



2000les

Free

Vol. 18 Issue 8

August 2017

Celebrating 18 Years

A BEAUTIFUL NEW FACILITY

Excellent Care for Your Family

THE NEW CHS IS OPENING IN AUGUST AND NEW PATIENTS ARE WELCOME!

Spacious, beautiful and perfectly designed for patient care and comfort, the new CHS is opening this month! Here's what you need to know.

Our new address is:

2221 HAYES AVENUE / FREMONT, OHIO 43420

Our phone number is the same: (419) 334-3869

Staffed by an outstanding team of providers including:

- Family practice physicians and advanced practitioners
- Psychiatrist and LISWs
- Dentists and Hygienists

NEW PATIENTS ARE WELCOME!

CHS welcomes everyone regardless of your insurance or income. This includes all Medicaid and Medicaid managed care plans, Medicare, most insurance plans and self-pay patients. A sliding fee schedule is available based on family size and income.

WATCH FOR NEWS AND UPDATES ON OUR WEBSITE, FACEBOOK AND TWITTER



VISIT OUR WEBSITE: www.CHSOhio.com



LIKE US ON FACEBOOK: www.facebook.com/CHSOhio



FOLLOW US ON TWITTER: [@CHS_Ohio](https://twitter.com/CHS_Ohio)

Our east side office, Fremont Family Practice located at 1220 State Street and West Side Pediatrics located at 2276 W State Street will remain open and continue to serve our patients. The Birchard Avenue location will be permanently closed.



CHS

COMMUNITY HEALTH SERVICES

WE CARE.



Lifestyles 2000

August 2017
Vol. 18 • Issue 8
www.lifestyles2000.net



NEWS & NOTES:

"Beat the Heat"	4
Jill on Money, Jill Schlesinger	10
Dignity and Respect Event Returning to Downtown Fremont.....	8
Ticket to Put People Back in the Driver's Seat, Erin Thompson	11
Bellevue Hospital Launches New Website.....	12

ENTERTAINMENT:

Helen Marketti's Music Corner, Helen Marketti.....	5
Calendar of Events	6-7
Out to Lunch: Dockside Café, Lynn Urban	8
Out and About, Kelsey Nevius.....	9
In Your Own Backyard.....	9
Omarr's Astrological Forecast, Jeraldine Saunders	12

HEALTHY LIVING:

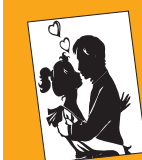
Harvesting and Using Culinary Herbs, Viola Purdy.....	13
Battlefield Acupuncture, Dr. Paul Silcox.....	15

HOME & HEARTH:

Kiss-Me-Over-The-Garden-Gate, Grace Sidell	3
My Mother's Recipes, Joanne McDowell	5
"Grate" Treats & Eats, Christine Timko-Grate.....	10
12 Acres in Ohio, Gena Husman/Robin Arnold	11
Children Need the Purity and Freshness of Nature, Bob Morton	12
For the Love of Raspberries, Patti Saam	13
Pet World, Kathy Rosenthal	14
Shelter Tails: Dog Run Needed, Joanne McDowell	15

Lifestyles is available at local Subways in Fremont & Clyde, Denny's, Frisch's, The Garrison, Bassett's, Kroger's and Clyde Drug Mart

Like us on



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

What a summer this has been—so far a period of nearly no rain-watering every night. Then a period of both sun and rain, summertime heat and humidity, a typical "summer in Ohio".

Now thousands of gallons of rain all at once has caused flooded fields, cresting rivers and closed roads all over our area. However, at this writing, things are getting back to normal and we, once again, have demonstrated our neighborly, helpful spirit toward others and our own personal resiliency.

Three friends and I took a one-day bus trip to Cleveland that the YMCA-Senior Center was offering. It was a great day, well planned and lots of friendly co-passengers. The trip included a buffet lunch aboard the Goodtime III before we cruised the area around and beyond the new Brown's Stadium and the Rock and Roll Hall of Fame. The water was calm, a slight breeze cooled us as we enjoyed the glorious sunshine. Our day there concluded with time spent at the huge Farmers Market and some soft drinks shared together at a street side café before boarding the bus for our return trip. Good times, good food and good friends—can't beat that!

Here at The Old Garden House, we are in the "replace the front porch" phase of my master plan for property maintenance. Rollie and I built it 20 years ago. It is a wrap-around with a 65' edge. I hired a contractor to remove the old porch floor and roof support pillars. He also beefed up the underneath support system. Then he replaced the floor and pillars with materials made of composite that will last virtually forever. They did an excellent job. The family and I wanted to keep the balusters that their dad cut out and incorporate them into a new design for the railings. Our new design will use fewer of them as some were unusable because of extensive rot on the bottoms and all of them had to be shortened for the same reason. To preserve the life of our new railing, my daughter, Angie, and I painted the "put together pieces" yesterday so all joints will have paint on both sides when joined. Hopefully, it will extend the life of the railing. My son Al is the "boss" of the Family Construction Crew and will assemble the new railing.

I am so excited about getting it done. I'll admit it—I love the front porch and my family who loves me enough to reconstruct it for another 20 years of use.

Here at The Old Garden House, a quick look at the calendar tells me that July 2017 is almost gone—just 4 more lunches/dinners and a full-house for Tea in the Garden. August is a busy month with lots of group lunches and dinners as well. Our August Tea is on Tuesday, the 29th at 2 p.m. We will be celebrating Lucy Hayes' birthday. We are researching recipes for tea sandwiches and sweet treats that could have been served in the mid-1800. Dan Baker, one of my fellow Hayes Home Guides, will present a program about Lucy Hayes, wife of our 19th President. Only 4 places remain. Call 419-332-7427 to make reservations.

So, until next month—enjoy the summer, take a trip, visit family and find an excuse to come see us at The Old Garden House—we would like that and remember always, that LIFE IS GOOD.

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



Grandparent's Fall Festival & Open House

(Rain or Shine)

Sun., Sept. 10th 11- 3 pm.

1st Annual Grandparent's Day Event!

- Fresh Produce & Local Crafts
- Build-Your-Own Sundaes (Free)
- Petting Zoo & Train Rides (Free) (weather permitting)
- Tours, Door Prizes, Refreshments & More!

Info. 419-332-6533

www.elmwoodcommunities.com



Public Invited!

 **Elmwood**

Assisted Living & Skilled Nursing of Fremont

1545 Fangboner Road

Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Tammy Calhoun

Email: trcalhoun@me.com

Advertising/General Information

For advertising and general information call, 419-334-3602, or email lifestyles2000@sbcglobal.net

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."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

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

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Where did the summer go? With school approaching and the fall, fall is just around the corner.



I want to again thank our loyal advertisers that make us possible each month. Please support them and be sure to tell them you saw their ad in Lifestyles2000. Have a wonderful month, as the song title said, "See you in September".

Joanne



Once again close to 200 entries. The right answer was Pond Builders. We are so sad knowing this is Pond Builder's last month in business. We thank Nancy and Jay for advertising with Lifestyles these past fifteen years. Our advertisers are our family and we appreciate them so much.

Find Pete Winners

Because summer is half over we decided to give out 10 of the Miller Boat Line and African Safari prizes. We will do the same next month, just be sure to put "Celebrating 18 Years" on your entry. Winners are: Kim Bower, Sarah Auen, Regina Szymanowski, Bree Hasselbach, Diane Covert, Holly Hofelich, Fremont; Jean Haubert, Kansas; Ron Ray, Clyde; Amy Randles, Norwalk; Terry Dragon, Green Springs.

"Find Pete" winners are: Carol Shoemaker, Keith Bousquet, Amy Hartman, Karen Heater, Michelle Butler, Fremont; Chris Schoewe, Vickery; Connie Monge, Gibsonburg; Erin Miller, Green Springs; Sean Pugh, Julie Toy, Clyde; Kathy Gillman, Old Fort; River Volk, Bill Manahan, Bellevue; Sandra Rock, Oak Harbor; Julie Rowe, Republic; Virginia Oglesbee, Port Clinton. Congrats!

Find Pete Prizes

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

Additional prizes: Mention "Celebrating 18 years" on your July entry and you will be in a drawing for Miller Boat Line tickets and a pass to African Safari!

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.

"Beat the Heat"

On July 20th a concerted effort by the dog warden, Children Services and the local Humane Society brought "Beat the Heat" to the Fremont fairgrounds.



Six local men, including Commissioner Scott Miller, Police Chief Dean Bliss and Sheriff Chris Hilton, sat in parked cars for thirty minutes. No one ever expected that any of them would be able to remain that long due to the 90 degree heat and humidity. Many of us standing under tents were barely able to tolerate the heat that day.

After thirty minutes the men were asked to exit their vehicles by the EMS attendants so they could check their blood pressure and over all condition. Most of the participants commented that as hot as it was, they always knew they could open the door, unlike a child or pet.

Hopefully this event will bring home the seriousness of leaving children and pets in cars. Every year both die due to heat stroke. If just one life can be saved, it will have been worth it.

Thanks to Kelly Askins, Sandusky County Dog Warden for doing the majority of the work on this event.

"We invite YOU to hop onboard the FUN bus to attend"

Steelers vs Browns

FirstEnergy Stadium, Cleveland, Ohio

Sunday, September 10th

DEADLINE: September 1, 2017

Price Includes
Bus Trip
Lunch
Drinks on Bus
No Refunds Available

Upper Prime Section 500

Bus Departs @ 8:00 am
Otis Elementary School
718 N. Brush St.
Fremont, Ohio

\$125/Per Person
Proceeds to benefit the mission of
Volunteers of America
Bethesda Care Center

Contact Holly Dagg at
419-334-9521 to reserve your seat!!!

Helen Marketti's Music Corner



Chris White of The Zombies

The Rock and Roll Hall of Fame and Museum in Cleveland has recently unveiled a new exhibit dedicated to the career contributions of 60s group, The Zombies. The Zombies were part of the British Invasion influence that swept across America during the mid-60s. Their signature hits included, She's Not There, Time of the Season and Tell Her No. The original band members were on hand to accept the dedication at a recent ceremony at the Rock Hall on July 12. Earlier in the month, I had the pleasure of speaking to bass player, Chris White. He spoke to me by phone from his home in London.



"I first started out being interested in Buddy Holly, Elvis Presley, Del Shannon and of course, Bill Haley as he seemed to be the one that started it off with, "Rock Around the Clock". Most of the American acts really affected us because it was the rawness of it all," explains Chris.

Chris remembers fondly his time with The Zombies. He still joins the band now and then but is not involved on a steady basis with the touring Zombies. "I am two years older than the rest of the guys. I did attend the same school as Colin

Blunstone (lead singer). The band started around 1961 and the bass player had left the group because he wanted to concentrate on taking exams. They asked me to join and that is how it got started. I was in several skiffle groups prior to joining The Zombies. Skiffle was popular in England because it was easy to play."

"There was a show on the BBC called, Juke Box Jury. There were

guest panelists who would listen to new songs and share their thoughts. George Harrison of The Beatles was a guest on the episode where they played, She's Not There by The Zombies. We were so glad when George said he loved our song," remembers Chris.

1967 was the Summer of Love era. However, it was not necessarily a loving time for The Zombies. "In 1967, we decided to produce our own album that was called, "Odessey and Oracle" and unfortunately it was not successful and we broke up," said Chris. "Rod (Argent) and Colin (Blunstone) reunited in the early 2000s calling themselves "Argent and Blunstone" but they kept being billed as The Zombies. When it came to the 40th anniversary of "Odessey and Oracle", we decided to get together and play since we had not played together since 1967! We played a premiere because we never had a chance to play it live. It started to receive backing and support. In 2015, we decided to tour America and play the album exactly as it was recorded. I will join the band for "Odessey and Oracle" as does our original drummer, Hugh Grundy."

Original member, Paul Atkinson is no longer with us. During the dedication at the Rock Hall, Chris White remembered his friend and fellow musician by dedicating the exhibit in Paul's memory. "When we are on stage, it's like we are still teenagers. It's the same energy," says Chris. "However, it's not the same energy when we leave the stage as we are now in our 70s. (laughs). We still play together because we like each other. We were very lucky in that regard. We are like brothers."

My Mother's Recipes

By Joanne McDowell

Ok, my mother didn't make this, I found it online, but honestly it is simple and looks delicious. If you make it, let me know what you think. Enjoy!

Cheesy Shrimp Garlic Bread

Ingredients:

- 1 loaf ciabatta, halved lengthwise
- 2 tbsp. unsalted butter
- 1 1/2 lb. large shrimp, peeled and dev-eined
- kosher salt
- Freshly ground black pepper
- 2 tomatoes, diced
- 3 cloves garlic, minced
- 1/4 c. mayo
- 1 tbsp. fresh lemon juice
- 1 tsp. fresh lemon zest
- 1 c. shredded mozzarella, divided
- 1/2 c. grated parmesan, divided
- Chopped fresh parsley, for garnish

DIRECTIONS

Preheat oven to 375°. In a large skillet over medium heat, melt butter. Add shrimp and season with salt and pepper. Cook until pink and cooked through, 3 to 4 minutes, then stir in tomatoes and garlic and cook until fragrant, 1 minute more. Remove from heat and when cool enough to handle, chop into bite-size pieces.

Transfer to a large bowl and mix with mayo, lemon juice and zest, 1/2 cup mozzarella, and 1/4 cup Parmesan. Season with more salt and pepper.

Spread shrimp mixture onto bread and top with remaining mozzarella and Parmesan.

Bake until bread is crispy and cheese is bubbly and golden, 15 to 20 minutes.

Garnish with parsley and slice.



SOMETHING DIFFERENT



New

Fudge, Peanut Butter, and Caramel

Triple Truffle

Blizzard® Treat

Best truffles in the box!

SOMETHING DIFFERENT
dairyqueen.com



1312 Oak Harbor Rd. – Fremont



All Month – Special Exhibit: “Presidential Pop Culture, The Art of Influencing Perception” Rutherford B. Hayes Presidential Library.

All Month – Special exhibit of “Quilt National”, Rutherford B. Hayes Presidential Library.

1- Music in the Park, Birchard Public Library, 423 Croghan Street, Fremont. Noon to 1 pm. Bring some seating – and maybe a lunch – to these acoustic concerts.

3- Open Air Markets, Bellevue Central Park, 215 North Street. 3- 8:30 p.m. Join us on Thursdays in August for local food and vendors, live entertainment from DJ Melissa Warner and the Bellevue Concert Series from 7 to 8:30 p.m. FREE.

3- Serenity Seekers, Bellevue Hospital East Conference Room, 1400 W. Main St., 5:30 -7 p.m. Six-week adult supportive/educational group offering comfort to those who have suffered the loss of an adult loved one. Free. Contact Stein Hospice at 419-625-5269 or 800-625-5269. Session dates are: August 3rd, 10th, 17th, 24th, 31st, and September 7th.

3- Bellevue Concert Series, RMS Band, Croghan Pavilion, 215 North Street, Bellevue, 7 – 8:30 p.m. FREE! Bring seating.

4- Downtown Fremont Farmers Market FFCU Car Show. Fremont Federal Credit Union Car Show from 4 p.m.- 10 p.m. Free Registration, and Free Dash plaques for the first 100 registered. 50/50 raffle, prizes and trophies, music and food.

3 p.m. Registration. www.downtown-fremontohio.org.

5- Taste of Tremont Block Party! 108 N. West St. Bellevue, 2p.m. - 8 p.m. This fundraiser event to raise money for the Historic Tremont restoration will feature entertainment, 50/50, raffle baskets, food, beer, wine and more. www.Bellevuehistoricalsociety.com

5 -Nature Play, Creek Bend Farm, 720 South Main St., Lindsey, 2 - 3 p.m. FREE. An unguided play date with nature. We provide loose structure and a safe place to engage with the natural wonders in our parks. Call 419-334-4495 to register.

5- Gibsonburg Farmers Market, at Log Yard, 213 W. Madison Street, 9 a.m. to noon. FREE. www.gibsonburgohio.org.

6- Fremont’s Got Talent, Birchard Park. A collection of the area’s finest singers and dancers converge at the annual Fremont’s Got Talent show for a 7th year. Cash prizes for first, second and third place finishers. First prize in the show is \$1,000, with a second-place award of \$600 and third place award of \$400. The best under-18 act receives \$300. Performers interested in competing can get more info at Fremontsgottalent@gmail.com

6- Puddle Jumpers: Let’s Get Wet, Mull Covered Bridge, 1515 County Road 9, Fremont, 2 p.m.-3 p.m. FREE. For ages 2-5 years old. Come get up close and personal with the mull covered bridge and the creek that flows underneath of it! ****Warning**** Your child will be walking in the creek. 419-334-4495 to register.

6- Tree Huggers: Creek Life, Mull Covered Bridge, 1515 County Road 9, Fremont, 2 p.m.- 3 p.m. FREE. For ages 6-12 years old. Wear your old shoes or water boots for a rock-flippin’ good time! 419-334-4495 to register.

6- Spiegel Grove Squires Vintage Baseball Game, Hayes Presidential Library, 2- 4 p.m. FREE.

6- Moonlight Canoe Trip, meet at Park District Main Office, 1970 Countryside Place, Fremont, 7 p.m.- 10 p.m. FREE. 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. 419-334-4495 to register.

7- Morning Health Break, Bellevue Hospital Conference Rooms A&B, 1400 West Main St., 8- 11 a.m. Educational literature, a light breakfast and a registered nurse available to answer questions about health. Free Glucose (fasting) & BP, A1C’s \$10.

7 & 8- S.T.E.M Camp, Camp Fire Sandusky County, 2100 Baker Road, Fremont. Do you like Science? Come join the first ever Stem Camp for scientists in 3rd - 6th grade. Plus, there will be swimming in the pond. www.campfiresc.org or 419-332-8641.

7- Moonlight Canoe Trip, meet at Park District Main Office, 7 -10:00 p.m. : FREE. We will paddle to the bay and discover more about the area’s history and wildlife. Participants must register with a partner. 419-334-4495 to register.

8- Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett’s Market, 228 West Main St., Bellevue, 9-11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

8- Diabetic Support Group, Bellevue Hospital East Conference Room, 12:30 – 1:30 p.m. Free and open to the public. 419-483-4040, EXT. 6610.

8- Back to Basics: Make & Take Dryer Balls, Creek Bend Farm, Wilson Nature Center, Lindsey, 7-8 p.m. \$5. Learn more about dryer balls and the environmental benefits of using them. 419-334-4495 to register.

9 & 30: Drown’s Garden Market, Bellevue Hospital South Entrance, 9 a.m. - 2 p.m. Drown’s Market brings fresh produce to the hospital as part of the hospital’s efforts to support a healthy lifestyle. Cash, check or credit cards.

9- Verandah Concert, Terra Brass Band, Hayes Presidential Library. Old-fashioned ice cream social is at 6:30 p.m.; concert at 7 p.m. The Terra Brass Choir will perform on the verandah of the Hayes Home. Updates at 419-332-2081.

9-10- Kelly Miller Circus, Williams Park, Gibsonburg, Wednesday 7:30 p.m. and Thursday 4:30 & 7:30 p.m. the Kelly Miller Circus will be coming to Gibsonburg and setting up in Williams Park for a big top circus event!

10 – Babies in the Parks: Monarch Mania, Creek Bend Farm, 720 South Main Street, Lindsey, 10- 10:45 a.m. FREE. Dress to be outside as we search the milkweed at Creek Bend Farm for Monarch caterpillars and butterflies. For children

Calendar of Events, cont’d on 7

Now Accepting New Patients



Marc Naderer, MD
Family Medicine

Board certified. Specializing in preventive care for all ages of patients, from newborns to geriatrics, sports physicals, and wellness physicals.



Lisa Aichholz, CNP

Certified Nurse Practitioner. Serving patients at Family Health Services since 2005. Specializing in family practice to evaluate, diagnose and treat acute and chronic conditions.



Dawn Bova, NP-C

Certified Nurse Practitioner. Joined Family Health Services in 2014. Specializing in family practice to offer holistic care and support for a healthy lifestyle.



Monday - Friday • 8:30 am - 4:30 pm

402 W. McPherson Hwy. • Clyde, Ohio 43410 • 419.547.0340

birth to 2 years and their adult companions. Call 419-334-4495 to register.

10- 2017 Open Air Markets, Bellevue Central Park, 215 North St., 3-8:30 p.m. Local food and vendors, live entertainment from DJ Melissa Warner and the Bellevue Concert Series from 7-8:30 p.m. FREE.

10- Sandusky County Historic Jail Tour, 622 Croghan St., Fremont, 5:30 p.m. and 6:30 p.m. This tour answers all your questions! Cost: \$3. Tickets available at the door or at the Sandusky County Visitors Bureau, 712 North St., Fremont.

10- Bellevue Concert Series, Olde Mill Brass Quintet, Croghan Pavilion, 215 North Street, 7-8:30 p.m.

11- Farm to Table Fundraising Event, Downtown, Fremont, 5:30 - 9:00 p.m. \$100 per person; a portion of each ticket is tax deductible. Farm to Table is a wonderful celebration of our bountiful rural community. Local chefs prepare harvested products from local farms and serve you in a formal setting. For tickets, 419-332-8696.

12- Lindsey Farmers Market, 9 am - noon, every second Saturday, FREE.

12- Second Saturdays R 4 Kids, Hayes Presidential Library. An interactive educational series for children. 419-332-2081 or www.rhhayes.org

12- Monarch Tagging, Creek Bend Farm, 720 South Main Street, Lindsey, 10-11:30 a.m. FREE. We will be capturing and tagging monarch butterflies. Come discover more about where the butterflies are going and why we tag them. 419-334-4495 to register.

14- Community Health Screenings, Free BP and Fasting Glucose Checks, The Medicine Shoppe, 234 West Main St., Bellevue, 9:30 a.m. - 11 a.m. Free BP and Fasting Glucose Checks. 419-483-4040, EXT. 6610.

15- Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne St., Bellevue, 9 - 11 a.m. Free BP and Fasting Glucose Checks..

17- 2017 Open Air Markets, Bellevue Central Park, 215 North St., 3-8:30 p.m. Markets featuring local food and vendors, live entertainment from DJ Melissa Warner and the Bellevue Concert Series from 7 to 8:30 p.m. FREE.

17- Back in Time, Mull Covered Bridge, 1515 County Road 9, Fremont, 6:30 p.m. - 7:30 p.m. FREE. Step back in time to see how people lived when this bridge was constructed. Old tools, old dresses and old stories will be shared to remember the past. 419-334-4495 to register.

17- Bellevue Concert Series, Eric Sowers Band, Croghan Pavilion, 215 North St., Bellevue, 7-8:30 p.m. Join us after the Open-Air Markets on Thursdays for this FREE concert series!

19- Winous Point Tour, meet at the Park District Main Office, 8:30 a.m. noon. FREE. Get a close look at shorebird banding then take a tour of Winous Point, the oldest continuously operating duck hunt club in North America. 419-334-4495 to register.

19- Rotary of Fremont Blues, Brews and Brats Fest, Downtown Fremont, 4 - 11 p.m. Join the Fremont Rotary Club for its 2nd 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. Band lineup is Kelly Richey, Bobby G & Frienzen and Jeff Jensen. Tickets are \$10 and are available at the Sandusky County Convention & Visitors Bureau. www.fremontrotaryclub.org.

19- Downtown Fremont Farmers Market, 9 a.m. - 1 p.m. rain or shine. FREE! www.downtownfremontohio.org.

19- Dignity & Respect Event, Downtown Fremont, 9 a.m. - 2 p.m. Food, entertainment, youth activities and more. Call 419-333-4012 or 419-332-8696 for info.

20- Tram on the Trail, meet at Creek Bend Farm, 720 South Main St., Lindsey, 1-3 p.m. FREE. Enjoy a ride on the North Coast Inland Trail. This is an open-air tram so the ride may be chilly, a light jacket is suggested. Call 419-334-4495 to register.

21- Kid's Night Hike, Decoy Marsh, 2700 County Road 259, Fremont, 8:30 p.m. - 9:30 p.m. FREE. Discover the sights and sounds of nature at night! 419-334-4495 to register.

22 - 27- The Sandusky County Fair. Join us for one of Ohio's LARGEST county fairs! Fun for the whole family, including displays of arts and crafts from some of the area's finest artisans. Free entertainment at the Log Cabin Stage every afternoon and evening. www.sandusky-countyfair.com.

23- Verandah Concert, North Coast Big Band, Hayes Presidential Library. Old-fashioned ice cream social is at 6:30 p.m.; concert begins at 7 p.m. North Coast Big Band will perform on the verandah of the Hayes Home.

24- Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main St., 10:30 - 11:30 a.m.

24- 2017 Open Air Markets, Bellevue Central Park, 215 North Street, 3-8:30 p.m.

24- Bellevue Concert Series, Lance Horwedel & Steve Thompson, Croghan Pavilion, 215 North St., 7-8:30 p.m.

26- Woodville's Farmers Market, 9 a.m. - noon. FREE

27- Spiegel Grove Squires Vintage Baseball Game, Hayes Presidential Library, 2-4 p.m. Free.

28- Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Blvd, 8-10 a.m. 419-483-4040, EXT. 6610.

29- Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Noon - 1 p.m.
30 - Mothing, Creek Bend Farm, Wilson Nature Center, 720 South Main Street, Lindsey, 9:30 p.m. -11 p.m. FREE. Come to the marsh for close-up viewing of these fuzzy-bodied cousins of the butterflies. To register 419-334-4495.

31 -2017 Open Air Markets, Bellevue Central Park, 215 North Street, 3 - 8:30 p.m. Entertainment from DJ Melissa Warner and the Bellevue Concert Series from 7-8:30 p.m. FREE.

31 - Bellevue Concert Series, Nate Jones Band, Croghan Pavilion, 215 North Street, 7-8:30 p.m. FREE!

267 S Lightner Rd • Port Clinton, OH 43452 • 1-800-521-2660



Drive-Thru Safari
Feed the animals and enjoy fun shows!

Only 20 minutes west of Cedar Point!

3/17





African Safari Wildlife Park

<p>\$3.00 Off Adult Ticket (7 years+)</p>  <p>LS3</p>	<p>\$2.00 Off Children's Ticket (4-6 years)</p>  <p>LS2</p>	<p>\$55.95 Carload (Up to 6 people)</p>  <p>LSc</p>
---	---	---

Provide e-mail address to redeem this coupon _____
Valid for up to 6 people with coupon • May not be used in combination with any other offer.

africansafariwildlifepark.com

Out to Lunch

By Lynn Urban



Summertime is the best time to be living in northwest Ohio, we're so close to the lake and everything that there is to offer, from great restaurants, to water sports, and entertainment. I like to spend as much time outside as possible and that includes dining, usually close to the water. I found the perfect place in downtown Sandusky, where things are really booming. On the very west end at 611 Shoreline Drive is a marina with a small open-air cafe called Dockside Cafe. This casual restaurant, where boaters can pull up right up, has a full service bar and plenty of outdoor seating for a glorious view of the bay and Cedar Point.



There is no indoor seating, so you have to plan your visit according to the weather. They are open daily from 11:00 a.m.

until sunset, and of course, being that this cafe is seasonal, they are open from May until September, or maybe later depending on the weather. They hope to stay open for the Dragon Boat and Bacon Festival which is in mid-September according to the owner.

On Wednesday night there is usually live music playing, and on Mondays they set up a screen on the lawn for movie night for the kids.

The limited menu features walleye, chicken, and shrimp tacos, burgers, quesadillas, nachos, and salads. They also have fresh hand cut seasoned fries. All the food is fresh, never frozen, in fact, they don't even own a freezer. I had a nice large southwest salad with spring mix lettuce, black bean salsa, bacon egg, avocado, and chicken for \$11.50. A deluxe double bacon cheeseburger with fresh hand cut fries runs \$11.00, and tacos start at \$7.50 for two. The food and the service was very good.



A drink in your hand, sitting on the shore, watching the boats, and the sunset. It doesn't get any better than this.

(Note: I failed to note in last month's column that Chris Haas and Melanie Keegan are owners of Simply, the new restaurant in Fremont, Jennifer Spitler is a co-owner.)

Dignity & Respect Event returning to downtown Fremont

FREMONT, Ohio — Many area organizations, merchandise and food vendors, and entertainers will be part of the Dignity & Respect Event, 9 a.m.-2 p.m. Saturday, Aug. 19, 2017 in downtown Fremont, in conjunction with the Fremont Farmers Market.

The Dignity & Respect Event is part of a nationwide campaign that promotes behaviors that help individuals contribute to a positive environment in their workplaces and communities.

The event includes a wide variety of music and entertainment performances, fresh produce and other farmers' market vendors, a Senior Oasis tent and more.

This year, Living in Faith Together (LIFT) will be hosting and coordinating the school supply giveaway at the Dignity & Respect Event. In past years, LIFT and Dignity & Respect had hosted separate school supply drives and giveaways. Consolidating both events allows for a more effective use of community resources and volunteers.

"We want families in the community to be aware that the LIFT giveaway is now part of Dignity & Respect event," said Alex Boroff, Dignity & Respect Event co-chair. "LIFT has always done an incredible job of serving children in need of school supplies, and it made the most sense to roll our events together to make the most of our efforts."

Along with the school supply giveaway, LIFT works with Pontifex to distribute school uniforms. Sandusky County Share and Care is also assisting with school uniforms at the event.

The Dignity & Respect Event is sponsored by US Bank, Fremont City Schools, City of Fremont, Downtown Fremont, Living in Faith Together (LIFT), Sandusky County Share and Care and WSOS Community Action Commission, and is supported with the help of many organizations and participants.



CALICO CAT

Antiques & Collectibles
Collection of Old & New Items

Children's Books • Furniture • Toys • Kitchenware
Primitive • Linens • New Items Weekly

VACATION & BEACH
VINTAGE BACK TO SCHOOL
& AUTUMN ITEMS COMING SOON!

115 S. Main St., Clyde
(Former Dime Store Building, next to Main St. Cafe)
419-547-2701

Open Tues, Wed, Fri 10-3
Thurs. 3-7pm

CLYDE ST. MARY'S

615 Vine St., Clyde

ALL PAPER BINGO - NO SMOKING BINGO

\$500 BONANZA in 56#
The last Tuesday of the month drawing for \$100.00

TUESDAYS
Doors Open 5:30 pm
Games 7:00 pm

Free Coffee
Progressive Lucky Number

BIG GAME
SUPER 19
\$1000.00
Consolation of \$150

JACKPOT
\$1000.00 in 54#
1 Consolation of \$150

HOMEMADE DESSERTS & SANDWICHES - WIDE VARIETY OF INSTANTS, KENO & SEAL CARDS
GROUND FLOOR - PLENTY OF PARKING - SECURITY - REFRESHMENTS - LIC. 0276-45

LEGENDS

Sports Pub & Grille

Tuesday Wing Night!
Every Tuesday is all you can eat wings! Enjoy our famous wings all day and night-Choose from 16 sauces.
Only \$10.99

Wednesday Taco Night!
4-10 pm. Best tacos anywhere! Everything is homemade and fresh. Choose from soft or hard. Chicken or beef. Comes with rice, tortilla chips and salsa. All you can eat
Only \$8.99!

Clip this ad and also receive a **FREE XL soft drink** with free refills with every AYCE eat Wings order on Tuesdays and every Taco order on Wednesday. Expires August 31, 2017. Dine in only.

Pinnacle Hearing

at Eden Springs, Green Springs
419-939-3186



Aaron Burks, Au. D.
Doctor of Audiology

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available



By Kelsey Nevius

As I grow older, now into my last year of college, I both recognize that summer is a time when I have a little time to spend with my home-again friends and realize that this will be my last actual summer. Though it is sad in some ways, what with the growth into full adulthood, it also makes me savor the time I do have in the present. Some of my favorite memories and experiences in the summer are spent with my best friend, Tricia Reinhart. Since we've known each other for almost our entire lives, and live only ten minutes away, she is and always has been not only a part of my summers, but a huge part of my life. And as I'm more of a homebody and she likes the outdoors, there are always boundless adventures she plans for us. This summer, we decided to try some new activities in the parks district, and try our hand at making and using essential oils.



The workshop she picked with titled "Make and Take Essential Oils", and was held

at Creek Bend Farm (another one of my absolute favorite parks around our area, which I have raved about before). Upon entering the classroom area of Wilson Nature Center, we were greeted by the warm, summery smell of lemon-grass, which our teacher for the night, Aly Rumer, had pre-prepared in her humidifier. It



was a nice way to start our workshop, and everyone there was warm and inviting. Few of us had prior experience with essential oils, so it required absolutely no knowledge or prior experience.

Firstly, Aly explained how essential oils can be used and what their benefits are. I was amazed at all of the ailments, both physical and mental, could be helped with specific essential oils. For example, by using a blend called Deep Blue, you could cure back pain or stop a migraine by applying it to the afflicted area, or inhale a scent like peppermint to use it as a natural energy boost. She then went through what essential oils are best for specific ailments (with multiple lists so you could look for your own) and how to dilute the essential oil, depending on how strong you wanted it to be and if you were using it.

In our workshop, we got to make two things: a rollerball and a small inhaler stick. For my rollerball, I chose a migraine blend as I get them frequently, and Aly suggested Deep Blue and Eucalyptus, and for my inhaler stick I got Bergamot and Chamomile for anxiety and stress. Tricia got lavender and lemon for her rollerball for somewhat of a cure all, and peppermint in her inhaler stick for a pick-me-up during her day. Not only did we have a ton of fun, gain a depth of knowledge, and walk away with four custom-made essential oils, but we had a blast doing it and enjoying each other's company. I highly recommend the workshop, as you learn so much and get something natural and custom-made to use!



2017 Fall Treasure Hunt: Want to feel like a kid again? Like to solve puzzles? Race around Fremont with 5 of your friends and have fun! Join us on September 30th for the hunt. Check out Fremont Ohio Fall Treasure Hunt on Facebook.. more details to come in September issue. Must be 18 or older

Birchard Public Library is hosting The Battle of Fort Stephenson from 1:30 – 3 pm on Tuesday, August 1. The successful War of 1812 battle was a much-needed victory for America. Local historian Larry Michaels will explain the sequence of events leading up to the battle, the battle itself, and its aftermath. The Colonel George Croghan Chapter of the Daughters of the American Revolution will lay a memorial wreath on Croghan's grave after the program and will also host a tour of the DAR house. No registration is necessary. The library is located at 423 Croghan Street, Fremont.

YOU ARE INVITED TO A LUNCHEON WITH FREMONT AREA WOMEN'S CONNECTION. Anjulina's Catering, 2270 Hayes Ave., Fremont on August 8, from 11 am to 1 pm, Cost \$12 incl. Our Feature, MUSIC FILLS THE AIR, will

bring you Vocal Music with Hilary Frater and Tammy Martin. ur Speaker, Chris Bassett, Washington Twp., MI will tell us how "Growth Occurs in the Valley". Chris is a three time cancer survivor. Make your reservation for luncheon and free child care by calling b/4 August 3, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com

ROCK THE DOCK August 19, starts 12 p.m. to 10 p.m. ? Behind Pontifex located at 416 West State St., Fremont. Outside event street will be closed off, rain or shine, bring your chair. Musical event opening band Under Grace. Other musicians and bands Jesus Freak, Chris Canode, and Richard and Andrea. If interested in preforming for this event? Contact Randy Noss, 419-357-0550. There will be food for purchase, also there will be donation box to help Pontifex STOMP OUT HUNGER. To learn more go to www.pontifexfremont.com

REIKI: Tues. Aug. 9th in Bellevue Hospital Rooms A&B. Meeting begins at 6 pm and dismisses at 8 pm.

North Branch Nursery
3359 Kesson Rd, Pemberville OH 43450
419-287-4679 www.NorthBranchNursery.com



Coupon redeemable for \$10 off purchases of \$50 or more.
One per visit. Excludes Landscape and services.
Expires 12/23/2017. Code: Lifestyles

"Grate" Treats & Eats

By: Chris Timko-Grate

I can't believe I am starting my August column! What happened to June and July? Why is it that the summer goes by so fast and the winter seems to drag on forever? But for now I'm not going to think of August as the end of summer, I'm going to keep enjoying the warm weather and the outdoors, especially the many more Festivals, Garage Sales, and Craft Shows that are coming up this month and into the fall.

With this great weather we need to take advantage of it and grill out because before we know it we will have cold weather and snow. I know a lot of us grill out in the winter, but it just isn't the same as grilling in the summer! Enjoy the recipes and your grill, I love the easy clean up!

Grilled Caesar Salad (Serves 6)

3 medium-size heads romaine lettuce
2 tablespoons olive oil
1 chunk (8oz) Parmesan cheese (I use grated)

Leaving stem attached cut heads of romaine in half lengthwise leaving stem end attached. Place cut side under cold running water and rinse, gently separating the leaves with your fingers until clean. Holding each lettuce half by stem gently shake over sink. Lay on paper towels cut side down until well drained changing paper towels when needed. When well drained brush with olive oil and grill on both sides until the lettuce leaves are slightly wilted and singed. Transfer to plates, cut side up. Cut off and discard stem ends. Spoon dressing over lettuce sprinkle cheese over the salad and serve.

Creamy Caesar Dressing*

2 cloves garlic, coarsely chopped
2 ounces grated Parmesan cheese
1 tablespoon Worcestershire sauce
1 large egg
¾ cup extra-virgin olive oil
3 tablespoons lemon juice
1 tablespoon red wine vinegar
½ teaspoon coarse salt
½ teaspoon ground black pepper

Place first four ingredients in blender and puree to a smooth paste. With motor running, gradually add olive oil, lemon juice, and vinegar. Add the salt and pepper and process until smooth paste. With motor running gradually add the olive oil, lemon juice, and vinegar. Add salt

and pepper and process until smooth and creamy.

*If you don't have time to make this dressing I have found a very, very good Caesar dressing at Krogers it is call Brianna's Home Style Caesar Dressing, it is the closest one I have found to a homemade dressing!

Smorgasbord Slaw

2 cups sugar
1 cup vinegar
½ cup water
1 tablespoon salt
1 large cabbage, shredded
2 medium red peppers - chopped
2 medium green peppers - chopped
½ bunch celery - chopped
1 ½ tsp. mustard seed
1 ½ tsp celery seed

Combine sugar, vinegar, and water. Boil 5 minutes. Cool. Sprinkle salt over

cabbage. Let stand 1 hour. Add peppers, celery, mustard seed and celery

seed. Let stand 1 hour. Add peppers, celery, mustard seed and celery seed.

Add cooled vinegar. Mix well. Chill. Keeps well a long time refrigerated.

Quote of the Month – Some people will believe anything if you whisper it to them. Louis Nizon

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

(Ed. note, we missed this column last month so included the Slaw recipe this month)

Picture Framing

Custom Picture Framing
Frames, Glass, Mats

Art Consultant Hours
Wed-Fri 10-5
Sat 10-noon

Color Haven Paint &
Supply LLC

105 N Stone, Fremont
419-332-6952
colorhaven.net

Jill On Money

By Jill Schlesinger

Credit scores likely to rise

Credit scores recently reached a record high, and given changes to the industry they could continue to rise. According to FICO, creator of the widely used credit score, the average score hit 700 during the spring, the highest since at least 2005. As a reminder, FICO scores range from 300 to 850, and borrowers with scores above 750 are generally considered excellent, while scores below 650 are considered poor.

The three most important factors that determine your FICO score are: payment history, total debt outstanding (which takes into account how many accounts you have and how close you are to your credit limit), and the number of hard credit inquiries made on your behalf from mortgage, auto or student loan companies. (Your score is not hurt by "soft" inquiries, which include preapproved offers, insurance or employment searches, or inquiries you make into your own credit report or score.) The score also includes the mix of credit that is available to you and your credit history.

Because credit scoring is used to determine the cost of borrowing and also for apartment rental purposes, the data used to compile it must be accurate and complete. That's why it is important to check your credit report at least annually at AnnualCreditReport.com. If you find errors, you can dispute any information by contacting the company whose report you wish to dispute.

The good news is the process should become easier, because of the National Consumer Assistance Plan (NCAP), which was launched in 2015 by the three nationwide consumer credit reporting companies - Equifax, Experian and TransUnion - after a class-action lawsuit demonstrated that consumers were harmed from bad data.

The purpose of NCAP is to make credit reports more accurate and make it easier for consumers to correct any errors. As of July 1, the credit reporting companies are enforcing stricter rules about the accuracy of the data they collect, including the reporting of civil judgments and tax liens, which could help boost the credit scores of millions of Americans by 10 to 40 points.

Meanwhile, FICO's competitor, VantageScore Solutions, recently announced the release of the fourth generation of their score, which will become available from the three credit reporting agencies in the fall of 2017.

According to credit expert John Ulzheimer, VantageScore's score is "game changer," because it will consider "trended" credit data, which accounts for whether borrowers are paying their credit card balances in full each month or if they're just making a token payment and adding to their monthly balances. The data will reflect historical balances and the amount borrowers paid going back 24 months. This makes sense because "people who do not pay their cards in full each month are riskier than people who do pay them off in full each month," says Ulzheimer.

So paying your bill in FULL each month is likely to become even more important. "Notwithstanding the fact that you're paying interest on the unpaid balance, now by not paying your balance in full your VantageScore 4.0 score is likely to be lower because you're a riskier consumer." Conversely, those who do pay off their balances in full each month will likely enjoy a higher score.

Before you get too excited about the new score's rollout, it is important to know that VantageScore is number two in the market - FICO still reigns supreme. But Ulzheimer believes that the VantageScore 4.0 is better for consumers and better for lenders. "It's rare that a new scoring system is a true win-win for consumers and lenders ... and VantageScore 4.0 is just that."

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

THE POND BUILDERS

We are closing our doors September 1st

Everything in the store will be 25% off through the month of August. August is a good time to stock up on your pond supplies!

September 16th - AUCTION - Everything remaining including display ponds

Hours: Mon-Fri 9-5; Sat 9-3; CLOSED ON SUNDAYS

1639 State Route 590 • Burgoon • 419-334-4497
www.thepondbuilders.net

A Tough Decision/Yellow Loosestrife



Robin Arnold



Gena Husman

In June, Robin made the tough decision to resign from her job as a medical courier because of a debilitating condition causing back, neck and arm pain. Her job required her to lift at least 35 pounds and spend hours driving and getting in and out of her car. Over a period of seven months, the pain worsened. She was unable to raise her camera or use binoculars; and drawing became difficult unless she sat in the La-Z-boy. During this time, she consulted a specialist and took physical therapy, which helped, visited ER, saw her family doctor, and finally went to a chiropractor, which also seemed to help ease the pain. As of this writing, she is still having issues, although without the stress of the job, she seems happier and more relaxed and thinks it is getting a little better. She is now able to lift her camera for short periods of time but is bummed out that she can't do a lot of the things she enjoys for very long. Robin's not sure what's next; for now she's taking it day-by-day. The upside of this is that she was

forced to learn to use colored pencils in her art work—they're the least messy of her materials—and, at last, we've both got more time to explore and enjoy our property. Our next project is to draw and document some of the weeds and wildflowers that have sprung up around the marsh. We've been amazed at what we've discovered so far....

One afternoon, while we were over on the dike by the marsh searching for an interesting wildflower—or weed—to sketch, we discovered a patch of small yellow flowers clustered on leafy stems about two or three feet high. We figured they'd been dropped off by birds or carried in on the wind since there weren't very many of them and they were all growing in the same area. They were practically buried among the thicker weeds and not convenient to observe but we didn't want to pull any of them up because there were so few of them. So, braving ticks, deer flies and mosquitoes, we plowed through the waist high weeds and sketched them as best we could.



Back at the house we consulted our wildflower books and the internet, and learned that these flowers are an herbaceous perennial known as "Yellow Loosestrife," and are native to wetlands and damp meadows. In spite of the name, they are totally unrelated to the invasive "purple loosestrife." They've been grown in gardens since Victorian times and are attractive to butterflies. And, yellow loosestrife also comes with a rather interesting history, going back centuries.

The name "loosestrife" refers to the ancient belief that this plant could calm a savage beast. It was often placed under the yoke of oxen to keep them calm while pulling a plough. Apparently, yellow loosestrife repels gnats and flies, and placing it under the oxen's yoke kept the insects from bothering the animals and making them restless and irritable. As a dried herb, it was burned in homes to keep flies away. And—this I found particularly interesting—in marshy areas the fumes from burning it immediately drove snakes and serpents away. (Maybe we should start cultivating it.)

King Lysimachus of Sicily (361-281 B.C.) is said to have been the first to discover the medicinal properties of yellow loosestrife. He noted that wrapping fresh leaves around a wound checked the bleeding and seemed to hasten a cure. According to the website, "botanical.com," yellow loosestrife has also been used as an astringent, an expectorant and a cure for sore eyes, to name a few.

Hidden away among the weeds and tall marsh grasses we have some very powerful medicine and we've only begun to scratch the surface. Of course, we don't know what to do with it, but it's neat knowing it's there and learning about it. Wonder what we'll discover next...?

TICKET TO WORK PUTS PEOPLE BACK IN THE DRIVER'S SEAT

By Erin Thompson

Social Security Public Affairs Specialist in Toledo, OH

Social Security encourages people to rejoin the workforce when they are able. Ticket to Work is our free and voluntary program that helps people get vocational rehabilitation, training, job referrals, and other employment support services. This program is for people ages 18 to 64, who are receiving disability benefits, and need support re-entering the workforce or working for the first time. While many disabled individuals are unable to work and may never be able to return to work, we know that some are eager to try working again. Work incentives make it easier to work and still receive health care and cash benefits from Social Security while providing protections if people have to stop working due to a disability.

Social Security works with employment networks to offer beneficiaries access to meaningful employment. Employment networks are organizations and agencies, including state vocational rehabilitation agencies that provide various employment support services. Some services they may help with include résumé writing, interviewing skills, and job leads.

Ticket to Work gives individuals the opportunity to choose from several employment networks. Participants are free to talk with as many employment networks as they want before choosing one. If someone signs an agreement with an employment network, they'll help the individual develop an employment plan. We'll review their progress toward achieving the goals of their employment plan every 12 months. If they are making timely progress in their return to work plan, we will not conduct a medical review of their disability during the time they're in the program.

Many people have successfully completed the Ticket to Work program. Anyone interested in the Ticket to Work program should call the Ticket to Work Helpline toll-free at 1-866-968-7842 (TTY 1-866-833-2967). More information on the program is available online at www.socialsecurity.gov/work. Remember, Social Security is with everyone through life's journey, providing resources that can help people reach their work and retirement goals.



**IN CASE YOU WERE WONDERING
WHO MAKES THE STRONGEST SWIMMING POOL COVER...
This Elephant Is Standing On The Answer: LOOP-LOC!**

It takes an extraordinary cover to support the massive weight of an African elephant... but this LOOP-LOC does it with ease! And strength is only one of the reasons to choose LOOP-LOC. Consider the fact that LOOP-LOC's extruded-polypropylene mesh lets rain drain right through, so no dangerous standing water can ever form on top. And that each LOOP-LOC is computer-designed for a perfect fit. And that your LOOP-LOC goes on and off so easily, opening and closing your pool becomes an easy one-person job! Just don't forget that it has to say LOOP-LOC on the cover to be a genuine LOOP-LOC!

Swim Rite Pools

**2218 W. State St., Fremont
419-332-4441 • 1-800-303-4469
Mon-Fri. 9-6, Sat 9-3**



Swim Rite –
Not Wrong

Children need the purity and freshness of Nature

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



Robert Morton

Take your children and grandchildren for hikes along the many nature trails in our area. Studies show that 88 % of kids say they like being in nature and 79 % wish they could spend more time there.

Try to unplug your older children and teens from their tablets, smartphones, video game consoles, and laptops and bring them along, too (Good luck). They may discover that it's more fun to explore, use their imaginations, discover wildlife, and engage in unstructured and adventurous play in the real-life outdoors rather than on a man-made, digital screen,

The experts tell us that exploring a woodland or meadow reduces stress, makes us fitter and leaner, develops a stronger immune system and makes us more environmentally conscious. Americans are working longer hours and have busier schedules than ever before, resulting in the lack of a healthy relationship with nature. So, get outside and see, hear, smell, feel and touch the flora and fauna that envelops the earth.

The bond between America's children and nature is disappearing and studies show (Louv) that many physical and mental problems children have are rooted in their lack of contact with nature. The high number of overweight children, the increasing frequency of attention deficit/hyperactivity syndrome, childhood stress, depression and anxiety disorders are just a few.

A daily stroll through the neighborhood park, building a tree house or camping overnight will strengthen a child's self-esteem, personality and learning aptitude.

In a child's imagination, a few trees become a forest and a puddle offers a window into a natural wetland habitat. They need to lift a stone and discover the earth underneath is teeming with bugs, observe the life of squirrels in our city parks, work in the garden, climb trees or catch frogs in a nearby stream. Boys and girls now live a "denatured childhood" world with less time to spend outdoors and less access to natural areas.

They've become addicted to electronic media as more of America's open meadows, woodlands and wetlands are replaced by manicured lawns, golf courses, endless strip malls and housing developments. What little time kids spend outside is in designer playgrounds, manicured baseball fields or fenced-in yards, which are overly-structured, safe and isolating. Such antiseptic spaces provide little opportunity for exploration, imagination or peaceful contemplation.

In the early 20th century, Theodore Roosevelt created 250 million acres of public lands after discovering a prophylactic dose of nature could counter the mounting urban malaise. I guess it's true... mankind needs to "lie down in green pastures and be leadeth beside the still waters."

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 authors the book "Finding Happiness in America" (Amazon.com books).

The Bellevue Hospital Foundation Launches New Website

The Bellevue Hospital (TBH) is pleased to announce the launch of a new TBH Foundation website, www.tbhfoundation.com. The goal of the new Foundation website is to provide community members an easier way to learn more about the Foundation, read about projects and highlights, view upcoming Foundation and hospital events, register online for events of interest, and make contributions to the Foundation through various giving options.

The Foundation site has been re-designed so that individuals can pay for online events, or make donations to the Foundation for a particular cause, or in honor or memory of a loved one. Community members are encouraged to take a look at the new Foundation website, which has a fresh look, is easy to use and is informational.

The launch of the new Foundation website is just one of the many services The Bellevue Hospital has initiated in honor of the hospital celebrating its 100th Anniversary in 2017. For a complete list of hospital programs, services and events, visit the hospital's website at www.bellevuehospital.com, or The Bellevue Hospital's Facebook page.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (Mar 21-Apr. 19): Don't throw caution to the wind. You may be less careful than usual as you could be in a hurry or simply too focused on what you're doing to pay attention to what's going on around you. Stay on your guard no matter the circumstances.

TAURUS (Apr. 20-May 20): Go along to get along. Someone's assertiveness may rub you the wrong way but you'll get farther by looking for compromise rather than trying to butt heads. The lights will be all green for romantic pursuits.

GEMINI (May 21-June 20): Don't let the cat out of the bag. Show your maturity by not revealing privileged information that you have been trusted with. Sharing someone else's secrets will give you little to gain and a whole lot to lose.

CANCER (June 21-July 22): There's always room for improvement. You've done well so far but there's no reason why you can't do better in the future. Seek out innovative new methods and routines which could improve your productivity, health or attitude.

LEO (July 23-Aug. 22): When it's your turn to bat, swing for the fences. You'll only gain from an opportunity in the spotlight and showing definitive results, so don't hold back. Your prospects for romance could be higher than usual throughout the day.

VIRGO (Aug. 23-Sept. 22): Live and let live. Making mistakes are part of life. Allow others to learn from their experiences and don't be so quick to jump into the affairs of friends or loved ones. If solving a problem seems impossible, try again later.

LIBRA (Sept. 23-Oct. 22.): There doesn't have to be winners and losers. Resolving an argument by finding common ground upon which to build could be more beneficial than simply trying to get in the last word. Avoid trying to push someone's buttons.

SCORPIO (Oct. 23-Nov. 21): Test the waters before you dive in. Get a feel for the general mood before making jokes or offhand com-

ments or others may take it personally. Focus on projects that tap into your creative side to get the most out of it.

SAGITTARIUS (Nov. 22- Dec. 21): Don't make assumptions. While you may feel someone knows exactly what you are thinking, they may actually be on a completely different wavelength. Go out of your way to do something to please your significant other.

CAPRICORN (Dec. 22- Jan. 19): Don't fret over what you don't have. The green-eyed monster could rear its ugly head when a friend shows off a shiny new toy. This should really have little impact on your life. Constructive projects keep your mind busy.

AQUARIUS (Jan. 20- Feb. 18): Refocus your priorities. Too much information and mental clutter may divert you from the correct path but employing some self-discipline and some planning could quickly have you back on the right track.

PISCES (Feb. 19- Mar. 20): There's always a chance. The odds of winning or losing could be equal, just make sure that you can afford the cost if you lose. Put creativity and originality on display and before too long others will admire and respect you for it.

Jenesis Salon

SCHOOL BUS

Jenesis Salon gets your kids classroom ready!

Back to School Package
Includes Malibu chlorine remover, cut, style, deep condition mask
\$35.00
with coupon

Eye Brow Wax
\$6 with coupon

BRAZILIAN BLOWOUT
Back to School Special
\$125

419.680.5622
607 Walnut Street, Fremont
Corner of 5th Street and Walnut

Drown's Farm Market

2562 County Road 185

Clyde, Ohio

N. of Rt. 19 / S. of Limerick Rd.

Sweet Corn • Tomatoes • Peaches
Green Beans • Zucchini • Potatoes
Cantalope • Candy Onions
Cucumbers • Apples • Peppers



Open 9-6
7 days a week

419-639-3789
419-639-3032

Harvesting and Using Culinary Herbs

In Cooking the leaves and stems are used. These can be either fresh or dried.

Basil:

Should be harvested before it flowers, leaving 4-6 leaves above the ground to allow it to regrow for additional harvests.

Fresh basil is good for use in pesto and tomato sauces. Basil is good with a variety of meats, pastas, egg and cheese dishes.

Sweet Italian Tomato Salad

1/3 c. white wine or cider vinegar
1/3c. Sugar
3T. extra virgin olive oil
¾ t. dried basil (or 2 t. fresh, minced)
½ t. minced garlic
¼ t. salt (or to taste)
8 medium tomatoes , quartered and seeded.

In a large bowl whisk together all ingredients except tomatoes. When thoroughly mixed, stir in tomatoes. Will keep several days in the refrigerator covered.

Chives:

Harvest by cutting 2 inches above ground.

Dill:

Fresh leaves should be harvested before flowering. Harvest seeds as soon as heads are brown and dry.
Dill is commonly used as a seasoning for soups, salads, fish, and breads. Can be used to flavor vinegars and butter.

Cottage Dill Bread (for a bread machine)
Add ingredients as suggested by your machine. This is for a large loaf.

¾ c. water
1 ½ T. butter
¾ c. small curd, low fat cottage cheese
3 c. white bread flour
1 ½ T. dry milk
2 T. sugar
1 ½ tsp salt
1 T dried onion
1 T. Dill seed
1 ½ tsp. Dill weed
1 ½ tsp fast rising yeast.

French Tarragon:

Can harvest leaves all summer until they turn yellow.
Use to flavor vinegars, butters, fish, many vegetables and rice.

Mints:

Harvest young tender leaves . Use them in teas and baking.

Rosemary:

This has a piney mint-like taste. Use sparingly with various meats, poultry, eggs and cheese.
Harvesting can be done throughout the year by cutting off the top 4 inches. Be careful to not harvest more than 20% of plant at a time.

Thyme:

Tastes delicately green with a slight clover aftertaste.
Harvest by cutting off the entire plant to 2 inches above the ground in mid-summer. Should be able to get another harvest before end of season

Honey-Thyme Roasted Carrots

1 ½ pounds of carrots (cut into half moons)

1 T. olive oil
2 T. honey
1 T. fresh thyme
½ t. salt
pinch of black pepper

Toss the carrots with olive oil, salt and pepper Roast in a 400 degree oven for 15-20 minutes. Remove from oven and toss with honey and thyme.

A few tips:

1. Use fresh when possible for more flavor. If using dry use a lesser amount.
2. Experiment using your nose and taste.
3. Try single herbs first, then try combinations. Jot down when you find something you like.
4. Use as soon after harvesting as possible. Store in refrigerator wrapped in damp paper towels. Basil can be kept on counter top in water. Enjoy the aroma!
5. Wash just before using by running under cool water and pat dry.
6. Start with small amounts.
7. Add tender herbs like basil and thyme at end of cooking time. Stronger herbs like sage , rosemary and bay can be added at the beginning.
8. Do not chop fresh herbs too finely , they will disappear on you.

For more information visit Ohio State University Extension's WWW site "Ohioline" at <http://ohioline.ag.ohio-state.edu>

*Submitted by Viola Purdy,
Sandusky and Ottawa County
Master Gardener Volunteer*

"For the Love of Raspberries"

By Patti Saam

My grandma Burroughs did it all-planting, harvesting, canning-she was always busy in her garden. To get a quart jar of home-grown beans or some home made preserves, was a treat to behold!

I can remember going to her raspberry bushes to pick them. She had a little pail for me but somehow we never put many in that pail, I would eat them straight from the bush! She would half heartedly scold me but knew where the berries had gone by my red stained mouth.

Years later I now have my own raspberry bushes, I love to check on them and see how they are growing or see if trimming needs to be done. I can "feel" my grandma all around me. I love this spot as I am flooded with her memory.

My youngest grandson, Lucas, is three. Last year I introduced him to my raspberries. He quickly caught on how to pick and eat them! He couldn't wait to check on them at every visit, now a year older he is quite the pro. He grabs his little green bucket and off he goes to collect raspberries. He even drives his battery operated truck behind the barn. He will disappear for a few moments and we know it is because he is picking a few. The other day he was "helping" me pick. He had his bucket and I had mine. He looked up and said, "Grandma, this is a moment, huh?" I knew what he meant, we were making a memory. I looked down at him and smiled and said, "What a moment we are making."

I think my grandma Burroughs would have loved to meet him. Through Lucas my raspberry memories live on.

See us at the Farmer's Market

Cut Flowers
Succulents, Herbs
Hanging Baskets
Geraniums-Patio Pots
Bedding Plants

OTTO-URBAN Flowers

905 E. State St.-Fremont
419-332-9275

SCHOOL BUS



**OLD FORT
COUNTRY MARKET**

8080 Main St.,
Old Fort
419-992-4666

Mon-Fri
7:30am-7pm
Sat 8am-5pm
Sun 10am-4pm

Welcome back school students and staff!
We have your snacks,
cold drinks and
shredded sandwiches
everyday after school!

"No Job Too Big or Too Small,
Snyder's Does It All!"

12 MONTHS FREE CREDIT

SNYDER'S
FLOORCOVERING
OUTLET

214 STATE ST., BETTSVILLE
419-986-5599

www.snydersfloorcovering.com
MWF 9:30-5:30; Tue, Th. 9:30-7; Sat 9:30-1:30



**SMOKEY'S
TAP
LLC, EST 2015**

Hours 11pm-9pm
with bar open
later on the
weekends

**205 Washington St,
Republic Ohio
419-585-4027**

20% OFF

Not good on daily specials or alcohol.
Good for dine in only and cannot be
used in conjunction with other coupons
or specials.
Expires 8/30/2017

Dear Cathy,

We would love to have the interior of our home painted professionally, but we have two birds. One is a Cockatoo that we've had for 32 years, and the other is a parrot that we've had for three years. I've done research on using low VOC paint, but I still don't trust what I've read. We love our birds, but haven't painted in the 18 years of residing at such home. We also have two dogs. - Michelle

Dear Michelle,

As a long-time bird parent, you clearly know how sensitive birds are to even the slightest change in the air and environment, and are smart to ask questions about painting around them. The fumes from a freshly painted room can be lethal for your feathered friends. That's because some of the most harmful chemicals in paint come from Volatile Organic Compounds, or VOCs, which are released into the air not just when you paint, but for several years afterward.

Low VOC and No VOC (which is just super low VOC) paints are good alternatives to regular paint because they reduce VOCs released into the air. But it doesn't mean there are zero VOCs in the paint or that there aren't other aerosolized toxins that can affect birds.

"Whenever you're dealing with anything aerosolized, you must remove the bird from the room or home," says Dr. Laurie Hess, author of "Unlikely Companions, Adventures of an Exotic Animal Doctor." "You also should consider the dust you will stir up while sanding walls and preparing to paint, which can be harmful to birds and make them sick."

Hess recommends asking a neighbor, friend or family member to watch your birds in their home or boarding your birds for a few days until your home has time to air out.

As for the dogs, you could keep them outside while you paint or board them as well, so they don't have to breathe in the fumes and are not underfoot while you paint. Dogs are not as sensitive to paint fumes as birds, but they should be treated with the same precautions you might have for a young child in the home.

Dear Cathy,

My three dogs, Reesie, Captain Jack, and Dobie, all eat grass. I was told the dog food I feed them is a good one. When I feed them, I add a little water to the food, so it isn't so dry. I do not let the food get soggy. I think, if they didn't eat grass, they might not be able to poop. All three act like they are starving, but they do get enough to eat. I feed them twice a day. Are they missing something in their food that makes them want to be fed all the time and should I give them

something to loosen their bowels? I have had dogs all my life. I am almost "older than dirt," and I have never had a dog eat grass unless it wanted to throw up. Do you have any insights on this? - Carleen Bubenik

Dear Carleen,

Thank you for including your dog's names. I love to know the names of the pets I am trying to help.

Nibbling on a grass usually isn't cause for concern unless Reesie, Captain Jack and Dobie are eating copious amounts of grass, and then vomiting. You mention they might need grass to poop, which may mean they are not getting enough fiber in their diet. Veterinarians say dogs need 2.5 to 4.5 percent fiber in their food. Ask your vet if the food you are feeding provides enough fiber. If you don't want to change their food, you can add a little canned pumpkin, sweet potatoes or canned green beans to their diet daily to see if that helps.

You also mentioned you feed them twice a day, but they always act like they are starving. Of course, some dogs treat every meal as if it's their last meal and practically "inhale" their food. This behavior, however, also can lead to tummy troubles that may make them want to eat grass. If they are speed-eaters, buy each one of them a "slow food dog bowl," which is designed with twists and turns to slow them down. Eating slower can help their digestion.

Finally, their grass-eating habits could indicate they all have intestinal worms. Take samples of their poop to the vet to rule out that possibility. And, let me know what you eventually find out.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.) (c) 2017 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



Welcome to our Veterinary Hospital

We treat your pet like our own!

Ryan Zimmerman, DVM



- Complete Wellness & Health Care Programs.
- Full range of Soft Tissue & Orthopedic Procedures, including knees & fracture plating.
- Digital X-ray & Ultrasound.
- Dental Care with Digital Imaging.
- Full In-House Lab.
- In Room Waiting & Checkout.
- Luxury Boarding Suites.
- Online Management of your Pet.
- Class 4 Therapy Laser
- Acupuncture

Going away?
Think of us for pet boarding!

Can't take your pet with you? Leave them with us where we can make sure they are taken care of like a member of our family. We have glass front doors to ease their stress. Cots are available to keep your pet off the floor so they can lounge in their private room in comfort.



**24-Hour
Emergency Service Available**

3032 Napoleon Rd • Fremont
419-332-5871 • westviewvethospital.com

Mon. 8 a.m.-7 p.m., Tue.-Thurs. 8 a.m.-6 p.m., Friday 8am-5pm
Sat. 8 a.m. - 12:00 p.m., Closed Sun.



Mary's Pampered Pets
Grooming Dogs & Cats
Mary Miller, CMG

Dog Days of Summer Special!
\$3 off Your Grooming with Coupon
thru Aug. 31st

Accepting Old & New Clients

10:30 to 5 daily • Third Sat. 10:30 close
108 E. Buckeye St, Clyde
1 block east of Main St.
419-637-2535

Shelter Tails

By Joanne McDowell

Dog Run Needed!

As many of you know, last August a new animal shelter opened in Sandusky County due to the generosity of benefactors from North Carolina. We have, at any given time, fifteen to twenty dogs in our facility. At one point last year we took in 21 Huskies in a rescue, in addition to thirteen dogs already in our care. This building was a huge blessing for the animals in our community, prior to 2002 Sandusky County did not have an animal shelter.



The Humane Society shelter is desperately in need of a dog run so these dogs can get the exercise they crave. Currently our staff walks each dog twice a day, but larger dogs especially need more freedom and exercise. We do utilize dog walkers, but there is no where to walk being on a country road and especially no where to run and play that is safe.

The total cost is \$18,000 to put in two large fenced areas in the back of the building, connected to the existing dog kennels, with a safe space between. We have worked with a dog trainer to make sure we are building the safest area possible with plenty of space for the dogs to exercise. To date we have raised all but \$3,500 and are close to having the run in place by fall, but we need your help to finish the project.

If you would like more information you can contact the shelter at 419-334-4517 and speak to Scarlett.

To mail a donation, send to 1315 North River Road in Fremont, 43420. Please put FENCE in the memo of your check. You can also call any day after 1 p.m. and make a credit card donation by phone. All donations are tax deductible and you will receive a receipt for that purpose.

We also have other numerous options to support the shelter including naming a dog kennel or cat room in your name, or purchasing a lobby plaque in memory of a beloved pet or family member. Plaques start at \$500.

Please help us get the funds to complete this project!

BATTLEFIELD ACUPUNCTURE

Dr. Paul Silcox

Over the last 7 years since I began my acupuncture training, I have attended many continuing education seminars with hundreds of hours beyond my initial two year training. But one of the most fascinating trainings that showed the fastest results was in a program called "Battlefield Acupuncture" (BFA). I was exposed to BFA 4 years ago during a seminar that's main topic was for a different reason, and had run across it several times since. But it wasn't until July of 2017 that I spend a full day learning this particular technique and was able to witness it on several others and experience it for myself.

Battlefield Acupuncture was developed in 2008 by Col. (Dr.) Richard Niemtow, MD. According to officials at the Air Force Surgeon General's office, "Over the past few years, acupuncture has been found to be quite effective in ameliorating some of the complex pain syndromes affecting many of our severely wounded warriors. The purpose of the pilot program is to a) more formally evaluate the effectiveness of acupuncture in reducing pain and b) to assess the effectiveness (and practicality) of using acupuncture as a medical adjunct, in a deployed setting."

And now, nearly 10 years later with the growing crisis of opiate addition in this country, the relief of pain to, at least tolerable levels, without the mind altering and addictive tendencies of opiates frequently used, such as Percoset, Oxycontin, Vicodin, Hydrocodone, and Norco; has become even more relative and valuable.

I watched BFA being applied that helped significantly relieve pain within 15 minutes, lower back pain, sciatica, headache, toothache, foot pain and knee pain. Some people said the pain was gone completely. Others were improved enough that they were excited to be able to have a new tool in their "toolbox" to be able to offer their patients.

I loved it because two days before leaving for the seminar, I had used BFA on a patient with a severe sciatica that had been present for a week and within a half hour she was feeling much better and was looking forward to a beautiful weekend!

A person does NOT have to have served in the military to benefit from BFA. But if you did, it would be my pleasure to show you the benefits of it and how it is being used to relieve pain on service men and women today.

SILCOX ACUPUNCTURE & CHIROPRACTIC



Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

New and Old Patients Welcome

Walk In's Welcome

Classifieds

SERVICES

Dust Free Cleaning: Get ready for fall! References, insured, four hour minimum, \$15 per hour. Call 419-603-6667 to get started.

Donna's Sewing: Alterations: Back to School Special, pants hemmed for \$5 per pair. We do zippers, curtains, dresses, etc. Call us at 419-332-1654, 922 Carbon St. in Fremont.

BUSINESS FOR SALE

Water Hauling Business for Sale: 16 years established, much more room for growth. call: 419-334-1109, Leave message.

**Color is FREE when
you advertise in
Lifestyles 2000.
Call 419-334-3602 today!**

SATURDAY NIGHT BINGO!

Doors Open at 4pm Early Birds at 6:30pm

YMCA - 1000 North Street, Fremont 419-332-9622

More FUN added

**Patriot Progressive
Game**

Win up to \$3000

Joker's Wild Bonanza
Win up to \$1000

Four admission prizes of \$25
given nightly

- \$100 every game (with 100 players)
- \$1000 progressive jackpot
- Triple Jackpot Keno
- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of instant



Where a race becomes an event

2201 Commerce Drive
Fremont, OH
419-937-4108

Hours:
Thurs - Fri 5:30 - 10pm
Others by Appt.

**Birthday Parties • Meetings
Corporate Events • Rentals
Team Building Events**

Chris Earnhart/ Owner

See us on Facebook

Strong and Effective Pain Management 419.484.5903



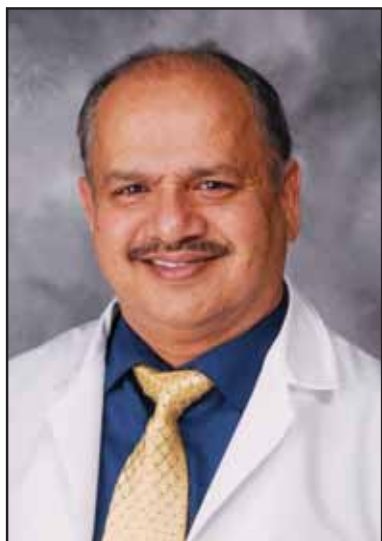
Pain Management Center



Specializing in treatment for:

- Arthritis pain in neck & lower back
- Complex Regional Pain Syndrome (CRPS)
- Persistent pain after neck and back surgery
- Work-related injuries
- Muscle spasms
- Nerve damage
- Sciatica
- Neck pain
- Headaches
- Shingles

Now Accepting New Patients



Vimal S. Kumar, M.D.

Board Certified in Pain Management/Anesthesiology

Bellevue location:

1400 West Main Street
Building 1, Suite C
Bellevue, OH 44811



Pain Management Center
www.bellevuehospital.com

For an appointment call: 419.484.5903