuals and \$10.86 million for couples.

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



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The KEETIE Factor



Robin Arnold



Gena Husman

...it can't be measured...it can't be touched, seen or smelled. It comes from inside, and for us, it's all around. This is one of the hardest articles we've had to write so far. It speaks of tragedy but it also speaks of amazing love and deeds from friends we know--and people we've never met before.

Tragedy struck here on Monday afternoon, June 29, 2015. Robin came home to find three of

sions of love and disbelief started pouring in. Some were from people we had never met.

On Wednesday we got a call from Kim Kauffmann, the director of the Black Swamp Bird Observatory, who is a fan of Keetie's and a friend of ours: she insisted on bringing the staff from BSBO down to help search for Keetie. Kim, Lester, Kate, and Ryan gave up their time to help us look. With their help, we discovered two or three piles of his feathers in various parts of the property but nothing else. We will never be able to express what it meant to us when that bus from the Bird Observatory pulled into the driveway--it was like we weren't alone and the grief and concern were shared with people who cared.

The next weekend Deb, another friend from BSBO brought us cookies she and her partner had made--along with an offer to help us if we needed anything.

The guy who delivers our water offered to give us one of his hens so poor Leica would have a friend. She's been alone since the attack, and although we go sit with her and take her treats a couple of times each day, neither of us can take the place of another feathered friend.

Paul and Sande, two friends who live nearby, brought us a memorial plaque and came down to visit and say they were sorry about Keetie. They also offered help if we needed anything.

Friends and casual acquaintances from work who were familiar with Keetie expressed sympathy and disbelief.

We also received an offer from Kim and Lester from BSBO to help build a permanent fence to keep Leica safe in the future. Keetie was bigger than life...and most of it was his own doing. In life he gave us the pleasure of his company--entertainment, loyalty, friendship...he was always there. In death he connected us with people who knew him directly or knew of him through others, and mourned his passing with us.



He entertained a great many birders who came by our place during the spring bird migrations--they'd reach out to touch him and have their pictures taken with him. He basked in their attention. He greeted anyone who ever pulled into our driveway. The expressions of love and sympathy, and offers of help have been overwhelming. To two people who have spent a great part of their lives "going it alone." That's the Keetie factor.

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

1999-2015

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You can also add this to your "Find Pete" entry

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In Your Own Backyard

THE CALL THAT COUNTS: Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Fremont, on Tuesday, August 11, the luncheon begins at 11 am til 12:30 pm, Cost \$12 inclusive. Our Feature will be Adam Wilhelm, Fremont, his business THE JUNK BROS & NEW TO YOU. Our Speaker will be Frankie Szamatowicz, Columbus, telling us of "THE CALL THAT COUNTS".

Frankie received a phone call that made her nervous and anxious, but it resulted in years of joy. For luncheon and free child care, please call by August 6th, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

The Fundraiser Committee of the Sandusky County Cancer Care Fund would like you to mark your calendar for September 20 for the 9th Annual Fashion, Friends & the Fund event to be held at Anjulina's Catering & Banquet Hall. Again this year, look forward to the "Purse-Plus" fundraiser, from 1-3 pm to benefit this worthy cause. More details will be forthcoming but for now, we invite you to "save the date".

DRIVE-THRU CHICKEN BBQ: Liberty Center is having a drive-thru Chicken BBQ from 11am to 1pm on Friday, August 14 at 1421 E. State St., Fremont. The lunch includes 1/2 chicken, baked potato, green beans and a roll for only \$9.00. Advance tickets may be purchased at the Center and from Board members beginning on July 20. Contact the Liberty Center @ 419-332-8777. Proceeds benefit The Liberty Center homeless shelter.

Summer flight camp for the kids or learning to fly to bring out the kid in you... for information call now! Fremont Flight Academy "Teaching the world to fly since 1963" Youth flight camp at The Fremont Airport, 365 South SR 53, Fremont, 419.332.8037 www.fremontairport.com

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North Central Survivors of Suicide Loss - Support Group (peer led) Group meets the 1st and 3rd Mondays of each month (this month's meetings are August 3rd, 17th) at the Administration Board Room of Flat Rock Care Center, located at 7353 N CR 29, Flat Rock, from 6-7:30 p.m. NO COST. Visit our website at northcentralsos.org. Please call or text Jynelle (567) 230-6785 or Monica (567) 224-7023 with any questions.

Our Lady of the Pines: Evening Prayer : Drum and Nourish Your Spirit! Monday August 24, 7- 8pm Come drum with us in the spirit of love, giving and sharing. Let the drums move the spirit in you. Bring your hands and your hearts and come celebrate with us the beauty of the Lord. Families are welcome. Presenters: Amy Slatter and Donna Steinbauer Cost: Free will offering. Registration is requested, call 419- 332-6522 or e-mail olprc@pinesretreat.org.

Summer Sabbath Day : How do I "DO" Sunday? August 26, 9 am to 3 pm The Jews worshipped God masterfully on the Sabbath. Studying their rich legacy will lead us to worship God in true and tried ways. Leader: Father Ted Miller has been a priest of the Diocese of Toledo for forty years. Cost: \$25 (Registration requested) Please call 419- 332-6522 or e-mail olprc@pinesretreat.org

ATTENTION ALL PIANO TEACHERS, MUSIC EDUCATORS AND STUDENTS! The Terra College Foundation along with the Terra Choral Society will hold a one day only "Music Give-Away" to the public. Items include sheet music for piano and organ, music lesson books, and many other related items from the estate of music instructor Mary Gabel. The event will take place Saturday, August 1st, from 10:00 am to 4:00 pm in Terra State's Recital Hall, Building D, Room D122. Mary Gabel was a long time piano & music instructor in Fremont who shared a love of giving and teaching of young people. Her passion for

music and education led her to establish the Gabel Studios Music Library at Terra State and has continued with her wish to freely offer a large assortment of music to the community. All items will be offered at no charge on a first come, first served basis, however free-will donations will be accepted and used toward supporting Terra State's music programs. The Terra College Foundation was incorporated in 1989 as a 501 (c) (3) tax exempt charitable corporation. It is dedicated to supporting the students and educational programs of Terra State Community College. For information contact Lonnie Shuey at the College Foundation Office at 419-559-2362.

CASA of Seneca, Sandusky and Wyandot Counties will hold the organizational meeting for the new class of volunteers on Thursday, September 10, at 5 p.m. at the main office, 21 Court Street in Tiffin. More Court Appointed Special Advocate (CASA) volunteers are needed to represent "at risk" children who are victims of abuse and neglect. CASA volunteers come from all walks of life with a variety of professional, educational and ethnic backgrounds. CASA volunteers are taught effective advocacy techniques for children and are educated about specific topics ranging from child sexual abuse to early childhood development and adolescent behavior. They research the child's circumstances in the case and report this information to the court. Their work helps to support the court's decision concerning the child's future. A CASA volunteer focuses their recommendations to ensure the best interests of the child are being met. Volunteer as a Court Appointed Special Advocate and change one life at a time. It's important work and very gratifying. To request an application or to inquire about this volunteer opportunity call CASA of Seneca, Sandusky and Wyandot Counties in Tiffin 419-448-1442, Fremont 419-355-1442.

Mt. Carmel: 2015 VBS "Christmas in August", Aug. 3-6 from 6:30 pm-8:30 pm, preschool-6th grade, crafts, snacks, games, songs, Bible stories, Christmas gift, call 419-483-6507 or 419-483-5415.

Gibsonburg Farmers Market in downtown Gibsonburg, Saturday, August 8th at the log yard. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. For more info contact Mary at 419-637-2257.

Lindsey Village Farmer's Market: Second Saturday monthly thru Oct. from 9 am to noon in the Village Park on Main Street.

Tiffin 8th Annual Art Fair: Come and celebrate the arts at the Courthouse Square, S. Washington & E. Market St. in Tiffin on August 8th from 9:30am to 4pm.

Back to School Bash: Hayes Memorial UM Church, Iglesias Camino De Vida & Puente De Esperanza, Aug 15, 1-3pm, 1441 Fangboner Rd. Fremont. Free School Supplies, ice cream and music!

Fundraising Event

Wine & Cheese Tasting



Sat. Sept. 5th
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BellevueHistoricalSociety.com

\$10 admission (21)
12:00-7:00
108 S. West St. Bellevue

Senior BINGO Bunch

Join Senior Bingo Bunch **August 21 from 1:30 pm - 3:30 pm.** We meet at Clyde Gardens Place the 3rd Friday of every month. Lunch will be provided and cash prizes will be awarded! RSVP to Christine at 419-547-7746 by August 19th.

Summer Concert Series

This summer, join us in the parking lot to hear a variety of musicians that will get your toes tapping and fingers snapping!



Clyde Gardens Place

Senior Living

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August 13—The Big Chuck Show
September 10—Recycled Barbershop Quartet
All concerts are from 6-7 pm. and will be followed with ice cream sundaes and tours. Bring your own lawn chair. If there is bad weather, the event will be held inside.

It's raining AGAIN! As I sat here, pen in hand, thinking about what to write for this month the rain on the roof prompted some suggestions.

Maybe I could write about Noah and the Ark and how to begin a search for the building plans; or even rice as a possible new field crop in Ohio. Then I just let my mind wonder and inspiration struck! My thoughts went back to the nursery rhymes I remembered. I got my copy of "The Real Mother Goose" book down from the shelf and began to read. As I turned the pages my first thought was, "Wow, these were written a very long time ago...the words and content of many of the rhymes would certainly not be considered 'Politically Correct' in today's world!" Yet, for centuries they have been recited or sang rhythmically as millions of babies were rocked to sleep in their cradles or in their mother's arms.

So, did I find any Rain Rhymes? I sure did. Do you remember, "Rain, rain go to Spain, and don't come back again."

Or, "Rain, rain go away. Come again another day." And, of course, "it's raining, it's pouring, the old man is snoring." There was one that I don't remember, but perhaps you do. It goes like this, "One Misty, moisty morning, when cloudy was the weather. I chanced to meet an old friend clothed all in leather. He began to compliment and I began to grin. How do you do? And, how do you do? And, how do you do, again?"

It is the sheer high spirits of these old jingles, their fun and nonsense that lifts the spirits. Children laugh at the cow jumping over the moon, at Peter's wife sitting easily in a pumpkin shell, at the funny sounds of higgledy piggledy, sing a song of sixpence or Peter's peck of pickled peppers. In short, they laugh at awkward situations, the grotesque, the funny sounds and the bouncy rhymes and rhythms of the verses.

I wondered how old nursery rhymes were and where did they originate—so I quote from the inside cover. "Although the

verses are as British as plum pudding, the name Mother Goose actually made its way into England from France. In 1697, a collection of Perrault's eight famous folk tales was called, "Tales of Mother Goose". In short, they were tall tales or tales of make-believe. These stories were translated into English in 1729. But, long after that, in 1791, John Newbery and his firm decided to publish a collection of traditional verses and jingles. They gave it the appropriate nonsense name Mother Goose's Melody. This is one of the rarest of rare books that exist today. Mother goose, as a title for these verses became permanently attached to this anonymous collection of nursery jingles identified forevermore as Mother Goose.

When I opened the book and began to read, my first thought was—"Oh, My! These really are old---maybe someone should write some new nursery rhymes." But, on second thought, maybe they are just old and silly enough and maybe Mother Goose did do it right and we still

do need Peter's Peck of Pickled Peppers after all.

August is Sandusky County means its fair time. (25th-30th). Stop by the Log Cabin and visit with us while you are there.

Here at the Old Garden House, our August Tea at 2:00 will served on Aug. 25th. The program will be on the Heritage of the Sandusky County Fair. For reservations, call 419-332-7427.

So until next month, I'll close with this nursery rhyme. "For every evil under the sun, there is a remedy or there is none. If there is one seek till you find it. If there is none then never mind it."

Either way 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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Out to Lunch

By Joanne McDowell



Nagoya

I know, most of you will say, "I have been there, done that". But I am not writing about the main dining room with the chefs throwing shrimp at you as part of the entertainment, I am going to talk about the fabulous "other part" of the restaurant, my and Pete's favorite side.

Several years ago we started going to Nagoya for the sushi, raw and cooked. We had never realized how much we loved it until then and we were going up to several times a week, so much so that we burned ourselves out on sushi! Last Saturday, tourist season and all, we headed toward Port Clinton and ended up there. It was a rare day that it was not raining so we sat outside, but then again, the inside was filled to capacity with an hour wait. I don't recommend Friday or Saturday this time of year, but most other days it is easy to find a seat. You can also get a reservation.

Pete ordered the Tuna Tartar, sashimi grade tuna chopped and mixed with pine nuts, served over a sweet miso sauce and garnished with caviar, \$15.00 and listed as an appetizer. I never thought I would love raw tuna, but this dish is to "die for" and pictured in our photos. We also enjoyed the Edamame, \$5.00, steamed soy beans nicely salted, another appe-



tizer. I ordered the Shrimp and Vegetable Tempura, \$9.00, another favorite and with the Edamame it was enough to fill us up. We have enjoyed the Avocado Salad on occasion and the Crab Egg Roll. So if you aren't into Hibachi or Sushi, there are plenty of other delicious choices.

Our total bill was under sixty dollars with the tip, and we each had a drink. The beautiful view we had while enjoying our dinner made this trip so worthwhile.

Visit nagoyaohio.com for the full menu, or better yet, go for a visit and sit outside while the weather is warm, just don't pick a day it is raining!

August is Child Support Awareness Month.

Please join us in celebrating this month by participating in the following activities.

On August 1, 2015, from 10:00 a.m. - 2:00 p.m. attend the Summer Days Family Fest at the Sandusky County Department of Job and Family Services, 2511 Countryside Drive, Fremont, Ohio. There will be a dunk tank with local celebrities, a bouncy house, Twister Girl (balloon animals) and various crafts and games for families to enjoy. Additionally, local community agencies will be in attendance to share information with families about their programs.

On August 5, 2015, "Wear Green" to show your support for and understanding of the importance of child support in a child's life.

Anytime during the month of 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 information on any of these events or programs, please contact the Sandusky County CSEA at 419-334-2909.



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First prize will be a photo of you and your pet on the cover of Lifestyles!

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Calendar of Events

August 2015 – Sandusky County

Aug. 1, 15: Ralph's Joy of Living Farmer's Market Downtown Fremont, from 9am to 2pm rain or shine and the best part - it's FREE!

Aug. 1 & 2: Battle of Fort Stephenson Celebration FREE, Sat. 10am-9pm & Sunday 11am-3pm, Battle reenactments, period encampment, Tomahawk throwing, crafters, weapons demonstration, live entertainment, farmers market. www.battleofstephenson.org.

Aug. 2: Fremont Concert Series in the Park, Birchard Park, 7pm, Dana Dorsey & the "Blue Notes". In case of rain, concerts will be canceled at 4 p.m. www.fremontohio.org.

Aug. 5: Verandah Concerts, 6:45-8pm Hayes Presidential Center, event features Matthew Ball – The Boogie Woogie Kid. www.rbhayes.org

Aug. 6: Pemberville Cruise-ins, Registration 4:30, show 5pm, Free, Classic car show, 50/50 raffle, 50's/60's music, door prizes, good food and more!

Aug 6, 13, 20: Open Air Market in Downtown Bellevue, Sandusky St., Food Vendor - S & S Concessions, 11 am-8:30pm;

ellevue Concert Series – Sliver and Strings - Flute/guitar duo featuring Jazz Wallace Bluhm and Glenn Bluhm: 7-8:30pm.

Aug. 8: Second Saturday R 4 Kids, 11am-2pm, Hayes Presidential Center, educational series designed for children and parent/adult companions. Each session may include speakers, special guests, and a make-take-it craft. 419-332-2081 or visit www.rbhayes.org.

Aug. 8: All you can eat Pancake Breakfast – Girtton Church of God, 2112 S. C.R. 32, 7-11am, \$5, All proceeds go to the Risingsun Park Fund in hopes of rebuilding playgrounds.

Aug. 9: Fremont's Got Talent (rain date: August 12) Birchard Park, noon finals at 5pm, free talent show that features amateur performers. www.exchangecluboffremont.org.

Aug. 9: Vintage Baseball, Featuring the Spiegel Grove Squires. 2pm at Home in Spiegel Grove Hayes Presidential Center presents Vintage Baseball featuring the Spiegel Grove Squires played 1860's style. Home game taking place at 2pm at Spiegel

Grove vs. Stemtown Stinkers of Green Springs.

Aug. 16: Tour De Flats, Biggs-Kettner Park, 600 St. Joseph St., Fremont, 7a.m.-4p.m. \$15.00 pre-registration \$20 day of ride. Several mileage choices: 4-25 mile loop routes, ride 25/50/75/100 miles, 60 mile loop and up to 20 miles out and back ride on the Northcoast Inland trail. Food at the start/finish, on call sag support and showers. Contact: 419-332-4481 www.flatlanders.info.

Aug. 17: Sandusky County Historic Jail Tour 622 Croghan St, 5:30 pm, 6pm, 6:30pm & 7pm, admission \$3. Ever wonder what early jail life might be like? Tickets at Sandusky County Visitors Bureau, 712 North Street, www.sanduskycounty.org.

Aug. 19: Verandah Concerts, 6:45-8pm, Hayes Presidential Center. This event features the North Coast Big Band. It's "bring your own seat". Free.

Aug. 21: Dungeon Descent: An Adventure into the Paranormal Sandusky County Historical Jail, 622 Croghan Street Explore the age old mystery of what lies beyond the grave in this nighttime paranormal

investigation adventure. Cost: \$25 pp/ Must preregister for this event by calling 419-332-4470.

Aug. 22: Woodville's Farmers Market, on Main St., 9am-1pm, Free. Contact: 419-307-0914

Aug. 23, 30: Vintage Baseball, Featuring the Spiegel Grove Squires, 2pm at Home in Spiegel Grove. 419-332-2081 or www.rbhayes.org

Aug. 25-30: The Sandusky County Fair. Fun for the whole family, including displays of arts and crafts from some of the area's finest artisans. www.sanduskycountyfair.com

Aug. 24: Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, \$20 What's better than a dinner theater? A Jailhouse Rock Dinner Theater! Sandusky County Visitors Bureau, located at 712 North St, in Fremont or at www.sanduskycounty.org

Aug 27: Bellevue Open Air Market and Concert Series, Folk/Pop trio from Sandusky, Ohio featuring Spencer Eller. Ben Hill and Meg Mischler: 7- 8:30pm, FREE Contact: 419-217-6724.



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"Grate" Treats & Eats

By: Chris Timko-Grate

I can't believe it is August already, where has the summer gone? So far we haven't really had many of those hot humid days that last for days on end and I am grateful for that. I am thinking that the month of August is going to be the month we get all that heat. I will not complain because I remember those cold winter days with the temperatures in the single digits and cold furious winds. Plus we have air conditioning to keep us comfortable!! I do wish for no power outages in the summer! So I am going to enjoy this time of year and continue grilling out and enjoying the time outside because I know what is coming!

We have been hitting the flea markets and Farmer's Markets this summer along with lots of garage sales, you never know what you will find. One of the first things I look for is cookbooks, the old specialty, Church and Civic Group ones, those are my favorites. A lot of them have repeat recipes like ones I already have but sometimes you find something new that turns out really good.

The recipes I'm sharing today are from cookbooks I found at those sales and flea markets, and I have lots more to go through. Enjoy the rest of the summer, and hopefully August won't be as wet, I better watch what I wish for!

Fruit Salad with Pecan-Yogurt Dressing

Dressing:

1 cup plain yogurt

1 Tbs. Honey

2 tsp lemon juice

¼ cup pecans, finely chopped

Mix together until well blended. Chill and pour over fruit.

Fruit:

1 cup fresh pineapple. Cubed or equivalent canned, drained

2 bananas, sliced

1 cup seedless grapes

2 pears, peeled and diced. You can replace the pears with fresh peaches this time of year.

2 apples, diced

Mix all together

Glob Salad

1 lb. cooked and crumbled bacon

1 head of lettuce, chopped

1 onion diced

1 head cauliflower, divided into florets

Mix above ingredients together and place in a salad bowl

Salad Dressing

¼ cup sugar

2 cups Miracle Whip

½ cup Cheddar cheese, grated

Mix these three ingredients. This can be made the day before, really if you have time it should be so flavors merry together. Glob dressing on top of salad in 3 globs, an hour before you serve. Mix it all together right before you serve.

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

Computer Geek

By Adam Herrera

Have you ever heard the saying, "Find me on Facebook"? In today's society technology plays a very big role in our lives. Some might say that it is the first thing that people think about when they wake up and the last activity they complete before going to bed. I will be your host as we delve into computers and the technology age! Let's first start out with the first thing that you need to do to be whisked away into the world of technology. You must have a device or computer capable of connecting to the internet. A device is considered a tablet, Smartphone, desktop computer, laptop computer, or any gaming system capable of internet service. Most people start out with a tablet. A commonly asked question is "What tablet should I get?" Well it depends really on what you want to accomplish with it. Most people just want it to "surf" the internet, check social media, play games, and catch up on the daily news. For that you would need a tablet capable of connecting to the internet either via Wi-Fi or cellular network. Yes, you can get a tablet that uses cellular technology so you don't have to wait for a Wi-Fi Hot Spot or be home to use it.

So now let's look at a few things that you really need to know to get the best use out of your tablet as possible. What operating system does it run? This is important to know because if you are an Apple person and have an Apple home computer then you will want a tablet that uses the iOS operating system. This way you can connect the two easily and transfer information back and forth. If you are a person that likes Google-backed apps and use the Google Play store then you are going to want an Android Operating System. Does it have a camera? While most people have cameras and cell phones that are capable of taking some very nice pictures, you may want a tablet that has at least a 5 Megapixel camera. A tablet that has a camera would come in handy if you are using it and want to take a quick picture of something and post it to Facebook instead of waiting until you get back home to upload it from your computer. Some tablets come with a front and rear camera so that you can capture that precious moment with very little difficulty. The biggest question a lot of people ask is "How much storage space does it have?" It depends on how you are going to use your tablet. If you are going to fill it with pictures and videos then you will want at least 16 GB. Apple iPads do not have a memory card slot so you may want an Android tablet if you want removable memory.

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Helen Marketti's Music Corner

Grand Funk Railroad



It all began in Flint, Michigan forty-seven years ago where a rock stompin' band called, Grand Funk Railroad stepped out of the blue collar city and into the classic rock history books. Don Brewer who is one of the founding and original members of GFR welcomes fans of all ages to their show at the Northwest Rib-Off in Maumee, Ohio on August 15!

Many will recognize the rock staples of Grand Funk Railroad in which Don keeps the beat going behind the skins. *We're An American Band*, *Some Kind of Wonderful*, *I'm Your Captain (Closer to Home)* and their well-known version of *Locomotion!* It promises to be a rockin' evening for all generations.

"There are many classic rock fans," said Don. "Music like that isn't being created any more and it stands the test of time. Audiences still appreciate the classic rock sound. I don't believe a lot of the music being created now is going to have that kind of a life span. I think the music that we created in those days was honest and heartfelt. We have to remember that radio was very cooperative in those days as well. We're not the only band that has had this kind of classic rock success. I think it's great!"



Standing the test of time is evident when the US Golf Open wanted to use the song, *We're An American Band* for its ad this year. "We received a call asking permission for them to use the song which is very cool. They had used the song once before so when people are getting in touch, you know it's great."

Don first began playing guitar then switched to clarinet. "I absolutely hated playing clarinet," remembers Don. "I had worked my way to the first chair in the school band and then worked myself all the way to the last chair. (laughs) Finally, one day the band director said he needed someone for the drum section because it was all girl drummers and they needed someone to carry the bass drum. I immediately raised my hand and said I would be glad to volunteer! (laughs) I remember when I got home from school that day and telling my dad, I was now playing drums in the school band. He was elated to hear my news because he was a drummer during the Great Depression era. He went out and bought a drum kit for me. He showed me how

to sit behind the kit and what to do. That's how it all started."

Mel Schacher and Don are the two original members currently playing in Grand Funk Railroad. Band members also include Bruce Kulick, Max Carl and Tim Cashion. Don always seemed to be the "go to" person for the band even in their early days. "I remember my dad helping build our first trailer for our equipment. We used to rehearse in our basement and I always seemed to be the one who would arrange rehearsals and organize our schedules for gigs. Every band needs someone like that I just did it. I still have that role!"

Don always looks forward to doing Grand Funk Railroad shows.

"We do some songs that are new and see how it flies. It helps keeps things fresh for ourselves. The fans are coming to hear the hits. That's what they want to hear and that's what we play. Fans who remember us forty-seven years ago now bring their kids and grandkids. It's nice to see all of the different generations," said Don. "I still get some butterflies when I step behind the drums before a show. Some people are surprised



by that but it's true. You never know what's going to happen. Sometimes things can go wrong and you don't want to be out there in front of an audience with egg on your face. I do love being challenged. It's amazing that after all these years; people still want to hear the music. It's such a great feeling. It was a creative force in the early days. Everyone was working together for a common goal. As for the show in Maumee, come on over! Be ready to sweat and be ready to have a good time. I'm looking forward to another great year!"

www.grandfunkrailroad.com



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August 22nd & 23rd, 2015



PORT CLINTON OH - At the Wings & Warbirds Over Port Clinton Airshow, everyone will enjoy the festivities! Located at the Erie-Ottawa International Airport and ran by the North Ohio RC Association, a non-profit 501c3, will have several attractions to keep you entertained and educated about all the aspects of full-scale and model aviation.

Radio controlled 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.

With your admission of \$10.00 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 from the Lake Erie Warbirds and a Ford Tri-Motor.

During the show you will be able to get up close and personal with other Full Scale Historic Warbirds and present day military aircraft. Yankee Air Museum's B-17 Yankee Lady will be available for Flight Experience rides on Saturday and Sunday, Titan aircraft T-51's and Redline Airshows with their RV-8's will be doing fly overs and aerobatic demonstrations throughout the day. Also on hand will be flight demonstrations of Charlie Cartedge's Grumman TBM Avenger and the 179th ANG C-130 Hercules from Mansfield, OH with the 122nd ANG A-10 Warthog from Ft. Wayne, IN piloted by Maj. Curtis "kid" Martin.

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 Toft's Ice Cream.

This year the airshow has partnered with the Wounded Warrior Project and is a WWP official event. This means the more the community supports the show the more our wounded soldiers will benefit from it. For each admission ticket sold a percentage of that ticket will be donated to the WWP! We feel that at the WWOPC, it is our duty to help those who so richly deserve it. So come on out to the event and show your American colors!

Advanced tickets for the Warbirds event can be purchased at

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ATTRACTIONS



- **Air show** - 9AM - 4PM Saturday & Sunday
- **Radio Control** - Non Stop radio control demos.
- **Liberty Aviation Museum** - B-25 Georgie's Gal
- **Yankee Air Museum** - B-17 Yankee Lady and C-47
- **Air National Guard** Red Horse Aircraft Model and Air Force Technology.
- **Air National Guard C-130 Hercules and A-10 Warthog**
- **Titan - T-51's Dog fighting Maneuvers Demonstration**
- **Lake Erie Warbirds - TBM Avenger Fly-bys**
- **Redline Airshows - RV-8 Aerobatic Demonstration**
- **Pilot and Spectator** lounge for great food and beverages.
- **NASA** Technology booth for some high technology demonstrations and what's in store for the future of the space administration.
- **AMA** - Academy of Model Aeronautics RC Simulator exhibit
- **CAP** - Civil Air Patrol education and recruitment.
- **Discover Aviation Center** - Aviation Education simulator
- **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.
- **US Army** - Modern Military Vehicles
- **Air Force** - Technology and air power
- **Steve Blevins** - Blue Angels F-4 Phantom Cockpit with Photo opportunities
- **Tons of vendors to buy aviation and RC products!**

Fremont Community Theatre

This rainy month of July reminded me less of the summer months we're currently in, and more of the Spring days we have yet to encounter. Since this month was so chilly and rainy, I decided to do some indoor activities instead. This month, I decided to head to the Fremont Community Theatre. I was lucky enough to go to two of their summer plays, *A Midsummer Night's Dream* and *Into the Woods*. I've been to previous plays and musicals put on by the Theatre, the most recent being *Shrek*, and I always love to see their renditions of popular plays whenever I can.

The first play I went to was *A Midsummer Night's Dream*, which was presented July 8th through the 11th. The special thing about this play was it was put on in Birchard Park

instead of their indoor stage and theater located on 1551 Dickinson Street. This particular play was also free, but they accepted donations. The play, originally written by Shakespeare, is a fantasy themed work rotating around two star-crossed couples and the meddling of creatures such as fairies. The couples, being Lysander and Hermia (played by Alex Gibson and Rachel Hofacker, respectively) and Demetrius and Helena (played by Trevor Sievert and McKenna Willis, respectively) were wonderfully portrayed. The other parts I particularly enjoyed included Nick Bottom (played by Ben Davies) and Puck (played by Leah Marty). Overall, I absolutely loved this play; the set was simple and the backdrop of the park went perfectly with the theme of the play.

The final play I attended was *Into the Woods*. I pre-ordered my tickets online at the Fremont Community Theatre website because this play was at their theater on Dickinson Street. Being a Teen Theatre presentation, all actors and actresses were teens or young adults. This play ran from July 17th to the 19th, then from the 24th to the 26th. *Into the Woods* is based on well-known fairy tales, but have the original endings written by The Brothers Grimm. It focuses on fairy tales such as *Cinderella* (played by Crystal Camden) and *Little Red Riding Hood* (played by Leah Darr). It also ties in other fairy tales with the help of the main protagonists The Baker and The Baker's Wife (played by Cyrus Foos and Kayla Hunter, respectively) with their story. I enjoyed this play the most, and one of my favor-

ite characters was The Witch (played by Kyleigh Harrison). The vocals were amazing, and the set for this play was spectacular with the ever-changing scenery. I love going to the Teen Theatre presentations, because you can tell how devoted and hard-working each cast and crew member is.

I highly recommend attending any of the plays or musicals put on by the Fremont Community Theatre. They are an amazing talent in Fremont, and their plays or musicals never cease to impress. Some of their upcoming plays include *The Addams Family* premiering October 9th through the 18th, and then *The Best Christmas Pageant Ever* on December 4th through the 13th.

Q: How did the dog flu get to America? It seems we need much tighter restrictions on dogs entering America, even if it is for adoption. And frankly, don't we have enough dogs here to adopt? - C.J., San Diego, CA

A: Currently, dogs are required to have a veterinary certificate of "good health" and proof of a rabies vaccination to enter the U.S. Indeed, that good health certificate is vague. In reality, veterinarians in some countries may have different standards than those in America.

Many argue that we should set the bar higher for dogs entering the U.S. Others suggest we should even quarantine such dogs for a set number of days or weeks. The problem is, there's currently no space or funding for quarantining dogs (or cats).

I suspect the reason you ask this question is because the flu strain now hitting the Chicago area is from South Korea and China, and has never been seen before in the U.S. The assumption is that a dog rescued from that region arrived carrying the flu bug. However, it's possible that a U.S. military dog brought the virus in, or even a person, since the virus can live on shoes or a pant leg for a day, or potentially even longer.

Personally, while I understand your point about saving dogs that are already here, I believe that a life saved is a life saved.

Q: Can dogs get the flu from others dogs' urine? We go to a large dog park, but our dogs rarely see other dogs there. Since they seldom interact with other dogs, is there still a risk of flu? - C.H.

A: "Yes, there is some risk," says Alexander, as the virus can live on objects in a dog park, such as sign posts, fire hydrants, and potentially, even grass.

However, as long as your dogs don't interact with other dogs, the risk is minimal. Alexander adds that the risk factor is far greater where dogs directly interact nose to nose.

"Dogs cannot get the flu from other dogs' urine," says Dr. Joseph Hahn, technical services manager at Merck Animal Health.

"So far, there isn't a single verified (case of a) cat who's come down with the dog flu in this country," says Dr. Jill Lopez, senior Specialist Drug Safety at Merck Animal Health.

Q: Would the virus affect any results from blood chemistry? I'm wondering about this because one of my dogs was coughing recently at the same time we ran tests for possible kidney failure. - J.D.O., via cyberspace

Q: Can you outline the dog flu symptoms? How long should I keep a new dog isolated from other dogs? Is seven days sufficient? I presently have a new dog from animal control. We kept her separate for seven days. It's now the eighth day (since her arrival) and she has a choking type of cough. Is that a symptom? - M.T.

A: "The only findings we've seen in the influenza-induced pneumonia cases is an elevated white blood cell count on CBC (a simple blood test, complete blood count)," says Dr. Natalie Marks, of Chicago.

A diagnosis of dog flu is also based on symptoms which may be any combination of coughing, wheezing, lack of appetite, general depression and/or a fever.

Before symptoms occur, dogs can shed or spread the virus for 7-10 days, according to Dr. Joseph Hahn.

Campfire News & Notes



Camp Fire has started preparing for two annual fundraisers this year, we will be selling pre-sale tickets for Grandma's Backyard BBQ Chicken Dinner on Sunday August 23rd from noon to 2 p.m. Pick up will be at Wendt Key Team Realty in the parking lot. Dinners are \$9 and include ½ chicken, coleslaw, baked potato, butter, sour cream and a roll. Tickets will be sold thru August 14th. You can purchase your ticket at the Camp Fire office or any board members. In August we will start our annual mum sale, they can be purchased for \$6 each and come in 8" pots. Sale dates are August 4th – Sept. 10th. Order forms can be found in the office and will be mailed out to any Camp Fire members. Orders and money are due by Sept. 10th.

Don't forget to check out our 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 info! Camp Fire was created to guide youth on the journey to self-discovery. Club Programs will be forming in September!

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Alternative Medicine in Sandusky County

By Dr. Paul Silcox

When a person is told they need to take a new medicine or need surgery, people often look for ways to avoid that. They look for alternatives to being cut on or taking drugs. That's called alternative medicine. And it is growing by leaps and bounds in the U.S.

Most people don't realize that acupuncture has been used for thousands of years in China but less than 50 years here in the U.S. Thousands of Americans are turning to acupuncture every year as an alternative to drugs and surgery. The World Health Organization has a list of 100 conditions that are either known to, or have acknowledged reports of good response to acupuncture. Some of the more common conditions are as follows:

- Back pain
- Sciatica
- Neck pain
- Arm pain
- Headaches
- Stress / Anxiety
- Knee pain
- Elbow pain
- Smoking cessation

The main goal of acupuncture is to stimulate the body's life energy called "chi" to heal itself. Just like a cut or a broken bone. A doctor may clean or stitch a cut, or set a broken bone, but the life energy of the body does the healing.

When chiropractic and acupuncture are used, it is a powerful combination to not only relieve pain, but to restore function and mobility. After all, good health comes from deep within and the natural methods of acupuncture & chiropractic allow it to more fully express itself. That is what most people are looking for. To be able to move better as they feel better.

Dr. Paul Silcox has returned to Fremont and opened Silcox Acupuncture & Chiropractic at 728 Stone St. New patients are being accepted and former patients are welcomed to return or just stop in to say hello.

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