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Vol. 17 Issue 8

August 2016

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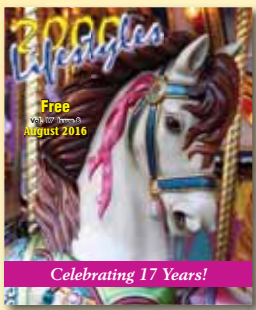
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Lifestyles 2000

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America...

Beware of Wall Street's Marketing Clout

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

We should all be aware of Wall Street's ability to mold us into becoming "super-consumers." A retired psychologist friend of mine worked for a Wall Street advertising company and he swore they could persuade anyone to get interested in and buy just about anything.

Yes, Wall Street is a master at creating the most unessential and exorbitant needs in a man or woman's mind imaginable...even more than matrimony itself!

For example, the U.S. cosmetics industry spent over \$20 billion last year in advertisements, attempting to build market loyalty among women. They ended up making over \$1billion pure profit. Using psychology, they never pitched the product directly- women bought "hope", not lanolin. And guys, the Wall Street fellas spend billions on slick ads to convince you that beer enhances your sex appeal and helps you to unwind. Well...it just makes the women look prettier.

The big companies manipulate us subliminally. The psychologists they hire study how to motivate us into wanting things we don't really need. Their marketing appeals to the subconscious, the human emotions lying deep within us all.

I like those big, cupped hands that provide us with emotional shelter and assure us that we're "in good hands with Allstate". The soap people sell soft hands and beauty- not just a sudsy detergent. The auto giants sell prestige and power- not just cars.

Pharmaceutical companies expend millions to wine, dine, and fashion doctor's images as the "all-wise seer and healer of the sick." They assure doctors of their worth and recognize their efforts- they don't just peddle drugs. The pharmaceutical giants apply marketing techniques geared to place physicians in the limelight, even though their laboratory researchers make the astonishing medicinal discoveries that fundamentally make patients well.

General Foods caters to your need for a creative outlet. They produced a cake mix where you add only water, but reasoned that people would shun such expediency. So, unnecessarily having to "add two eggs and one cup of milk" instead of adding only water gives us a chance for creative expression...thanks, guys!

Vanity publishers convince authors to pay for the publication of their books. Their marketing appeals to ego-gratification and immortality for hungry authors who can't get published by regular publishing companies.

I guess the Archbishop of Canterbury was right when he stated, "I do not read advertisements- I would spend all my time wanting things" and so was Bill Cosby when he said, "The very first law in advertising is to avoid the concrete promise and cultivate the delightfully vague".

Slick Wall Street advertisers are why so many Americans find it difficult to reduce or pay off their credit card debts at the end of each month. Their well-researched marketing techniques could sell nice-fitting clothes to a hipster or ham at a Bar Mitzvah. They could even make huge profits selling Obamacare at a booth outside the Quicken Loans Arena at the Republican National Convention in Cleveland.

Robert Morton, M.Ed., Ed.S. has retired from his positions of School Psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored the book "Finding Happiness in America." Contact him at: www.familyjournal1.blogspot.com

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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.

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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome to August, the start of school, sporting events and county fairs!



This is our last month for our 17 year celebration so be sure to enter when you "Find Pete".

We have some great articles this month; Kelsey Nevius talks about the historic county jail and Helen Marketti takes us back to the good ole' sixties!

Enjoy your month and remember to thank our advertisers.

Joanne



"Pete" was hiding in the Pond Builders ad in July.

Find Pete Winners

Winners for the "Find Pete" contest are Joyce Havens, Rosie Klos, Michelle Larkins, Connie Hetrick, Linda Gegorski, Dick Hoffman, Gary Nossaman, Diane Boos, Pat Gnepper, Robert Sanborn, Fremont; Virginia Oglesbee, Port Clinton; Kathy Nieset, Ann Foos, Helena; Brenda Wagner, Gibsonburg; Brad Landis, Bradford; Jean Haubert, Kansas; Ron Ray, Carol Bishop, Clyde; Kimber Edmonds, Vickery; Riley Hillman, Bellevue.

Winners of the "Celebrating 17 Years" contest for Miller Boat Line tickets are: Berta Seymour, Oak Harbor; Harold Foos, Helena; Jerry Forsyth, Barbara Krzewinski, Fremont; Karen Sawyer, Joseph Sherman, Clyde. William Miller, Troy. Connie Rounds is winner of a Dairy Queen cake.

Find Pete Prizes

Prizes are from Dairy Queen, Jenesis Salon, Pond Builders, and Rally's. The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad. Anyone who mentions Celebrating 17 Years in their entry will be included in a drawing for Miller Boat Line tickets.



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Unbelievable, I'm writing my column for the August issue already. It seems like yesterday I was writing about Christmas! Time passes so quickly doesn't it.

A quick look at the calendar confirms that it really is that busy, late summer month of August. I see that I will be cooking lunches and dinners for some of my favorite groups. On Saturday the 13th I'll be at the Presidential Center's Grovesfest with old-fashioned outdoor games for kids and their families. Then, on August 20th, I will be helping Linda Younker and the Senior Center staff at the Farmers Market in downtown Fremont, where we will be making Victorian Potpourri with visitors to their tent, between 10:00 a.m. to 3:00 p.m., as part of Dignity and Respect Day.

Tea at Two happens here at The Old Garden House on August 30th at 2:00 p.m. The program will be provided by Chris Michaels who will teach us how to make beautiful bows for our gift packages.

As if that isn't enough to keep me busy, our family will celebrate 6 birthdays, one wedding and 2 wedding anniversaries during August. Also, we'll put in two or three days, selling the Old Fashioned Root Beer at the Log Cabin during the Sandusky County Fair as well.

I'm almost afraid to flip the page to look at September, so I guess I'll just not look and hang on and enjoy the ride!

Speaking of September, remember when I told you about the crazy idea that I

just couldn't put out of my mind once I thought of it? So, I asked your opinion, and many of you were kind enough to tell me "It's just crazy enough to be fun, I'll be there, do it." As you know, I have written and published my memoirs entitled "Heartbeats and Footprints---A Memoir of 30,000 Sunrises." My 30,000th sunrise will happen at 7:14 a.m. on Wednesday September 14th. It would mean a lot to me if I could share it with you, my readers. So, you are invited to my backyard anytime between 7:00 and 8:15 a.m. (or so) I plan on getting up early enough to bake some still warm sweet rolls. We plan on lots of hot coffee, bagels & cream cheese and a bowl of fresh fruit to serve as well. My gift to you-no reservations necessary. If you google me, use 1045 South Bloom Road, Fremont, OH.

I will have some books left to sell. (\$10.00) The books that remain after the sunrise celebration will be put away for my future great-grandchildren and great-grandchildren who I may never know, but who could know me through my memoirs.

It is with a grateful heart that I close this month's column---you, my readers have encouraged me to stretch---to try and to do something I wasn't sure I could do---then you supported me when I did it. Thank you!

You have put meaning in the words LIFE IS GOOD for me.

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We are giving back!

We are collecting for canned goods for the Sandusky Co. Food Pantry and Sponsoring a day at the Liberty Center.

Drawings for door prizes the week of August 2nd thru the 6th.

Global uncertainty, volatile markets and elections are out of your control, but there many things you can do to control your financial destiny. As we start the second half of 2016, here's a checklist of tasks that will put your finances in better shape and make you feel virtuous for having completing them.

-Track your money. In the age of easy to use apps like Mint, Digit and Level Money, not to mention bank apps, there is no excuse for not getting a handle on what's coming in and what's going out!

-Attack your consumer and student loan debt. Create a list of outstanding debt and divide it into two categories: consumer (credit card/auto) and student loan. Put the highest interest rate debt at the top, followed by other loans in descending order. Attack the highest interest loan first, and after you whittle it down shift the money towards the next highest one.

-Check/repair credit. About half of Americans (46 percent) say they have checked their credit score within the

past year, according to a Bankrate.com survey. That is simply crazy - you need to know what's on your report and your score before you try to borrow money to buy a car or house. Go to AnnualCreditReport.com to review/correct your report and be persistent - it can often take time and energy to have errors removed.

-Refinance your mortgage. Mortgage rates are flirting with near four-year lows, while house values have increased. That means that a lot of homeowners who may have been unable to refinance may now qualify.

-Review your insurance. Don't wait for a natural disaster to occur before you review your homeowner's policy. The three biggest mistakes are underinsuring, shopping for price only (not comparing apples to apples), and not reading policy details. Also, check to see if you have at least 20 percent equity in your home - if so, you may be able to drop your private mortgage insurance (PMI). Auto. If you have an old car

worth less than \$5,000, eliminate collision and comprehensive coverage and increase deductibles. You may be able to earn discounts by purchasing car, homeowner's and umbrella liability insurance coverage from one company. Life insurance needs often decline as you age, so you may be able to get rid of an old policy or consider replacing an expensive policy with a cheaper term one.

-Check your progress on retirement saving. Still haven't calculated your number? You are not alone. According to the Employee Benefit Research Institute's Retirement Confidence Survey 2016, fewer than half (48 percent) of workers report they and/or their spouse have ever tried to calculate how much money they will need to have saved so that they can live comfortably in retirement. Go to your retirement plan website or use EBRI's "Choose to Save Ballpark E\$timate."

-Rebalance your investments. The fallout from the Brexit vote was a good reminder that market gains can quickly

evaporate before your eyes. The end of the quarter is the perfect time for long-term investors to rebalance accounts so that allocations remain in check. If possible, choose auto-rebalancing so you don't have to worry about the direction of markets or when it's time to reallocate.

-Draft or update your will! I advise hiring a lawyer to prepare a will, power of attorney and health care proxy/living will. If you insist on doing it yourself, you can use a software program like Quicken WillMaker. All of your estate documents and final instructions should be stored in a safe place - don't forget to provide copies to your executor/trustee. Those with larger estates, or who want more control over the disposition of assets, may consider a revocable or changeable trust.

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

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Helen Marketti's Music Corner

A Dream Come True



Dann Simmons did not set out to marry one of the beautiful voices of Motown. While he had dreams about music and a career to serve others he had no idea that a chance meeting in 2002 would change his life.

Dann replied, "It's the kind of music that everyone loves and enjoys. The baby boomers now have the finances and resources to see these acts in person. Many of the artists are accessible and will interact with fans. These are legendary artists."

"In 2002, I first met Mary Wilson of The Supremes. She was doing a show in Marion, Ohio. My son and I attended the show and met her after words. I shared with her how her music changed my life. Many of the Motown groups came from a tough background and did something positive with their lives. I came from a tough background and I made something of my life as well. It was wonderful to talk with her. She had mentioned that she and some of the girl groups would be coming to the Rock and Roll Hall of Fame in Cleveland in a couple of months and asked me if I would like to meet them and spend time with everyone. We became friends almost instantly. Mary knew that I was genuine and sincere. There were no other motives and she knew this from having been around many people over several years."

"Over time, after attending a few events and keeping in touch, I was introduced by a friend of Mary's to Annette Beard of Martha and The Vandellas. Annette's sister had been ill with cancer and I was an RN so we

talked a lot about what her sister was going through. I was going through a divorce at that time so it was nice to talk with someone. We became friends and kept in touch. Little by little, our friendship evolved. We found that we had a great deal in common. At this point, it's now 2005. Annette and I didn't push anything or rush into a relationship. We allowed things to develop naturally. We were married in 2008."

"We have a wonderful relationship. It has had some challenges as not everyone is accepting or supportive but you learn to live with it and move on. I work as an RN and always felt I wanted to be a singer. Annette is a singer and always wanted to be an RN. It's interesting sometimes how your life can bring you to the people who are meant to be in it. She encouraged me to fulfill my dream of my singing group, The Grover-Simmons Connection. We do a variety of styles and songs. Annette and I are behind each other one hundred percent because that is what relationships and marriage are all about."

"When schedules permit, we travel together as well and love to sing for the baby boomer audiences. First, my career as an RN is my ministry. I will do anything for the patients and residents under my care. Annette and I work with many youth group organizations. She tells young people to make sure

you get your education and choose a profession. It isn't wise to place all of your hopes on being a star because it can fade. I tell them to be the best they can be on their own

because they will not be good for anyone else if they can't take care of themselves."

Dann shares some lasting thoughts about life and relationships. "Whenever you think about getting married, it's important to be friends first. Many couples just start dating right away and don't take the time to know each other. You can be attracted to someone and be in love but that doesn't always mean it's the right person. You need to take the time to make sure both of you are making the right decision."



Campfire News and Notes



The Tiffin Charitable Foundation, Inc. recently awarded Camp Fire Sandusky County with a check in the amount of \$3066.00 on behalf of the John E. Pollock Fund.

A gracious thank you is also due to those who pledged to the Bellevue United Selective Fund. Camp Fire received a donation totaling \$600.00. The support of donors like this is a blessing.

Summer Camps are in full swing. Our first Classic Camp was a huge success. We had 47 kids who enjoyed swimming, canoeing, hiking, crafts, fishing, and woodwork-ing. Does playing Olympic type games and

learning about the USA sound fun to you? If so then you should come to our camp Let The Games Begin. Let The Games Begin will be running August 8th-12th. To register stop in to the Camp Fire office. Any question feel free to call us at 419-332-8641.

Having a party and need a place to have it? Camp Fire is available for rentals. Just give our office a call to find out more information.

In 1995 at age 76, Mr. Pollock lost his life to lung cancer. He designated that all revenue generated from the sale of his Water Safety Company be put into a trust and be "used for the training and handling of boats under manual or sail power; public safety education as it affects boating and natural and applied science education, and to provide education for young people about boating safety and other marine education programs." His trust also stipulated that the funds must be used in the Sandusky River area. Camp Fire teaches safety and handling procedures in canoes during camps. Campers gain educated hands-on experience all while having fun. Camp Fire is proud to honor Mr. Pollock's wishes by sharing his love with a growing number of youth throughout the community.

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Wolfgang Puck's Kitchen

By Wolfgang Puck

Details, details: The little secrets of cooking skillet-fried chicken

In so many areas of life, you have probably heard some version of the saying that "little things can make a big difference." That is certainly true in good cooking.

You'd be surprised by the number of times guests in my restaurants ask me why a dish tastes so good. They ask, "What's your secret?"

Much of the time, the secrets amount to nothing more than paying attention to small details over and over throughout a recipe. And if you learn what those small details are yourself, and start caring about them in your own kitchen, your friends and family will rightly think you're an excellent cook.

You can see the results in even the simplest, most home-style recipes. And I'd like to offer you a perfect example in a version of a traditional summertime and year-round favorite: skillet-fried chicken. From start to finish, little things in this recipe add up to delicious results.

Let's start with the ingredients themselves. I like to use free-range organic chicken, which may cost a bit more but will taste so much better. Most good supermarket meat departments will cut up a whole chicken into serving pieces for you, or you can buy precut pieces in whatever combination of dark and white meat you prefer.

Next, I season the pieces with salt and pepper and marinate them in buttermilk. The slightly acidic milk helps tenderize the meat and makes it juicier, while the simple act of seasoning first keeps the finished results from tasting bland.

Speaking of seasonings, I also add them generously to the flour I use to coat the chicken, creating a really eye-opening flavor profile. A little rice flour added to the regular flour helps yield a crispier coating.

Successful frying depends on maintaining a hot, steady temperature. That ensures the chicken browns up well, without turning greasy, in the same time it takes for the meat to cook through. I also add a sprig of rosemary to the oil during cooking, which contributes a delicious aroma.

And then there's one last secret. The moment frying is done, I heat up a little honey with a touch of cayenne and drizzle it over the chicken on the serving platter. That adds a wonderful touch of sweet-hot flavor to every bite. I also offer lemon wedges for guests who want some "zestiness" in their own portions.

All these little "secrets" seem ordinary on their own. But put them all together and you get extraordinary results. Whether you serve the chicken hot from the skillet or pack it cold for a summertime picnic, everyone who eats it will declare you a genius in the kitchen.

CRISPY SKILLET-FRIED CHICKEN WITH A SPICY HONEY DRIZZLE

Serves 4

1 whole organic chicken, 3 to 3 1/4 pounds (about 1.5 kg), cut into 8 large pieces for frying

Kosher salt

1 teaspoon freshly ground black pepper, plus extra for seasoning the chicken

3 cups (750 mL) buttermilk

Peanut oil for frying

1 3/4 cups (460 mL) all-purpose flour

1/2 cup (125 mL) rice flour

1 teaspoon freshly ground white pepper

1 teaspoon cayenne pepper, plus 1/4 to 1/2 teaspoon more for glaze

1 teaspoon ground sweet or hot paprika

1 teaspoon garlic powder

1 teaspoon celery salt

2 or 3 sprigs fresh rosemary

1 or 2 lemons, cut into wedges

1/4 cup (60 mL) honey

First, marinate the chicken: Place the chicken pieces on a baking sheet. Season on both sides with salt and black pepper. Pour the buttermilk into a large mixing bowl. Add the chicken, cover the bowl, and marinate in the refrigerator for 2 to 3 hours, turning occasionally.

Before frying, pour enough peanut oil to reach a depth of 1 inch (2.5 cm) in a heavy large skillet, preferably cast-iron. Heat the oil to 350 to 365 F. (175 C to 185 C) on a deep-frying thermometer.

In a large sealable plastic bag, combine the flour, rice flour, white pepper, cayenne, paprika, garlic powder and celery salt. Close the bag and shake to blend. Remove 2 pieces of chicken from the buttermilk, place them in the bag, close the bag, and shake to coat them evenly. Transfer to a baking sheet. Repeat with the remaining pieces.

Carefully add the chicken, skin side down, to the hot oil in the skillet. Fry until deep brown and cooked through, 5 to 8 minutes per side depending on size, adjusting the heat to maintain the frying temperature; add the rosemary sprig to the oil, if you like. (A chicken piece will be cooked through if, after removing it from the oil, it registers 165 F/74 C on an instant-read thermometer inserted into the thickest part of the meat not touching bone.) Using tongs, transfer the cooked chicken to a rack.

Arrange the cooked chicken pieces on a napkin-lined platter. Place the lemon wedges around the chicken. In a small saucepan over low heat, warm the honey. Stir in the extra cayenne to taste. Drizzle the honey over the chicken. Serve immediately



Kurt D.
Harrison, D.O.



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Calendar of Events

August 2016 – Sandusky County

1: Babies in the Parks: Wonderful Water, Creek Bend Farm, 720 South Main St., Lindsey. 5 – 6 p.m. FREE. Designed for children birth to 2 years of age and their adult companion. To register: 1 419-334-4495.

3: Family Fishing, Raccoon Creek Reservoir, Clyde, 7-8 p.m. FREE. Enjoy an evening of fishing. We will show you all the basics so you can catch a whopper of a fish! Supplies available for borrowing. 419-334-4495 or www.lovemyparks.com.

6: Gibsonburg Farmers Market, at Log Yard, 213 W. Madison Street, Gibsonburg FREE. 9-noon.

6:- Wine & Cheese Fundraiser, at the Tremont House, on N. West Street at Main St., 3 to 9 p.m. Bellevue Historical Society Presents "A Taste of Tremont" Wine Tasting and Street Party. Wines, food, raffles, entertainment and tours of the 1846 Tremont House! To benefit the Tremont House Restoration Project. \$10, includes wine glass and 5 tastings. www.shopbellevueohio.com.

6: - Downtown Fremont Farmers Market, 9 a.m. to 1 p.m. rain or shine.

6: Star Gazing, Wolf Creek Park, SR 53, Fremont. Dark. Sandusky Valley Amateur Astronomy Club will lead a Star Gazing program. The Event will be cancelled if overcast. 419-334-4495 to register.

6: Summer Movie – Star Wars: The Force Awakens, Creek Bend Farm, 720 S. Main St., Lindsey. Movie starts at dark. FREE. www.lovemyparks.com.

7:- Volunteers in the Parks: Macro-Invertebrate Survey, Boat Ramp in Picnic Area at Wolf Creek Park, 4:30- 6 p.m. Volunteer Opportunity. Participants will be IN THE RIVER. 419-334-4495 or www.lovemyparks.com.

7: Fremont's Got Talent, Birchard Park. Preliminary round starts at noon, with

a final round starting later in the evening at Birchard Park. Performers interested in competing can get more info at Fremontsgottalent@gmail.com or www.exchangeclufoffremontohio.org.

7: Puddle Jumpers: Creek Critters, Creek Bend Farm, 720 South Main St., Lindsey, 2- 3 p.m. FREE. Designed for children 2-5 years of age and their adult companion. 419-334-4495

7: Tree Huggers: Water Bugs, Creek Bend Farm, 720 South Main St., Lindsey, 2 p.m. - 3 p.m. FREE. Designed for children 6-12 years of age and their adult companion. Wear your old shoes or water boots for a rock-flippin' good time! 419-334-4495 or www.lovemyparks.com.

8: – Dealing with Addiction, Birchard Public Library. Sponsored by the Sandusky County Health Department, trainings will be held from: 6 p.m.–7 p.m. RSVP preferred, but not required. All trainings are FREE. To register: Jenna Stull, Health Educator 419-334-6388. jstull@sandusky-cohd.org

8: Marsh Madness Hike, Decoy Marsh, 2700 CR 259, Fremont., 6:30 p.m. - 7:30 p.m. FREE. Learn about marsh life as we walk the trail, looking for signs of wildlife! 419-334-4495

9: Rug Braiding, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg, 6:30 - 7:30 p.m. Free. Bring scissors, needle and thread, and a yard of cotton material. 419-334-4495.

10: The Rev. Robert Jones and Matt Watroba Verandah Concert, Rutherford B. Hayes Center. Old-fashioned ice cream social is at 6:45 p.m., concert begins at 7 p.m.

12:- Animals of the Night, Wolf Creek Campground, 2701 South SR 53, Fremont., 8:30 p.m. – 10 p.m. Cost: FREE.. Meet at the parking lot for a walk in the dark. 419-334-4495

13:- GroveFest: Nature at the Grove and Bid at the Grove Auction, Rutherford B. Hayes Presidential Center. Hands-on, nature-related activities for all ages are offered during Nature at the Grove from 10a.m.-2 p.m. on the lawn of the Hayes Home. Daytime activities are free. Bid at the Grove Auction is from 6- 10 p.m. in a reception tent in Lucy Hayes's Rose Garden. Jerry Anderson will be the auctioneer. .

13: Shorebird Banding & Winous Point Tour, Winous Point Hunt Club, Port Clinton, 7 a.m.– noon. Free. Get a close-up look at shorebird banding then take a tour of Winous Point, the oldest, continuously operating duck hunt club in North America. 419-334-4495.

13- 14:- Art on the Green, Historic Lyme Village, , Bellevue, 419-483-4949 or www.lymevillage.com.

16: Animal Architects, Wolf Creek Park, Fremont, 6:30–8 p.m. Free. Spend some time in the park testing your "home-building" skills. 419-334-4495.

17: Full Moon Canoe Trip, Decoy Marsh, Meet at Countryside Park, Fremont 7:30 – 10:30 p.m. Experience Green Creek at night. We will paddle to the bay and discover more about the area's history and wildlife. Participants must register with a partner. 15 years of age and older. 419-334-4495 to register.

19– Let's Go Mothing, White Star Park Barn, 5013 C.R. 65, Gibsonburg, Ohio 43431. 8:30 p.m. – 10:00 p.m. Let's learn more about the pollinators of the night! Come to the marsh for close-up viewing of these fuzzy-bodied cousins of the butterflies. Mosquitoes will also be active, please wear long-sleeve shirts and pants. Please bring a flashlight. All Parks District programs require registration. Call 419-334-4495 or visit our website at: www.lovemyparks.com.

lovemyparks.com for more information or to register.

20: Downtown Fremont Farmers Market, 9 a.m.- 1 p.m. rain or shine. Dignity & Respect Event, Downtown Fremont, 9 a.m. -5 p.m. Food, entertainment, youth activities and more. Call 419-333-4012.

20:- Volunteers in the Parks: Muddy Creek Fish Surveys, Creek Bend Farm, 720 South Main St., Lindsey, 3 – 4 p.m. Volunteer Opportunity. Join Tom Kashmer to trap and identify the fish that call Muddy Creek home. 1 419-334-4495.

20: – Blues, Brews & Brats, Downtown Fremont, 6p.m. - 11p.m. Cost: \$10.00. Tickets are available at Sandusky County Convention & Visitors Bureau, Northcoast Security, Down Thyme Café, and all Friendship Food Stores in Fremont. Join the Fremont Rotary Club for its 1st Annual Blues, Brews & Brats event! This fun-filled evening of great food and beer raises funds to support a variety of local youth and community projects organized by the Rotary Club of Fremont. The Event will also feature Bobby G and Friends, Jeff Jensen, and The Good The Bad and The Blues. For more info visit the website at: www.fremontrotaryclub.org.

23-28: The Sandusky County Fair. Free entertainment at the Log Cabin Stage every afternoon and evening. www.sandusky-countyfair.com.

24: North Coast Big Band Verandah Concert, Rutherford B. Hayes Center. Old-fashioned ice cream social is at 6:45 p.m., concert begins at 7 p.m. This is the last performance for the summer concert series this year.

27:- Woodville's Farmers Market, 9a.m. to noon. FREE.

27: Shorebird Banding & Winous Point Tour, Winous Point Hunt Club, Port Clinton, 7 a.m-noon, free. 419-334-4495 or www.lovemyparks.com.

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The Black Pearl

On a warm Friday night in July our good friends, Gordon and Peggy Tod, called to see if we would like to try a new restaurant in Toledo called The Black Pearl. Located on Heatherdowns, it is directly across from the Stranahan and very easy to find, not far from the turnpike exit.

We arrived to find a nice contemporary facility filled with diners, all of them at least fifty and older! I thought that strange as there were no young families. We left two hours later and still it was an older crowd. Not exactly sure why as the prices are very fair.

We all thought it was a new restaurant but found that it had been operating in this location for seven years and is not part of a chain. The inside is cozy and there is an outdoor patio as well as a banquet room.

I checked out the martini menu, I love Cosmos, but my son says I am "stuck in the nineties" so I chose the Cancun Martini: Captain Morgan Parrot Bay Coconut, Smirnoff Vanilla, Vodka, pineapple juice and a splash of sweet 'n sour mix. Wow, I could only drink one, but it was delicious!



I had changed my mind several times reading the menu on what I might choose, but then I was told the special was two 6oz. lobster tails for \$21.00, end of story. For that I also got a baked potato, spinach salad and delicious hot bread. I could have also had a Caesar Salad, Cole Slaw or a tossed salad. What a great deal!

The waitress and I discussed the spinach salad, I called it "Betty's Salad" and she agreed. She then said she had worked for the Timko's for years.

(Christine Timko-Grate is our recipe whiz).

We all had the jumbo shrimp cocktail that included five really large shrimp for \$9.99. The only thing we complained about was the lack of horseradish in the shrimp sauce. There was a nice list of appetizers including Calamari and a Seafood Platter.

Peggy ordered the Shrimp Dinner and Gordon tried the Rib Eye Special, both were pleased. Pete settled on the home made meat loaf that looked delicious, enough that he had to get a box to go. Needless to say, with the bread, the meals are really filling.

The main entrees included Pickerel (isn't that Walleye?), Surf and Turf, Lake Perch, Scallops, numerous steaks and several Alfredo dishes. There is a Blackened Prime Rib Sandwich that is definitely to be tried on my next visit.

I wish I could rave about the desserts, but I was too full to even say the word. The Bailey's Irish Cream Cheese Cake will be the extra calories on the next visit.

Visit www.blackpearltoledo.com to read the menu and see the weekly specials. It is worth the drive...and try one of those delicious martinis!

BTW, we tried The Galley in Marblehead after reading Lynn Urban's article in the July issue, it was fantastic and worth the trip; try the Drunken Mussels, a full pound, delicious!

This weather we have been having this summer can stick around this fall too. I don't care if the grass is brown instead of green, I'll take the low humidity and sunshine anytime. We have been enjoying that weather by hitting all of the flea markets, garage sales, farmer's markets, and all the festivals being held in the area and surrounding towns. We usually don't buy anything, we just like looking at everything, but occasionally we do find something that we think we need to have. Of course I look for books and cookbooks first and have found some good ones. The recipes this month comes from one such cookbook that is from the Finger Lakes area in the state of New York. Enjoy!

Fruit Salad with Pecan-Yogurt Dressing

Dressing:
1 cup plain yogurt
1 Tbsp. Honey
Two tsp. lemon juice
¼ cup pecans, finely chopped
Mix above 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
2 apples, diced
Mix all together

Vegetable Salad

1 large head of lettuce, washed, drained and torn into pieces
2 bunches green onions, sliced, tops included
2 – 8oz cans water chestnuts, drained and sliced
8 – ribs celery, sliced diagonally
1-10oz pkg. frozen peas, thawed
3 Tbsp. sugar
2 cups mayonnaise
2 cups Romano cheese, grated

Layer or mix lettuce, onions, water chestnuts, celery, and peas in a 9x13x2 inch pan or glass casserole. Sprinkle with sugar; frost with mayonnaise. Cover with Romano cheese. Cover with plastic and refrigerate overnight.

You can contact me with questions, comments, and your recipes at christimkograte@roadrunner.com

This month's quote: You can't control the wind but you can adjust your sails. Author unknown



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Scratch the itch. Your unbridled enthusiasms may lead you to achieve more than you thought possible. You can move forward with important plans without interference or blockages.

TAURUS (April 20-May 20): Make a point to fulfill promises. You must stick to the rules where finances and bill paying is concerned. Your partners and companions might offer some highly imaginative and useful schemes.

GEMINI (May 21-June 20): Remain receptive and resilient. If you are willing to listen you will hear the truth and be made aware of falsehoods. This isn't a good time to challenge half-truths but a time to gather useful knowledge and promises.

CANCER (June 21-July 22): The clock is ticking. There is no time like the present to make your wishes known. Receive shrewd advice from a partner or join forces to put precious plans into motion. As the month unfolds you grow closer to a loved one.

LEO (July 23-Aug. 22): Your creative ideas may be well worth pursuing. You may stretch outside your comfort zone to achieve public acclaim. Your closest companions, however, might be sticklers for maintaining the status quo.

VIRGO (Aug. 23-Sept. 22): Follow up on the hustle and bustle in your hedgerow. Much can be accomplished when you are in the mood to enthusiastically carry out plans. Precious moments of shared nostalgia are easy to express.

LIBRA (Sept. 23-Oct. 22): A little hard work never hurt anyone. Stick to your plans and ignore a temptation. A money making opportunity seems to be within your grasp this week, but you may be surprised by a sudden change of plan.

SCORPIO (Oct. 23-Nov. 21): Actions speak louder than words.

By being enthusiastic and upbeat you can charm others and make this month memorable. You shouldn't count eggs before they hatch, but count on having plenty of them to count.

SAGITTARIUS (Nov. 22-Dec. 21): Key decisions are in your hands in the week to come. It is always best to do something that makes you happy so change your goals accordingly. The weight of one obligation will be lifted from your shoulders.

CAPRICORN (Dec. 22-Jan. 19): Bask in a blaze of someone's warm regard. In the month ahead you will find a good time to make public appearances, to ask for small favors, or to happily lure a romantic partner into your enticing arms.

AQUARIUS (Jan. 20-Feb. 18): Your love life didn't come with a user's manual. You might wish that there was a blueprint or roadmap that could help you handle relationships, you can wisely choose a more rewarding direction.

PISCES (Feb. 19-March 20): Reassess important situations. A situation in the month ahead might illuminate ways in which you can improve a key relationship. Value the opinion of a devoted significant other who has your best interests at heart.

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Reiki Circle Group-The Bellevue Hospital

Tuesday, August 9, 6:00 pm, Dismiss at 8:00 pm

Topic : Spirituality, "Grounded in Purity of Christ Consciousness because Zeal without Wisdom is Error."

Guests Speaker: Patricia Newman, RN

Patricia Newman is a registered nurse and holds a master's degree nursing education and is a long term resident of Toledo. She was raised in a non denominational New Thought Church Unity.

Patricia holds a certificate in Sacred Healing of Meditation with the En-Vision Foundation, Scott Sherman. Other certificates are Self I- Dentity and Self -Realization- Fellowship.

She is a long term meditator has studied David Hawkins, Ken Wilber, Joel's Charles, Myrtle Fillmore www.unity.org/resources/myrtle-collection, as well as Goldstein.

Patricia is currently studying to become a licensed Unity teacher, has business in Life Coaching as well as teach nonviolent communication classes.

We also have a second guest Terry Lee that will open with singing.

Join us as Terry Lee lifts our spirits in song. Terry has been singing since she was very young, she is a professional singer/vocalist with a great heart for worshiping our Creator God. She has committed her life in the uplifting of humanity and the Higher Consciousness of the spirit.

We welcome you in spirit and heart in welcoming our guests to The Reiki Circle. I look forward to seeing you there. Invite your friends, neighbors, family and circle groups to enjoy a night of song and lifting of your Spirit .



Patricia Zilles, Reiki Master

Reiki Healing Touch Practitioner

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August 2016

Tests can help determine which flu vaccine is safe for patient with allergies

DEAR MAYO CLINIC: Last year, I had an allergic reaction (swollen lips and face, itching around the neck and jawline) after getting a flu shot. Since then, I've discovered that I'm allergic to thimerosal. Is it safe for me to get the vaccine this year?

ANSWER: It is likely you can find a vaccine you can take safely. There are influenza vaccines available that don't contain thimerosal. Before you get the vaccine again, make an appointment to see a doctor who specializes in allergies. He or she can do tests to check your allergies and help you find an influenza vaccine that's safe for you.

Influenza, or the flu, is a viral infection that often causes fever, chills, coughing and headaches. In people who have other diseases or medical conditions, and in healthy people older than 50, the flu can lead to serious illness that may require hospitalization. Each year, thousands of people die as a result of complications from the flu.

The best way to help prevent an influenza infection is to get a flu vaccination each year, preferably in early November. The vaccine works by causing your body to produce its own protection, called antibodies, against the flu, and is recommended for infants 6 months and older, all children, and all adults. The vaccine can protect you from influenza viruses, but you need to get it every year because the vaccine's protective effects only last about a year. It is customized each year to protect against the viruses that are most likely to cause disease at that time.

Some preparations of the flu vaccine do contain thimerosal. Thimerosal is a preservative that helps prevent the growth of bacteria or fungi that could make the vaccine unsafe. At this time, thimerosal is only included in containers that hold more than one dose of the flu vaccine intended to be given as an injection, or a shot. These are called multi-dose vials. Thimerosal is used in multi-dose vials to lower the possibility of contamination of the vaccine once the vial has been opened.

Vials of the flu vaccine that have only one injection dose don't need thimerosal because when they're opened, all of the vaccine is used right away. The form of the flu vaccine given as a nasal spray is always packaged as a single dose, so it does not include thimerosal, either. Currently, about two-thirds of the flu vaccine in the U.S. does not contain thimerosal, so you should be able to easily find an alternative to the preparations containing that preservative. It would be a good idea to see an allergy specialist first, though, to make sure you don't have any other allergies that could cause a reaction to the flu vaccine. For example, some people with egg allergies may have an allergic response to the vaccine. Also, an allergy specialist can help determine if you're currently sensitive to thimerosal.

Your doctor can do a skin test to check your reaction to the different types of flu vaccine. The test involves scratching a tiny amount of the vaccine on your skin and watching to see if your skin reacts to it. If you don't have a reaction to the skin test, your risk of having a significant allergic reaction to the flu vaccine is low, and it is likely to be safe for you. - James Li, M.D., Ph.D., Allergic Diseases, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT SIGN)mayo.edu. For more information, visit www.mayoclinic.org.)

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Historic Sandusky County Jail

attend the Jailhouse Dinner Theatre at none other than the Historic Sandusky County Jail.

As soon as you enter the doors, it's like a blast from the past: beautiful stamped wood rails and doorways, along with the history permeating the air of the place, make it a simply beautiful sight straight out of the past. We were herded into a small waiting room near the Commissioner's Office, and we got to admire the sights of the jail. As dinner-time came around, we were escorted to the back of the building where the jail was housed.

The layout of the jail, with its metal bars and small doorways, is something to experience. We got our pictures taken (mugshots, of course) that were later placed on inmate cards that we received to both commemorate our experience and can be used for another free tour.

Once done with our mugshots, we were lead through half of the jail to grab our jailhouse dinner, all the while enjoying music and hospitality from people in old school jailhouse attire. Our dinner was amazing: Jimmy G's, also from Fremont, catered the event with great barbeque sandwiches and side dishes.

After our dinner, we got a bit of history on the jail. The building, which was built in the 1820's, was used to house criminals in the back of the building along with the Sheriff's family in the front of the building. I thought the reasoning behind the joint housing was interesting: it was said that the prisoners were housed near the Sheriff and his family so that the prisoners

could see how a function, loving family worked. There was so much information given during the tour: why the house was built, what kind of prisoners were housed there, and about the previous Sheriffs who had lived in the house. Along with the jail itself, you also got a tour of the dungeon and the gallows.

Overall, the Jailhouse Rock Dinner Theater was enjoyable for all ages. I enjoyed myself, especially when given the tour, and was pleasantly surprised about how much I liked it. You get a souvenir to take home, a tour of the building, and a delicious dinner. What more could you ask for? Unfortunately, if you'd like to experience the Jailhouse Rock Dinner Theater for yourself, you'll have to wait 9 months due to renovations. But once it kicks off again, it will be an experience you won't want to miss.



With the hot, humid summer weather, it never hurts to venture indoors to find something fun to do. While I'm not the outdoorsy type myself, though I do like the occasional wander through the woods or visit to a park, finding things indoors in the summer is one of my favorite things to do. With this month being particularly hot and humid, I thought it would be the perfect time to venture indoors, and maybe see a bit of history along the way.

Right here in Fremont is a plethora of historical sights: the Rutherford B. Hayes Center, for one, is beautiful this or any time of year. As my alma mater is Saint Joseph Central Catholic, I almost always saw the Historic Sandusky County Jail just across the street from where I parked, but never dared venture inside. I heard it was a great piece of history to see, but the ghost hunts in the basement kind of kept me away. This month, I gathered up my courage to



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Robin Arnold



Gena Husman

Two very homely little faces stared solemnly back at us from the opening of the nest cavity abandoned by the flickers last month. Both were ratty gray with large, dark eyes and yellow beaks that stretched across their little faces like devilish smiles—when they weren't wide open begging for food. One had tufts of baby fuzz sticking up on either side of its head like two clumps of hair; the other did not. When they sat together like that they looked like the two grumpy old men from the Muppet Show.



The white spots literally “wear” off the feather tips and the bird becomes dressed in iridescent purplish-green plumage throughout the spring and summer.

Today's entire North American starling population can trace its roots to 100 European starlings that were released in Central Park in New York City in the early 1890s by a group that wanted America to have all the birds that Shakespeare ever mentioned. Sounds like a weird bunch of “groupies”—but that is a true story.

Our place has been “hopping” this spring and summer. There must have been a bumper crop of wild baby rabbits and they're everywhere. And of course, there is always at least one that doesn't do what all the other bunnies do. While all the good little rabbits were eating the lush thick clover in our yard, one little bunny defiantly sat in the middle of our raised vegetable garden chomping all the tops off our young bean plants (I could tell she'd been there before)—even though I stood outside the garden hollering and flapping my arms. We had a fence around it but she figured out how to squeeze past it. Now that the beans are all gone, I'm going to replant them and put up a different fence.

Sort of like shutting the barn door after the horse has escaped....

(Post Script: As we are finishing this up, the “Battle with the Bunny” is NOT over. She just chewed through my new fence and finished off the beans—while Robin was standing there! To be continued....)

We hadn't seen any activity around the abandoned flicker nest in the dead tree stump for several days, so we thought it was empty until the morning Robin looked up at the precise moment the two strange-looking babies poked their heads out of the opening. (Check out the photo that accompanies this article.) We knew they weren't baby flickers because the adults had never returned, and we'd occasionally noticed a lone starling perched on top of the dead tree stump so we figured they had to be baby starlings. This was confirmed shortly after when an adult starling flew in with a mouthful of Mayflies to feed the babies.

The baby birds were so homely, they were cute. Day after day they sat in the opening, silently turning their heads to watch as I hung up the laundry or Robin mowed past beneath them, only chirping loudly when one of the adults stopped by with a mouthful of tasty bugs. We grew quite fond of them.

Numbering over 200 million, starlings are among the most numerous year-round songbirds from Alaska to Mexico. In addition to their own vocalizations they can learn and mimic the calls of about 20 other birds. Because of their abundance and aggressiveness they've gotten a “bad rap”—people either ignore them altogether or hate them, regarding them as pests or nuisances. Starlings are noisy and form large flocks in fall and winter, covering lawns and fields and taking over feeders. They're known to drive other species from nesting sites they want for themselves—we wondered if that was what happened with the flicker nest, although we didn't notice the starling actively harassing the flickers at the time. A few days ago, Robin saw a flicker family strolling along the dike so we figured the flickers just decided to move to a better, more protected location.

On the plus side, starlings are thought to be intelligent—and quite attractive. Dark brown birds with flashy white spots on the tips of their feathers in fall and winter, starlings go through an unusual changing act known as “wear molt” by spring breeding season.

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In Your Own Backyard

Fremont Area Women's Connection, at Anjulina's Catering, 2270 W. Hayes Ave., August 9th, beginning at 11 am and ending at 12:30 pm, \$12 (incl). The Feature and Speaker will be Beverly Kison, Paw Paw, MI. Her title is "Finding True Confidence" and she will be telling us how she learned to be more comfortable and confident as a woman. For reservations and free child care, call by Aug. 4, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

The 2016 Committee of the Sandusky County Cancer Care Fund invites you to mark your calendar for September 18 for the 10th Annual Fashion, Friends & the Fund event to be held at Anjulina's Catering & Banquet Hall, from 1-3 pm that will feature designer bags plus much more. We cordially invite you to "save the date".

Tiffin Art Fair, August 13th, 9:30 am to 4 pm, Lawn of the East Tower, 109 Jefferson St., Tiffin. Quality Arts & Crafts, Children's Make & Take Crafts, Artist Demonstrations, Music, Chalk Walk.

Lady of the Pines Events: Centering Prayer: Aug 2, 7-8pm. The focus of Centering Prayer is simply to rest in God's presence and consent to God's action within. The Stations of Mercy: Aug. 16, 7-8pm, Join us as Melanie White leads us in reflection on what it means to Counsel the Doubtful. All are Welcome--All donations will be given to NAMI. Reflection with a Cup of Tea: Aug. 16, 9-10:30am. Cost \$7, Join us for a cup of tea/coffee as we spend the morning reflecting on the blessings that summertime has to offer us.

FAMtastic Splash N Jam sponsored by The Fremont Elks #169 and the Fremont Recreation Dept., August 18 at the Fremont Community Recreation Pool starting at 6 pm. Event is free to the first 200 with a terrific fun filled family time geared for all ages with food, games, inflatable and music with DJ Beth Daniels. To top the night off there will be a movie under the stars at dusk. For info call 419-334-5906.

Village of Lindsey Farmers Market is held the second Saturday of each month thru Oct., from 9 am to Noon, in the village park on Main Street.

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Do you know that YOU MATTER? God created you in your mother's womb with his own hands!

Are you struggling to find your purpose; traveling through a fog, living in one circumstance after another?

Maybe you or a loved one struggles with mental illness, addiction, addictive behaviors, depression or just plain find yourself losing your joy in which you are called to live.

I have learned that my purpose is to be a voice for a wonderful God, a God who gave me the gift of using my hands to help people with their hair, skin and permanent makeup. And this same God cries out to be heard by his people who are living in pain.

"MY ROOM OF TEARS" is a book written with the tools that helped me conquer the frustration I was living in, and find the promises for a better life. This included a sense of freedom from these circumstances I would find myself in from both choices I had made, and things that happened to me beyond my control.

Now I am dedicated to becoming a strong voice for God and yes this includes incorporating an income through a new avenue to allow me to still support my family and honor a God I want to serve with all my heart. If you are searching for a Spirit led guide, someone who has survived many tough situations this world we live in has to offer, someone who truly believes in Gods healing powers of the mind and body and is fine tuned to be a coaching voice please feel free to contact me.

Life coaching typically costs \$100-300 per hour and clients usually schedule two hours a month. As a starter pricing you can get your one hour coaching class for \$100 and receive a free copy of "MY ROOM OF TEARS." This is a limited time offer, and I look forward to hearing from you soon by calling 419-680-1486.

If you would like a copy of "My Room of Tears" you can order it through Amazon.com or by contacting Alisa

Florio at 419-680-1486 where they are for sale in her studio.

God's plans always grows and he leads us to still waters. I look forward to continuing my growth and trusting in our Heavenly Father and helping others find their purpose by sharing who God truly is.

My Room of Tears

Became No More Tears

With Jesus

When people say, "What is it that you do Alisa?" I would respond with,

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Shelter Tails

By Joanne McDowell



We are so excited about our move to North River Road!

The staff is preparing for a week of hard work to get our 200 dogs and cats to the new location sometime in August. Our hope is to do an Open House in September so the public can tour the entire building.

We have been blessed beyond imagination with this million dollar facility in Sandusky County, thanks to the generosity of the Morykwes family. Our hope is that the community come together and support us in this new endeavor. We will have several options for fund raising to give people an opportunity to name rooms and dog kennels in their honor, or those of a beloved pet or loved one. If you want to discuss this further, please call me at 419-334-3602. We will also have information at the open house.

Please feel free to call the shelter at 419-334-4517 and leave your name and number if you can help us with this move, it would be much appreciated.


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CASA (Court Appointed Special Advocates)

CASA (Court Appointed Special Advocates) is a program that trains everyday citizens to advocate for the best interest of children in the court. Most of these cases are children that are victims of abuse and neglect in your community. A CASA volunteer provides the judge with carefully researched information of the child to help the court make a sound decision about that child's future. Each case is as unique as each child involved. The CASA volunteer makes a recommendation on placement to the judge and monitors the case until it is permanently resolved.

In order for a CASA volunteer to prepare a recommendation, the CASA volunteer talks with the child, parents, family members, social workers, school officials, health providers and others who are knowledgeable about the child's history. The CASA volunteer also reviews all records pertaining to the child, writes recommendations, and then appears in court on behalf of the child.

Making recommendations on behalf of a child can sound overwhelming.

However, the way to do that is through getting to know the child. For example, on a recent case there was a child who had been placed in a foster home. The child was upset and tired of answering questions and talking to everyone. Our CASA needed to get to know the child more, and in order for her to do that she needed to gain the child's trust. The CASA decided that she was going to go to take a hands-off approach and go to the child's baseball games. Her goal was to show the child that she wasn't just there to questions him; that she was there because she cared. At the first game the child barely acknowledged CASA was there. The next game CASA got a smile and a "hi." Then what CASA had been patiently waiting for happened! The child ran to CASA after the game and excitedly asked "you're coming to my next game, right?" This child is slowly opening up and beginning to trust people again. Now when CASA visits the child at the foster home and asks the child questions, the child sees that CASA isn't just there to interrogate them or pull information from them- CASA is there because they care!

Within the past year, Sandusky County has seen a rise in cases. Because we have seen such a significant rise in our county this year, we are actively searching for people who would like to volunteer and help impact a child's life. CASA volunteers are not required to have a special or legal background. The requirements are that a volunteer must be 21 years old and a high school graduate, display a commitment to children, are able to maintain objectivity, and are able to preserve confidentiality and possess good common sense. Volunteers undergo a thorough training course conducted by the local CASA program. Training is a 30-hour hybrid class. Volunteers learn about courtroom procedures, cultural competence, effective advocacy techniques for children, and family dynamics including specifics ranging from child abuse and sexual abuse, early childhood development, and adolescent behavior.

If you would like to get involved with your local CASA program, please contact our office at 419-355-1442.

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What is the best type of food for your cat?

Q: I am getting many mixed answers when asking what I should feed my cat. It seems everyone I ask gives me a different answer (vet, animal control officer, cat owners). I have a 1-year-old Calico who is overweight. She eats about 1 to 1 1/2 cups of dry weight control food daily and no wet food. - Margaret Knoll, St. Paul, MN

A: These people gave you these answers because they were satisfied with the way their own cat did on that particular food. All cats react differently to different types of food, just like humans. Each cat will react differently to a prepared diet.

After a lifetime of feeding hundreds of cats, I have learned that a cat on a diet of dry food will usually be overweight, shed quite a bit more than normal and throw up a lot of hair balls and produce very voluminous stools. I have also had cats on a dry food diet that were in spectacular condition.

When I kept cats on a diet of raw food, every one of them were in great shape and had very small stools, so we used very little cat litter. However, the raw food was really expensive for me to continue to use and I have found that if I keep my cats on a diet of just canned food then it is a nice compromise between the raw diet and the dry food diet. To my eye they are not in as great shape as they would be on a raw diet, but still are in much better condition than when I kept cats on a diet of just dry food.

My point here is that rather than just listening to all these different people spouting their opinions, you should try feeding all these different foods to your own cat and see which one fits your budget and lifestyle. This way, you can make the best choice based on the results that you see yourself.

Q: We have a Double Yellow Head Amazon Parrot now for the last seven years. He lives in a big cage in our den where we spend

most of our time. We cover his cage around 8 p.m. even though he is still awake. We read on the internet that a parrot must have 12 hours of sleep every night since they live on the equator, so the light cycle is 12 hours of daylight and 12 hours of darkness. Would it be better for him if we put him in a different room of the house so that he can sleep for 12 hours? - Danielle Mckenzie, Portland, OR

A: What you read on the internet about parrots needing 12 hours of sleep is just another one of those internet myths about pet care that cause petkeepers so much anxiety. There is not a scientific study that devoted itself to determining how much uninterrupted sleep a parrot needs. Yes, it is true that on the Equator there is 12 hours of night and 12 of daylight, but very few species of parrots live in that zone. They usually range north of it and south of it anyway.

Your bird is native to Mexico and Mexico is part of North America, so a wild Double Yellow Head Amazon living in its natural habitat would have only a few hours of

darkness in the summer and a longer period in the winter.

My point here is that birds have evolved to experience random events and changes in their natural habitat and your pet bird should be exposed to the same sort of lifestyle. If you are staying up late, then your bird will as well. If he is tired then he will take a nap during the day to make up for it. He is a member of your family and most definitely should be kept where the family is all the time. Please do not shut him up all alone in a room just because you read a statement on the internet that is not at all based on science or common sense.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)



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" 911 Good Samaritan Law"

By Tim Braun, Esquire

More people are dying from drug overdoses than car accidents in Ohio. According to the Centers for Disease Control, in 2014, Ohio was 2nd in the nation with 2,744 people who died from drug overdoses. That's 8 people a day or one person every 3 hours. We have had a spike in opiate overdoses in Sandusky County, too. EMS responded to 11 overdose calls in June of this year compared to 1 in June 2015 and 3-4 during the same month in 2013 and 2014. Fifteen people in our county are known to have died from heroin overdoses last year.

These people matter. They're someone's mom, dad, brother or sister, child or even the kid down the street. At one point, they likely had a different life. Most of their families had different dreams...ones that didn't include drugs like heroin. Some of these families have already given up, worn out from the way opiates like heroin seem to become the most important thing in their loved one's life.

Drug addiction does this. Heroin can actually change a user's brain chemistry in such a way that getting the drug takes priority over everything. They live for how "good" the heroin makes them feel and fear the withdraw symptoms that can start within hours. It crowds out everything and makes things like stealing from your family and having sex with strangers for money or drugs seem rational. Heroin addiction, especially, can make dying from an overdose seem like an acceptable risk.

Many families are still fighting to save their loved ones. They are trying to find help.

The Ohio Legislature recently passed a law they hope will help give overdose victims a chance to survive and seek treatment. The "911 Good Samaritan Law" takes effect in mid-September. It grants immunity from being prosecuted to people who call for medical assistance to save an overdose victim. It also grants immunity to the person who overdosed. They can call 911, go to the emergency room or even get help from an on duty police officer. The immunity from prosecution only applies to 5th degree felonies or misdemeanor drug offenses and can only be granted to the same person twice.

This means a typical drug user with a small quantity of drugs won't be prosecuted if they follow through with the law's other requirements. This includes getting screened and referred for treatment with a qualified addiction services provider. Firelands Counseling and Recovery Services is one provider in Sandusky County.

A drug offender who is on probation, community control, post-release control or parole does not qualify for immunity under the law. It does, however, require the court or parole board to first consider court ordered drug treatment as a sanction for the overdose.

The current estimate is there are 200,000 people addicted to opiates in Ohio. This law is not a "Get Out of Jail Free Card." It is a way to encourage people in our community to get help for someone who's life is in danger.

Tim Braun is a former prosecutor who is now in private practice. Braun Law Office, 1616 West State Street, Fremont,

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We understand that the blood travels through our arteries and veins carrying nutrients and oxygen through all parts of the body. Electricity travels to all parts of the body by way of nerves.

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Humane Society of Sandusky County is looking to hire kennel workers for the new shelter opening in August. Most enjoy working with animals and cleaning. Apply at 2520 Port Clinton Road in Fremont between 1-4pm daily.

Advertise your classified ad here for \$25 a month, add a photo for an additional \$25.00.

Send your ad along with payment to Lifestyles2000, 30 Ponds Side, Fremont, OH 43420



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COMMUNITY HEALTH PROGRAMS

	Glucose, Blood Pressure Checks	Free	Ext. 6610
Aug. 9	9:00 am - 11:00 am		Bassett's Market, Bellevue
Aug. 16	9:00 am - 11:00 am		Hogue's IGA, Bellevue
Aug. 22	8:00 am - 10:00 am		Rec Center, Bellevue
Aug. 25	10:30 am - 11:30 am		Senior Center, Clyde
Aug. 30	Noon - 1:00 pm		Senior Center, Bellevue
Aug. 1	Morning Health Break 8:00 am - 11:00 am. Free Blood Pressure checks Glucose (fasting test, free); A1C Screening (\$10)		Ext. 6610 Conference Rooms A&B
Aug. 6	Diabetes Review 9:00 am - 10:00 am. Update/Review, Denise Bullion, CDE 10:00 am - 11:00 am. Healthy Grilling, Patti Keller, RD, LD, CDE	Free	Ext. 4303 East Conference Room
Aug. 11	Siblings Education Class 6:00 pm - 7:30 pm. For expectant big brothers and sisters	\$5/child	Ext. 3067 2nd Floor Conference Room
Aug. 16	Evening Health Break 5:00 pm - 7:00 pm. Free Blood Pressure checks; Glucose (fasting test, free); A1C Screening (\$10); TSH (\$20); PSA (\$25)		Ext. 6610 Conference Rooms A&B
Aug. 17	Drown's Garden Market 9:00 am - 2:00 pm. Open to public; seasonal veggies, fruit.	Free	Ext. 4387 TBH South Entrance
Aug. 18	Mature Audience Luncheon 11:30 am - 1:00 pm. Fall Prevention, Erica Shultz.	\$3	Ext. 4899 BSA, 205 Maple St., Bellevue
Aug. 18	Breastfeeding Basics 6:00 pm - 8:00 pm. Benefits and techniques of breastfeeding	\$10	Ext. 3067 Conference Room A

SUPPORT GROUPS

Aug. 2	M.O.M.S. 10:30 am - 11:30 am. Breastfeeding Support	Free	Ext. 4363 2nd Floor Conference Room
Aug. 9	Diabetes 12:30 pm - 1:30 pm. Problem Solving, Denise Bullion, CDE	Free	Ext. 4303 East Conference Room
Aug. 9	Reiki 6:00 pm - 8:00 pm. Spirituality, Patricia Zilles	Free	419.355.1283 Conference Rooms A&B