



# 2000les Lifestyles

**Free**

Vol. 19 Issue 8

**August 2018**

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# It's our First ANNIVERSARY!



On July 31st, CHS celebrated our first anniversary at our new main campus. It's been a busy 12 months, and here are a few highlights!



## 1 We Added 8 New Providers

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### ANDREW MCCORMICK, DMD

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### SUKHPAL SINGH, DMD

General Dentistry

### KIMBERLY BROWN, LCDC III

Licensed Chemical Dependency  
Counselor

## 2 Coming in September 2018...

### HELEN O'CONNELL, MD

#### OBSTETRICS AND GYNECOLOGY

Dr. O'Connell is Board Certified in Obstetrics and Gynecology. Beginning in September, she will provide a full spectrum of OB/GYN services at our main office, and we know you're going to love her! Dr. O'Connell is accepting new patients. Watch for more information.

## 3 Dental Services in Fostoria

Realizing the ongoing need, CHS added dental services at our Fostoria office. Patients can now receive both medical and dental care at this location.

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# Lifestyles 2000

August 2018

Vol. 19 • Issue 8

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Kroger's and Clyde Drug Mart*

## Sandusky County CASA

Sandusky County CASA (Court Appointed Special Advocates) is a volunteer based program that trains ordinary, everyday citizens to do the extraordinary by advocating for abused and neglected children in court. The Juvenile Court Judge appoints a CASA to advocate for the best interest of a child or children by conducting an investigation. The investigation includes the volunteer spending time and devolving a bond with the child, reviewing records such as police, doctors, school, case plans, medical, etc. They also meet with the people involved in the child's life; this could include parents, foster parents, teachers, other family members, neighbors, case worker, etc. By gathering all of this information the CASA can best inform the judge through a written report what is in the child's best interest. The recommendations the volunteer makes in the report can include the placement of the child, if they should change schools, changes in medical or mental care, treatment for the parents, visitation with the parents or other family members, etc.



United Way of Sandusky County helps Sandusky County CASA by providing funding for CASA to train and support the volunteers. Volunteers go through a 30 hour training over a course of 8 weeks. The training prepares them for advocating in court, the trauma these children experience, the raging opioid epidemic, and the ever changing list of services they can recommend for the families. Once the volunteers have completed their training and are appointed to a case they need someone to offer them support and guidance throughout the case. Volunteers are able to call CASA staff, who are able to guide and support them through processes, problems and questions. Staff also serves as a liaison between the volunteers and the courts, agencies and service providers. Additionally staff can be appointed as alternate Guardians for children so they can fill in for a volunteer when needed.

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. 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.

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30 Ponds Side Drive  
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## Publisher's Letter

Dear Readers,

Welcome to our last summer issue! I don't know where time goes, but as I get older it seems to move so much faster.



Kelsey Nevius is back this month writing for us since graduating from college and already finding a job, it is a pleasure to have such a nice young lady writing for us.

Enjoy the fair and make sure to visit the islands before winter rears its ugly head.

Joanne



This is the last month for our "Celebrating 19 Years", thanks to all who entered. Next year will be our 20 year anniversary - can't wait!

## Find Pete Winners

African Safari winners are: Lynne Russell, Linda Stine, Fremont; Dave Matter, Clyde; Mark & Ann Foos, Helena. Congrats!

"Find Pete" correct answer was Vimal Kumar, Bellevue Hospital, but we accepted Bellevue Hospital, altho there were two ads. There were 145 correct answers and a few incorrect.

Winners are: Becky McElfresh, Linda Risner, Donna Henkel, Mary Dyer, Mary Rios, Toni Beebe, Angela Parlow, Debbie McClain, William Booher, Devin Rando, Fremont; Becky Bennett, Tiffin; Denise Klask, Beverly Kuieck, Theresa Chagnon, Pam Zontini, Clyde; Catherine Cowell, Risingsun, Kristy Didion, Cathy Hansen, Bellevue.

Thanks for entering!

## Find Pete Prizes

Prizes are from Fastraxx, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. 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](mailto: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.



# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): You can choose to be impetuous or virtuous. Acting on an urge for excitement can create turmoil but honoring your commitments can produce a sense of calm.

**TAURUS** (April 20-May 20): People may compare you to a rock that can dependably take the pounding of the relentless ocean waves. As this month unfolds don't be tempted to rebel against your reliable nature.

**GEMINI** (May 21-June 20): A penny spent on someone's thoughts could pay off, your friends or acquaintances could give you sound advice. A significant other will be pleased by your progress.

**CANCER** (June 21-July 22): Make your priorities a priority. You will find ample opportunities to make improvements. You must take the time away from your hectic schedule to look for them.

**LEO** (July 23-Aug. 22): Deal with data. Your job may entail a high level of accuracy and attention to detail. As this month unfolds you may need to add more variables to sort out flawed statistical models.

**VIRGO** (Aug. 23-Sept. 22): Using self-control can turn a one-way alley into a boulevard. It may initially seem difficult to stick to a schedule or to be organized but it will be beneficial in the end.

**LIBRA** (Sept. 23-Oct. 22): Answer the call to duty, your loved ones may act out or be unpredictable. It is up to you to remain dutiful and reliable. You can be a rock that others can depend upon.

**SCORPIO** (Oct. 23-Nov. 21): Turn on the spigot and let creative juices flow. This is a good time to explore your artistic side or to appreciate the best things in life. Make your money grow by being resourceful.

**SAGITTARIUS** (Nov. 22-Dec. 21): Group activities or a friend's input might motivate you to do your best. Focus on home improvements or spend time with your family to best use your talents.

**CAPRICORN** (Dec. 22-Jan. 19): Your passion for perfection is only matched by your obsession for accomplishment.. Never give up whether pursuing the almighty dollar or a romantic conquest.

**AQUARIUS** (Jan. 20-Feb. 18): During the month ahead, it will be wise to keep your thoughts, finances, and emotions focused on achieving long term goals rather than seeking instant gratification of your desires.

**PISCES** (Feb. 19-March 20): A golden opportunity might be lurking right around the next corner, avoid making risky investments from fear, as a life saver will appear when needed.

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# Helen Marketti's Music Corner

## Peter Noone of Herman's Hermits



Peter Noone was the lead singer for one of the most popular bands during the British Invasion of the 60s. Fifty years later, Peter is still singing the hits that placed Herman's Hermits in classic rock history. Their recognizable hits include I'm Into Something Good, Mrs. Brown, You've Got a Lovely Daughter, I'm Henry the VIII, Dandy, No Milk Today, There's a Kind of Hush and Can't You Hear My Heartbeat.

Peter and Herman's Hermits will be performing at Hoover Auditorium in Lakeside, Ohio on Saturday, August 18. Calling from his home in California, Peter shares his story of how Herman's Hermits began and how the music keeps going fifty years later. "When I was growing up, I liked Buddy Holly, Elvis Presley and The Everly Brothers. I had a sister who was two years older than I was and she was the one who connected me to those artists. I think The Everly Brothers and Buddy Holly had very romantic and beautiful songs," he said. "Herman's Hermits kind of followed in that tradition with songs that were upbeat and happy. They were gentlemanly songs."

"Everyone in my family was involved in music. My father played trombone. My uncle played trumpet. My grandfather played the organ in church. It was a family tradition that we would all get together to sing. My sister and I tap danced. We also sang in the church choir. My grandmother was called the "choir mistress". I am not sure where the word "mistress" came from because she was a grandmother. (laughs) Anyway, my grandmother fired me because I sang too loud. I wanted to be the leader."

Peter continues, "I attended Manchester School of Music in England. I would attend in the evenings. I was bored just taking one class so I joined all of the classes.

There was a variety. One day someone stopped at the school because they were looking for a kid to play a Christmas song on the piano for a television show. I was twelve years old at the time and knew how to play the piano. After that, any time they needed a twelve-year-old kid to play a part, I usually got the role because I was also in the union. I saved the money from my acting work so I could put together a little band. My hobby was music. I used my money to finance the band. We got some equipment and then went on the road. That is what eventually became Herman's Hermits."

"I still enjoy singing my songs. I think the band has another good ten years," laughs Peter. "It was great being part of the British Invasion. We all knew each other. We knew The Beatles, The Stones, Gerry and The Pacemakers, Tom Jones and Petula Clark. We all met on the road or on television in England. We weren't competitive because all of us were different. Each band had their own sound and their own hits."

"I think people are still interested in our music because it's quite incredibly good. I guess for me to have been part of it, it's hard to be a critic. It was a renaissance period for music. It just all flowed. All of the bands were influenced by our idols and we then created our own music out of those influences. Last

year was the most successful year for Herman's Hermits trademark. We didn't think in those terms in 1963. It started out as a hobby and our hobby turned into a great big business," explains Peter.

A recent project that Peter completed was lending his vocal talent to the band, The Red Button. Peter sings on the track, Ooh Girl. "This came about from someone making a suggestion that I should work with this band. I am always open to suggestions. It's a fun little song. It's very successful. When you make music, the pay off is to hear it on the radio, not to get rich. Ooh Girl has been played on the radio."

Peter is looking forward to playing in Lakeside in August. "I love the area. It reminds me of a neighborhood I lived in as a kid. I always



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# Out to Lunch

By Lynn Urban



## Twin Oast Brewery

Out on Catawba Island, a family has transformed a dilapidated 60 acre farm and orchard into a beautiful setting by planting hundreds of fruit trees and planting gardens for use in their craft beer brewery. The Twin Oast Brewery has been in the making for seven years and since it's opening has thrived into a booming business.



As you drive through the orchard upon entering the property, a beautiful building stands on the hill with two unusual looking stone towers, called oasts. Years ago they were used as kilns to dry the hops which are used in the process of brewing beer. The beers made here are crafted with the fruits and produce grown on the property. Inside the brewery, it holds the vats and equipment used for brewing and there is a nice sitting area for beer tasting and eating from their pub style menu.



The menu is small, but has a nice variety of options and many items are made from fresh local ingredients. The salads are home grown with seasonal items and homemade dressings. Sauces on certain dishes are also house made with fresh from the farm ingredients.

You may want to start with a meat and cheese board for \$12.00, with jams, pickled vegetables and local honey, to compliment your beer, or a giant Bavarian pretzel with creamy beer cheese and apricot bbq sauce. I had the fresh lake perch tacos which had a slightly spicy cajun breading and tangy sauce. They were very good. I had two good-sized tacos for \$10.00. Kim had two mini bratwurst sliders with sauerkraut and pub sauce for only \$5.00 and it was plenty. Kids are welcome and a small kids menu is available with mini hot dogs, tenders and fries.

There is entertainment every Wednesday thru Sunday. There will be some special festivals coming up throughout the rest of the year with extra food trucks and vendors brought in for these events. They also have an excellent web site that lists the events, menu, and history of Twin Oast. I'm excited for this new venue, and am glad it's doing well.

www.twinoast.com  
3630 NE Catawba Rd



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

By Grace Sidell

It can't be the middle of July already! Didn't we just get home from watching the Memorial Day Parade? A look at my calendar and a reminder call from Joanne, says it's the due date for this month's column. At this rate, we'll be getting the snow shovels out again before any of us are ready.

Summer, so far, has been a great time to be alive in Ohio...good weather, no severe storm warnings, beautiful blue skies and needed rain last night and today. We are thankful!

I have three garden weddings scheduled for this summer. So, I've been catching up on the trim and flower garden work, as well as the painting tasks that always seem to call my name. It's looking good and I'm loving it. Keeps me healthy and happy.

We have been busy at the President Hayes Home and Museum. The house, where I work as a guide, has had many tour bus groups come to be shown through the home as well as vacationing families. Would you believe we even have had some visitors from Fremont! If you haven't been there or it's been a long time since you've visited, do put it on your "things to do this summer list". It is beautiful and history that the guides share with visitors is interesting and can't always be found in a history book. The museum has been redesigned and features displays that change from time to time as they tell the story of the 19th President of the United States. Fremont Ohio's own Rutherford B. Hayes.

It's time to let you know with this issue of Lifestyles, that the August Tea at Two will be held on Tuesday August 28th at 2:00 p.m. here at The Old Garden House. Jean Blechsmidt, Researcher/Hayes Presidential Center will speak about Hired Help in the 1880's and '90's.

You may also wish to put the Tea at Two on your calendar for September the 25th when we will serve a light dinner at 5:30—called a High Tea. "Victorian Era Jewelry" will be presented by Garry Gonya, Harvey Ochs Jewelers. Call me at 419-332-7427.

While you're at it—the Change of Season Celebration for fall will not be on the 21st of September but the 23rd (Sunday). My granddaughter, her husband and my new great grandchild will be visiting from California on the 21st. Please change the date to the 23rd when we will serve a family style brunch, beginning at 10:30 a.m. until 11:00 a.m. Call with reservation numbers please.

As I write this month's column, I'm thinking of my 84th birthday in a few days. My mind wanders to the lyrics of songs I've sung, the poems I've enjoyed reading and the people who have touched my life over these many years. One song in particular—I Hope you Dance, sung by Lee Ann Womack has always been a favorite of mine. The lyrics have given me inspiration when I needed it, ("I hope you never lose your sense of wonder"); Advice when necessary, ("never settle for the path of least resistance"); and hope in the future ("And when you get the chance to sit it out or dance—I hope you dance") Thanks to my family, my friends and you, my readers—I have danced and I don't plan on stopping any time soon.

Thank you all for the blessing you have been and continue to be in my life. You give meaning to the words LIFE IS GOOD.

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

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## Mid-year financial check-in

August means cookouts, beach time and, for certain geeky financial folks like me, the perfect opportunity to recap where things stand for the economy, six months into the year.

**Economic Growth:** The current expansion (the second longest in U.S. history) got off to a slow start in 2018, but gained momentum in the second quarter. The tax cut has fueled corporate spending and consumers are perking up. Most economists anticipate that the economy, as measured by Gross Domestic Product will expand by about three percent in 2018, which would be the best showing since 2005.

**Labor Market:** The economy has added just over 200,000 jobs per month, on average in 2018, which is impressive considering that we are entering the tenth year of the recovery. The unemployment rate has dropped to an 18-year low of 3.8 percent, the broader rate has fallen, job openings have surged, wages are edging higher and the quality of jobs is improving.

**Federal Reserve Rate Hikes:** The Federal Reserve, under new chief Jerome Powell, has followed in Janet Yellen's footsteps by hiking short-term interest rates by a quarter of a percent twice so far this year. According to the predictions by Fed officials, there will likely be two more increases by the end of the year.

**Inflation:** The rally in global oil prices pushed headline inflation to a six year high of 2.8 percent this spring. Without food and energy, even the Core CPI is edging up - to 2.3 percent, a 15-month high in May. Economists expect that the recently enacted steel and aluminum tariffs will add to the price pressure, but not by so much so as to derail growth. (More on tariffs below) According to economist Joel Naroff, "Since April 2017, the cost of all goods and services was up sharply and that is what we need to watch, since that is what consumers actually buy."

**Housing:** With the economy picking up steam and incomes are creeping higher, you might think that the housing market would be on fire. Unfortunately, just as more Americans are financially ready to buy a home, it's hard to find one. The National Association of Realtors said that the lack of inventory is pushing prices higher. Compounding the problem is the fact that 2018 has ushered in a new era for mortgage rates, which recently touched a seven-year high. The situation may help

explain why the most recent ATTOM Data Solutions Housing Affordability Index dropped to its lowest level since Q3 2008.

**Trade/Tariffs:** The Trump Administration has enacted a number of tariffs this year: 10 percent on imported aluminum; 25 percent on imported steel; and 25 percent on \$50 billion worth of Chinese goods "that contain industrially significant technologies." In retaliation, the European Union, Canada, Mexico and China have responded with a retaliatory round of tariffs on US exports, including soybeans, whiskey and motorcycles.

According to the analysts at Capital Economics, "protectionism alone is unlikely to kill the economic expansion," but it could eat into growth this year and potentially make the next recession, worse.

**Markets:** Volatility is back, which while unnerving at some points, should not meaningfully affect long-term investors, who are funding goals that are years or decades away. Sure, the tariff situation has caused many investors to flee large cap stocks and rotate into smaller, domestic-focused ones. And indeed, emerging market stocks have been hurt by a stronger U.S. dollar and, yes, as the economy has improved, bond prices are down and yields are up.

But hopefully none of these short-term events will derail you, as you execute your financial and investment plan.

*(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at <http://www.jillonmoney.com>)*

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## Calendula

### Calendula officinalis, C. arvensis

By Viola Purdy, Sandusky and Ottawa County Master Gardener

Calendula is an herbaceous perennial, summer annual, or winter annual (depending on climate) that grows up to two feet tall. The flower heads are orange or yellow or a combination of the two. I've also seen ornamental calendula flowers with even more color variations. The flowers bloom generously through the growing season and thrive in full sun. It is easy to grow and even does well in containers. The bright sunny blooms are beautiful and easy to harvest. If stored well, dried calendula is best used within 6 months to a year.

#### Harvesting Tips

Once calendula starts blooming, harvest the entire flower heads daily (including the bracts and petals). This will inspire new flower heads to emerge. Harvest in the morning after any dew has burned off and the flowers are completely dry. You will quickly notice that a slightly aromatic sticky resin covers your picking hand. That's great - you've got good medicine!

Calendula flowers can be tricky to dry. I place them on a drying rack and spread them out so that individual flowers aren't touching. Once they are completely dry, I store them in a paper bag.

#### Itches, Rashes, and Scratches

Think of calendula as an all-purpose plant for any manner of skin problems. Do you have

itchy dry skin? Use some calendula cream or body butter. Have a mysterious rash? While figuring out the root cause of the rash, reach for calendula to soothe the discomfort. For minor scratches or wounds, try a calendula salve or poultice. It is also mildly antimicrobial, helping to prevent infection.

#### Bug Bites

Calendula can soothe many bug bites, including the bites of mosquitos and the stings of bees.

#### Skin Health

Herbalists have long used calendula for skin health, including it in luscious creams, recommending frequent use of calendula creams on your skin to keep it healthy, soft, and pliable. Calendula can also be used to promote skin health after the skin has been damaged.

Calendula creams, oils, and body butters can be used to soothe the skin after a sunburn. It helps to relieve inflammation and pain while promoting new tissue growth.

#### Recipe

A simple body butter can be made by infusing dried calendula flowers in olive oil for 2 weeks, stored in a dark place. Whip the infused oil with a favorite butter such as Shea butter.

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## *Savor the summer: Enjoy the season's tasty tomatoes thanks to this easy recipe*

We're entering the height of summer's tomato season. Right now, when I visit my favorite organic farmers, any friend's home garden or a farmers' market, I am thrilled to see an abundance of sun-ripened tomatoes of every size, shape and color.

I can't get enough of tomatoes, and I'm sure you feel the same way. Whether they're tiny grape tomatoes or jumbo beefsteaks, golden or orange, red or black, solid-hued or striped or blushing with multiple colors, tomatoes offer a robust meatiness, a refreshing juiciness and an unmatched combination of sweetness and bright acidity.

Of course, I like to eat sun-ripened tomatoes fresh in salads, such as an Italian caprese, overlapping sliced tomatoes with mozzarella and basil leaves, or a panzanella in which chunks of tomato are tossed with rustic crispy croutons and fresh herbs. Right now I also make lots of gazpacho, the refreshing cold soup of pureed tomatoes, olive oil, bread, garlic and herbs. Sometimes I'll even pick up a big, firm (but ripe) tomato and eat it right out of my hand like an apple.

But, let's be honest: The time may come when you start to feel like you've had too much of a good thing. That's when I make my favorite tomato sauce to refrigerate or freeze. A basic sauce like this helps you make the most of a good harvest for days or months to come, using it in pasta sauces, soups, stews or braises or to add bright summery flavor and color to risotto, the popular Italian dish of creamy, al dente short-grained rice.

Whenever I cook with any fresh tomatoes larger than the bite-sized cherry variety, I usually remove their indigestible peels, slightly bitter seeds and watery seed sacs first to help me capture the purest essence of the tomato. It's an easy step to accomplish.

Bring a pot of water to a boil and, nearby, place a mixing bowl filled with ice and water. With a small, sharp knife, score a shallow X in the flower end of each tomato and immerse the tomatoes in the water for about 20 seconds. Using tongs, a slotted spoon or a wire skimmer, immediately transfer them to the ice water. Drain them. Use your fingertips or the knife to peel off the skins starting

at the X; cut out the cores; and cut each tomato in half, squeezing out the seeds or scooping them out with a fingertip or small spoon.

Now you're ready to make my tomato sauce to help get you into the swing of enjoying summer's bounty.

### **FRESH SUMMER TOMATO SAUCE**

Makes about 5 cups (1.25 L)

1/4 cup (60 mL) extra-virgin olive oil

2 small yellow onions, minced

6 garlic cloves, minced

2 tablespoons tomato paste

4 pounds (1 kg) fresh vine-ripened tomatoes, peeled, seeded, and chopped

2 cups (500 mL) chicken or vegetable stock or good-quality canned broth, heated

4 tablespoons thinly julienned fresh basil

Kosher salt, to taste

Freshly ground black pepper

Heat a large saucepan over medium-high heat. Add the olive oil and, as soon as it flows freely when the pan is tilted, add the onion and saute, stirring frequently until tender, about 5 minutes. Stir in the garlic, and cook until fragrant, 30 seconds to 1 minute. Add the tomato paste, and stir for about 1 minute. Add the tomatoes, and cook until they begin to soften, 2 to 3 minutes. Pour in the stock and simmer briskly, stirring frequently, until the mixture thickens, about 20 minutes.

If you want a finer-textured sauce place a fine-meshed sieve over a heatproof bowl, pour in the sauce, and press it through with a rubber spatula.

Stir in the basil, season to taste with salt and pepper, and set aside. Store any unused sauce in an airtight nonreactive container in the refrigerator for two to three days or in the freezer for three to four months.

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*By Dorine Clapp*

## **HYPERTUFA.... say what?**

**That's exactly what I thought when I heard the name.**

HYPERTUFA is a rock like garden planter that you can leave out in the winter. They are fairly easy to make. The recipe is very simple: Use equal parts of the following: 1 part Portland Cement, 1 part Peat moss and 1 part Perlite or Vermiculite. Use enough water to mix in to make the mixture pack together like a snowball. It is very important that you use Portland Cement and not Mortar mix or Concrete mix. ( I did not use an entire bag of cement, I used about 6 cups of each)

You will also need: safety glasses, rubber gloves, a mask to cover your nose and mouth, spray oil such as Pam, plastic bags or sheeting to cover the finished pots while they cure, various types of molds, plastic or cardboard works best. You can also use a wicker basket but make sure it is lined with plastic. Last but not least, you will need Dowel rods to make drainage holes. You can also drill them with a drill bit after they have set up. I used 3 medium sized pots. I sprayed each with Pam. I put it on pretty thick because I wanted it to be able to slide right out after they had set up. Mix the cement, peat moss and Perlite with just enough water to make a ball. Then I took my mix and put it in my pot. Make it about 2-3 inches deep. Make it as high up on the sides as you wish. You can add decorative stones if you like.

When done, cover with plastic, large trash bags work fine. Now they are ready to cure. After about 24-36 hours take off the plastic. You may need to tap lightly on the sides and bottom to get them out of the containers. Recover them with plastic for two weeks to finish curing. Once done, leave outside for 2-3 months to let rain water leach the alkaline. This is important because your plants will not survive in a high alkaline environment. You can also speed up the process by painting the inside with a cement sealer or by mixing up 1/4 cup of white vinegar to a gallon of water and soak the pots in that for 1/2 an hour to neutralize the alkaline.

The process was fun for me, reminded me of making mud pies as a child! All in all, I spent \$30 and I still have a lot of cement, peat moss and vermiculite left to make more. Please remember to use safety glasses, rubber gloves and a mask. Safety first!

RFD Garden Club meets the third Tuesday of the month at 7pm, usually at a members home. We have speakers, go on field trips, open house, decorate Green Springs library and the planters in Green Springs. If you have any questions, please call Patti Saam at 419-307-7776. We would love to tell you more about our club!



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## Beautiful for a Day/Howard Marsh



Robin Arnold



Gena Husman

How sad to be so beautiful for one day and then die...such is the life cycle of the daylily, "Hemerocallis." In fact, its genus name, "Hemerocallis" means just that: "beautiful for a day." The orange daylilies, Hemerocallis "fulva," (fulva describes the tawny orange color) are the ones you see growing wild in fields and in ditches, in your backyard and in flower gardens everywhere. They are a familiar sight, but actually, they're neither a real lily nor a native North American plant—they came to us from Asia. According to the American Daylily Society, until the 1930s daylilies were only available in orange, yellow and red; today, there are over 80,000 hybrid daylily cultivars available in pastels, crimsons, purples and blues to name a few.

A patch of daylilies blooms each year from June to July across the pond from the swing where we sit. Other than to admire the orange beauty in the midst of the tall grasses around the back of

the pond, we'd never really given the clump of flowers much attention—until we started drawing some of the wild flowers around the property. We'd read about the daylily flowering for one day, but we just had to see for ourselves...at close range on our kitchen table. So, one afternoon Robin cut a stem containing one fully opened flower and about three or four closed "buds"—one of them slightly larger than the others—to bring into the house. By evening, the flower had started to shrivel and we were afraid the whole stem would die because we'd brought it inside. The next morning, the dead flower was lying on the kitchen table—but the larger bud was beginning to open, and by noon it, too, became a beautiful daylily.

The cycle continued over the next three days with the remaining three buds. It was interesting to watch a new bud open and mature through the daylight hours right on our kitchen table and begin to shrivel as the evening progressed. Each morning we found the spent flower lying on the kitchen table and a new flower starting to live. Daylily flower stalks have several flower buds, and there are many stalks in a clump of lilies, so the flowering period of a clump usually extends over several weeks.

As an added bonus, if you get tired of admiring the blooms, you can eat the flowers, buds, roots, and shoots...just make sure it is the Hemerocallis daylily that you are eating and not members of the "lily" family. Also, some people are unable to consume Hemerocallis without becoming ill, so it is recommended that you try a small amount at first. Robin and I haven't been brave enough to try it—yet.

Recently, after I dumped the walker in favor of a cane, we had the opportunity to check out Howard Marsh Metropark, a 1000-acre restored wetland that recently opened to the public. We had heard reports from birding friends that it was a birding hotspot. They had seen "Black-necked stilts"—a bird we'd never even heard of—as well as spotted sandpipers, killdeer, mallards, and a pair of osprey that had already set up a nest on the osprey platform and hatched chicks. There was also a report of successful breeding of a pair of Wilson's phalarope—which is only the third documented case in Ohio and the first in Lucas county.

But, if you're not really into birds and just want to get outdoors, there are five miles of hiking trails and six miles of water trails for canoeing and kayaking, in addition to areas designated for fishing.

The day we went was hot and sunny; and since it's a new park, the trees are small and there is very little shade. We didn't see the Black-necked stilts nor the Wilson's phalarope, but we were treated to a family of sandhill cranes strolling leisurely along in the field right next to the access road we drove in on. That was quite a sight!

Howard Marsh is located on Howard Road just off State Route 2 in eastern Lucas County. It is adjacent to, and just west of, Metzger Marsh. If you get a chance, check it out. Fall migration will be starting soon and a lot of the migrating birds will be stopping by—you never know what you might see.

## Is Childhood Disappearing in America?

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



Robert Morton

Kids are growing up too fast today. Girls worry about their appearance and boys are driven toward macho behaviors far too early. Eight to twelve-year-old children stop playing hide and seek and adopt teen attitudes and behaviors. Maybe we should go back to the 50's to decide what America's childhood should look like.

Many children in the unhurried 50's didn't have TV sets and they listened to the radio with their parents or played board games rather than computer games. They spent a whole heap of time playing outside and most came to first grade not knowing their ABCs. Yet at the end of first grade, and every subsequent grade in fact, they outperformed today's kids in most subjects.

Childhood discipline seemed different from today's "democratic parenting" approach. Mom and dad told you what to do, and you did it, because they said so. Throw in unconditional love where children felt loved simply because they existed, not because they've behaved in a certain way, and their self-esteem seemed to develop just fine.

Here's eight suggestions to preserve childhood and to allow kids to be kids!

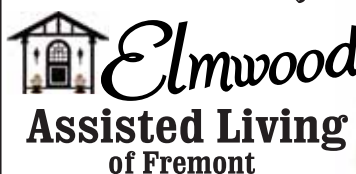
- (1) Declare childhood a "Golden Period" where freedom is not permitted to be seized by the tensions of the adult world.
- (2) Teach children how to create something from nothing instead of getting expensive playthings that do everything for them. Playing hide-and-seek, statue, Red Rover or kick-the-can will once again brighten an entire afternoon.
- (3) Allow tomboys to emerge once again.
- (4) Empower children to feel genuine and not as if they're on a stage all the time.
- (5) Appreciate the fact that a small child may be more captivated by a tiny, green worm crawling across the sidewalk than by an elaborate swing set assembled in the backyard.
- (6) Require "outside time" and allow kids to run barefoot, pick dandelions, climb trees, and catch crayfish or frogs in the local creek.
- (7) Finance schools so they're the most tantalizing, safe, and comforting places for children to set foot in, especially those in lower income areas.
- (8) Furnish kids with Good Samaritan heroes/heroines. I had mine in the 50's, like the Lone Ranger, Jackie Robison, and Roy Rogers. Today, there's many that you can introduce your children to: Gabby Douglas, Malala Yousafzai, Saira Blair, Taylor Swift, Daniel Tiger, Neil DeGrasse Tyson or former NFL player Terry Crews.

The test of the morality of a society is what it does for its children. Let's hope we can allow our kids to be kids a while longer.

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 two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"—both can be found in Kindle or paperback at Amazon.com books.

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# In Your Own Backyard

**Clyde BPA market and car show** Thursday August 9 th 4 to 7 p.m. Main and Maple streets in Clyde. Vendors, food, music, children's activities, and farm produce.

**The Fremont Tree and Beautification Commission** is taking nominations for their August Lawn Judging. Please call Rick at 419-307-8924 or Bev at 419-334-9981 with any nominations or questions. Judging takes place on August 19. All nominations must be within city limits. As always, we welcome new members! We meet the first Tuesday of the month, February - November at the Fremont Rec Center. Come check us out!

**Izaak Walton pop-up shoots for this year:** Aug. 4, Sept.1, Oct.6, Nov.3. Held at the Izaak Walton League Fremont Chapter, C.R. 170 from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5 for 20 target presentations. For more info call Larry Perkins 419-355-8374 after 5:30.

**Village of Lindsey Farmer's Market** is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. Vendors offer shoppers a great variety of items. For info call 419-665-2045.

**Fremont Area Women's Connection is extending an invitation to the monthly luncheon** at Anjulina's Catering, 2270 W. Hayes Ave., Tues., August 14, 11-1 pm. The theme is "Back in the Day" and a special invitation is extended to teachers and those who can attend in the summer months only. Mike Gilbert will provide a feature on Fremont with his vast knowledge as a teacher and historian and Terri Sevinsky from Garfields Heights

is the guest speaker. Sevinsky, an "Optimistic Pessimist" will share how she sees the sunshine through the clouds. For reservations and free child care, please call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by August 9. Any cancellations also need to be reported to Donna or Carrol. Fremont Area Women's Connection is affiliated with Stonecroft Ministries who is celebrating their 80th anniversary this year.

**Trinity's Annual Ice Cream Social, Friday, August 3, 5-7 pm.** Under the tent at the corner of Court & Wayne in Fremont, we will be serving shredded chicken, sloppy joes, grilled hot dogs, baked beans, potato salad, spinach salad, pies/ desserts, beverages and Toft's ice cream. A variety of entertainment will be provided and silent auction baskets and door prizes. A free scoop of ice cream will be given with a donation to Trinity's Blessing Closet that provides paper products, cleaning products and hygiene products to those in need. For info call 419 332 5032 or [www.fremont-trinityumc.org](http://www.fremont-trinityumc.org)

**Formerly known as "Fashion, Friends, and The Fund,"** the 12th annual United Way of Sandusky County Cancer Care Fundraiser will be held September 16th, at Anjulina's Banquet Hall in Fremont. Our theme for 2018 is "Breakfast at Tiffany's"; a casual take on the cult classic film, starring Audrey Hepburn. The doors will open at 12:30, giving guests plenty of time to peruse the numerous silent auction and hat box raffle items, as well as, purchase raffle tickets and 50/50 tickets. Emceed by Beth Daniels, the event will take place from 1pm to 3pm and feature, honored guest, Lynn Salyer, cancer survivor and author of In it to Win it. The opportunity to make reservations will open beginning August 6th. Stay

tuned for more details to come and "save the date"!!

**Fremont – Birchard Public Library** has a variety of programming at all four locations. All programs are free, but some require registration. The main library is located at 423 Croghan Street, Fremont. For more information or to register for a program, call 419.334.7101.

All Birchard library locations are closed on summer Sundays through September 2, and Monday, September 3rd for Labor Day. Fremont: Croghan Day Thursday, August 2, 1:30 – 2:30. Local historian Mike Gilbert will present, "An Opportunity Seized: George Croghan and Fort Stephenson," in the main meeting room. The DAR will place a wreath on Croghan's grave following the presentation.

**Downtown Fremont Farmers Market** August 4 9am-1pm All Together Fremont

**Downtown Fremont Farmers Market** August 18 9am-1pm Dog Days of Summer. Come bring your dog for an enjoyable day!

**Fremont's Got Talent:** Sunday, August 5th starting at noon at Birchard Park. Sponsored by Fremont Exchange Club.

**Dermalogica Skin Care Event @ LA Hair Design,** August 30 from 6-8pm. \*Skincare tips, analyze skin, product demos and a chance to win a skincare basket. Located at 222 Smith St., Green Springs. 419-639-2010



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# Out and About By: Kelsey Nevius



Kelsey Nevius

I almost can't believe summer is almost over- it seems like the past couple of months have been one gigantic blur and I haven't taken a breath since mid-May.

So, here's my big news: not only did I graduate Summa Cum Laude with two bachelor's degrees (one in English emphasis creative writing, one in Journalism) in May, but I also frantically job-searched for around a month until I accepted a position at the Ohio Travel Association. So, here I am, a hectic few months behind me, living in Columbus with a brand-new position as Communications Manager.

I still look back and am amazed how quickly it happened, and honestly, I'm homesick for small-town Sandusky County. It will always be my home. And, while I'm eternally blessed to be in Columbus pursuing my dreams, starting out my career, and doing what I love, my end goal is to move back home someday.

But, here I am! Mrs. McDowell was kind enough to let me still write for Lifestyles 2000, and essentially, for you. Send a lot of love her way for doing so!

So, for my introductory article after I've been away for a bit, I decided to visit one of my favorite historical sites, which I so happen to also work with in my job: the Rutherford B. Hayes Presidential Library & Museums. Now working in the tourism industry has given me a deeper appreciation for such sites and businesses, and I hadn't visited in quite some time.



The exhibit that's somewhat newer to Hayes that I decided to attend is the "In Search of Healing: Medical Practices of the Gilded Age" exhibit. This exhibit features different medical procedures and processes that were practiced during Hayes' time. It also holds a wealth of medical wisdom that was held in the 19th century.

When you walk into the exhibit, it feels incredibly strange and somewhat eerie, which is helped by the audio flowing through the room of a woman reading "10 Days in a Mad-House" by Nellie Bly. Believe me, if you don't know anything about her story or the beginning of investigative journalism thanks to Nellie Bly, you'll want to. That, in and of itself, is incredibly interesting.

The room is filled with different information on medical techniques, practices, common illnesses, and things the Hayes family themselves dealt with. One of the things I found most interesting was the treatment of mental illness back in the 19th century: like Bly's story, people with mental illness were treated indescribably horribly, bordering near torture. It's also interesting to see how far we've come both in the medical and pharmaceutical fields, as back then, they didn't have much knowledge or use of either.

I also found some of the facts they had incredibly interesting: like the first and original meaning and use of the barbershop red-and-white pole. If you want to find out what I mean, you'll have to go and look!

All of the exhibit was informative and interesting, to say the least. As with the rest of the museum, they also had different interactional and multimedia things to do and see, like the Bly story and audio, which I always enjoy. I would highly recommend checking it out on a rainy day!

## The Crafty Needle

Hand crafted sweaters, cowls, shawls, scarves and hats are making a comeback. A new generation of needle workers is discovering the beauty and artistry of knitting and crocheting. The new colors and fibers that are available are mind blowing and work up to be fantastic wearable artwork. The big box stores have a limited selection, but to really get your money's worth you need to visit your local yarn shop.

The Crafty Needle is a local wonder. It is located at 364 Rice St. Elmore, OH. Joanne Price not only stocks all types of yarn, but embroidery floss, needle punch yarn, knitting and crocheting kits, patterns, books, supplies, and notions. Classes are offered for beginners and advanced artisans in several needle work areas. The Crafty Needle shop participates in the I-75 Yarn Crawl. The Yarn Crawl is a week-long yarn seeking exploration of local yarn shops along the I-75 corridor from Detroit MI to Maryville, TN. Loads of fun discovering new shops and seeing what is trending in different parts of the country.

The Crafty Needle is also the home of the Thursday night Open Needle crafting circle. The shop is open every Thursday night from 6 to 8 pm. Needle workers from all ages and ability levels come together and enjoy working on their projects, sharing ideas and tips. Occasionally, industry specialists are invited to the shop to share information and specialty yarns. Other special events, such as the Bed and Breakfast retreat allows the women to learn new skills and share their time to build friendships with a common thread. The crafty women also donate their time and skills to charities that need hats, scarves, mittens and blankets.

You can stop in the shop Tuesday through Saturday from 10 to 4, or check out the Crafty Needle website at [Craftyneedle yarns.com](http://Craftyneedle yarns.com) for detailed shop hours and upcoming events. I hope to see you soon.



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**DEAR MAYO CLINIC:** I've been having painful bowel movements for about a month. I thought they were caused by hemorrhoids, which I've had on and off for years. But over-the-counter hemorrhoid medication isn't helping at all. Could something else be causing the pain? Should I see my health care provider?

**ANSWER:** It's unlikely that hemorrhoids are the source of your pain. Instead, the painful bowel movements you're experiencing are much more likely to be due to a condition called an anal fissure. Your health care provider can confirm that with an exam. Anal fissures usually don't go away on their own, so it's important to have the condition properly identified and treated.

It's common for people to assume that their hemorrhoids are the cause of painful bowel movements. But, although hemorrhoids often cause itching, irritation, sensitivity and other discomfort around the affected area, hemorrhoids rarely lead to pain during a bowel movement.

Anal fissures, however, are a frequent source of pain with bowel movements. These small tears occur in the skin around the anus or in the thin tissue that lines the anus, called the anoderm. An anal fissure may develop when you pass hard or large stools during a bowel movement. Anal fissures typically cause pain and bleeding with bowel movements.

When an anal fissure occurs, the tear can expose the ring of muscle that holds your anus closed. This ring of muscle, called the internal sphincter muscle, lies underneath the anal skin and tissue. That exposure may trigger spasms in the sphincter muscle. The spasms often trigger more pain, and they also prevent the fissure from healing. This sets up a vicious cycle of continuing pain.

A physical exam is typically all that's needed to diagnose an anal fissure accurately. Treatment is completed in stages. How much treatment you need depends on how severe the fissure is and how well it responds to the initial treatment.

The first step in treatment is to increase the amount of fluid and fiber in your diet to make stools softer and easier to pass. That eases pressure on the fissure during bowel movements. Taking a bulking agent, such as Metamucil, Benefiber or Citrucel, can help.

If the fissure doesn't heal within several weeks, the next step is to use a topical medication that's applied to the skin to increase blood flow to the fissure, promote healing and help the sphincter muscle relax, thereby decreasing spasms. A topical form of nitroglycerin or the calcium channel blocker nifedipine is often used for this purpose.

If the fissure persists despite these therapies, your health care provider may recommend an injection of botu-

linum toxin type A (Botox) into the internal sphincter muscle. That eases spasms by paralyzing the muscle.

Finally, if a fissure still doesn't heal with the other treatments, you may need surgery. A procedure called lateral internal sphincterotomy typically is used to treat chronic anal fissures. It involves cutting a small area of the internal sphincter muscle to reduce spasms and pain. Research has shown that, for a fissure that doesn't heal over time with medical treatment, surgery is often effective. The procedure does, however, carry a small risk of causing brief incontinence to gas.

Make an appointment to see your health care provider, and have your situation evaluated. If it is an anal fissure causing pain during bowel movements, it's important to start treatment as soon as possible to promote healing and prevent further damage. - John Pemberton, M.D., Colon and Rectal Surgery, 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 <http://www.mayoclinic.org>.)

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## Opioid Treatment and Support Resources

By Mircea Handru, MBA

Through a federal grant obtained in partnership with the Ohio Department of Mental Health and Addiction Services, the Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties is able to provide and offer assistance to individuals struggling with opioid-use disorder, regardless of income level and payor source. Any individual from Seneca, Sandusky and Wyandot Counties with an opioid-use disorder qualifies for an assessment and treatment services, including Medication Assisted Treatment. Services through this grant are provided by Firelands Counseling and Recovery Services in Fremont, Fostoria, Tiffin and Upper Sandusky. In addition, other addiction treatment services are available through various community agencies.

Opioid-use disorder has ruined and taken the lives of many individuals in our Board district. Local agencies and individuals have worked hard to provide and increase resources for people struggling with addictions. There is NO reason to avoid reaching out for help or to believe that help is not available. Assistance for individuals with an opioid-use disorder is now more readily available in our Board district than even before.

To access opioid-use disorder treatment services and support, please call the Board's office at 419-448-0640.

Individuals in need of detoxification treatment services should also contact the Board.



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# 10 financial 'rules' you should start breaking now

By Robert Pagliarini

These are the top 10 money rules you should break -- and what you should do instead.

1. You need six months of living expense in cash: This is the granddaddy of them all. Start to type "emergency" into Google (GOOG), and the first suggestion is "emergency fund." The rule is to make sure you have six month's of living expenses tucked away in cash in case you lose your job or suffer a financial setback. Of course it's important to have a financial safety net, but when you earn virtually nothing on your cash, this rule can cost you. For example, if six months of living expenses for you are \$25,000, you'd be sacrificing close to \$1,000 of income a year by keeping this money in a checking or money market account.

For years, I've broken the mold on this financial rule by telling clients they shouldn't have their emergency fund in cash. Instead, choose a short-term bond fund that pays 3 % or higher for your safety net. If you need the money quickly, you can easily sell the fund and get access to the cash. If you don't need the cash -- and these emergency fund accounts are rarely used -- you can still make money on the assets.

2. Max out your 401(k): Not so fast. There are many good reasons to contribute to a 401(k), such as tax savings, tax-deferred growth and a possible employer match, but there are also good reasons not to contribute as well. Don't blindly dump money into your 401(k) if you don't have an emergency reserve of some sort and there is a chance you will be laid off, so if you think you may be out of work, make sure you have the resources to pay rent and buy food until you land a new job.

3. They key to financial success is cutting expenses: You cannot cut your way to wealth. Too many people and financial advisers focus on trimming expenses when they should be focused on the other half of the equation -- income. I'm a proponent for living within one's means, but too often that creates an artificial barrier or ceiling. "This is what I make, so I have to cut back to save more," is often the thought process. Rather than living within your mean, work on increasing your means.

There are many ways you can make more money, including asking for a raise, boosting your skills -- your human capital -- and getting a promotion, starting a side project in the after-hours or going back to school and starting a new career. What you make today is not necessarily what you can make

tomorrow. Cut unnecessary expenses and then use your energy to increase your income.

4. Fully fund a 529 account to save for college expenses: You should only save for your children's education if you can afford it. That means when you're on track to having enough assets for your retirement. Assuming you have the retirement assets and now want to save for college, most advisers will recommend a 529 college savings account.

Not so fast. These 529 accounts have some real advantages, such as tax-free growth of contributions if they are used for approved higher education expenses. This tax-free growth is a big benefit. However, if you withdraw money from this account and do not use it for approved higher education expenses, the gains will be subject to ordinary income tax and a 10 % penalty.

The big risk is if you fully fund your child's college education but he or she decides to not go to college, drops out, finishes early or goes to a less expensive school. You have the ability change the beneficiary to another qualifying family member without penalty, but if you have just one child, there may not be anyone you can transfer the funds to. You would then have to liquidate the account and pay the tax and penalty.

5. It's always better to buy a car than lease: The average age of cars on U.S. roads is 11.4 years. So if you're average, then it may make sense for you to buy a car -- especially a car a year or two old -- instead of leasing. However, if you do not intend on driving the same car for over a decade, a lease may be a much better option. A new study by swapalease.com found it was better to lease than buy based on its criteria. And under certain circumstances, you may be afforded a larger business deduction with a lease compared to a purchased car.

6. A CFP designation is all you need: The certified financial planner designation is the gold standard when it comes to financial planning. I wouldn't think of hiring a financial planner if they weren't a CFP practitioner. However, just because you are working with a CFP doesn't mean you shouldn't research your adviser, his or her areas of expertise and how he or she charges. The CFP tells you he or she has advanced training in areas related to tax, investing and retirement planning; has passed a comprehensive and difficult exam; and has agreed to adhere to a high code of ethics.

7. Don't give the government an interest-free loan: Most financial pundits will advise taxpayers to have just enough taken out of their paycheck so when April 15 comes around, they will neither owe money nor receive a refund. The rationale is if you get a refund from the Internal Revenue Service, it means you paid too much in over the year -- and the government has had use of your money without paying you any interest. Keep the money and invest it yourself is the theory.

Again, that's the theory, but reality is much different. It all comes down to psychology. I look at paying a bit more to the IRS as a forced and automatic savings account. Sure, you won't earn interest, but human nature tells us you probably won't save the money anyway. There is a greater chance you will squander \$100 a paycheck than if you receive a \$2,400 check from the IRS. One approach takes a plan and discipline each month to save and invest while the other doesn't. A check from the IRS isn't an interest-free loan; it is an automatic savings plan.

8. Avoid IRS audit red flags: Nobody wants to endure an IRS audit, but too often I see honest and ethical taxpayers avoid claiming certain deductions or taking certain positions that are completely legitimate because they fear it will increase their chances of an audit. First, your chances of being audited are small -- about 1 in 104 chance. If your return doesn't include income from a business, rental real estate or farm, or employee business expense deductions, your chances are even smaller -- 1 in 250. Second, if you and your tax preparer are not crossing the line, you have little to worry about. In fact, thousands of taxpayers get a check from the IRS at the end of the audit. Don't let a small chance of an audit keep you from taking advantage of every tax strategy for which you qualify.

9. Follow your passion, and the money will follow: Do what you love, and you'll never have to work a day in your life, or so the saying goes. It sounds good and feels good, but it's not necessarily true. Sometimes -- often, actually -- doing what you love can be a great hobby but not a good career. There are a lot of things I enjoy that I'll never make a dime doing. A better approach is to find something you enjoy, are good at and that you can get paid to do. That is the financial trinity you should aspire to find, because it ties your interests with your skills with the marketplace.

10. Start saving early for your kid's college education: Follow this rule, and I'll send you straight to detention. We know college costs are soaring, and we don't want to bury our kids in college debt, so most parents prioritize college saving over retirement saving. Big mistake. If worse comes to worst, Junior can get a loan, work while in school or go to a less expensive school. Basically, Junior has decent options, and you have tough choices.

If you haven't saved enough for retirement, you are stuck. There's very little you can do other than slash your expenses, work longer or both. Save for your own retirement first. That's the financial rule you should follow. If you have amassed so much wealth when your children head off to college that you can afford to help them, go for it. If you haven't, you'd be doing your kids a disservice by jeopardizing your own retirement by paying for their tuition.

*(Robert Pagliarini is a CBS MoneyWatch columnist and the author of "The Other 8 Hours: Maximize Your Free Time to Create New Wealth & Purpose".*



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## Helping a small overprotective dog feel at ease

**Dear Cathy,**

My Chihuahua is extremely protective of me. No one can touch me or come near me. I want to learn how to teach my dog not to be defensive on my command. - Rafael

**Dear Rafael,**

With a small dog, overprotectiveness is mostly related to fear. Growling and baring their teeth is an attempt to control everything around them - and it often works.

But sometimes, with small dogs, we accidentally reinforce this behavior. If a large dog growls, "people change their behavior and back up," says dog training expert Megan Stanley in Calgary, Canada. "With a small dog, people are more likely to giggle and continue approaching the dog, which only increases the dog's fear."

So, the trick is not to command your dog to stop growling, but to change what's happening in his surroundings that triggers the behavior.

First, get your dog comfortable around people. Ask visitors not to approach your dog and to wait until your dog comes to them. Ask visitors to sit down to reduce the chance any sudden movements will trigger the behavior. And, give visitors dog treats to toss to your dog, so he learns visitors means treats.

The second step is avoiding the situations that trigger the behavior. Stanley says an example of this is when a dog is sitting on your lap and begins to growl as someone approaches. Don't try to change the dog's behavior at that point with a correction. Instead, "get up and move, so the dog is not left in a position to protect you," she says.

So, don't hold your dog when company comes over and don't let your dog get in between you and a visitor. Whenever your dog is in between you and a visitor, he is going to feel the need to protect you. Ask your dog to sit instead, and then stand between the dog and the visitor, so he learns you don't need his help.

If this feels like more than you can handle, or you aren't making progress, visit the Association of Professional Dog Trainers at <http://www.apdt.com> to find a local trainer who can help you.

**Dear Cathy,**

In response to a letter from Emma about her lethargic dog, Dorie, what about depression? Can't dogs get depressed? My border collie was treated with a short trial of antidepressants and it was quite helpful. He is a rescue and very atypical of his breed; not energetic and intense, like they usually are. - Sonia

**Dear Sonia,**

Both dogs and cats can suffer from depression, which is usually the result of situational circumstances, like a death in the family, or changes to their living situations, like a move to a new home or kids leaving for college. Certainly, as a rescue dog, Dorie may be mourning her past life, but it's been eight months and most dogs would have warmed up to 13-year-old Emma by now.

Some of the clinical signs of canine and feline depression include loss of appetite, lethargy and sleep disturbances, which also can be signs of other illnesses. Susan in Great River, N.Y., suggested Dorie might have heartworm since it is prevalent in South Carolina. Hopefully, Emma's family will find out what's wrong with Dorie soon.

Lethargy is not normal in a cat or dog.

*(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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.)*(c) 2018 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.

Two years ago in August our new shelter opened on North River Road, what a wonderful gift that was to our community. When we moved in we had over 200 cats and 15 dogs. Today our cat count stands at 150, but it has been a difficult spring and summer once again with all of the kittens being born throughout our county. (Prior to 2002 Sandusky County did not even have a shelter.)

If you know anyone with cats that need help being fixed, the shelter has a program called "Limit the Litters", male cats are \$55 and females are \$78. The cats are taken to a local vet and spayed or neutered with a voucher purchased at the shelter.

Dee Dee's Feline also runs a van with Humane Ohio, once a month, with even lower rates, usually at the end of each month. Her Facebook page has info on dates and costs. Indoor cats are \$50 and outdoor cats are \$30 which includes a rabies shot. For more info call 419-208-6215.

Together we would like to stop these births of unwanted kittens. The shelter only has so much room and so much money to care for all of these animals, the Humane Society cannot do it alone.

Back in the eighties and early nineties the dog warden was euthanizing over a thousand dogs a year, today that number stands at only a few, and those are due to behavioral issues. The dog warden began a spay and neuter program that has cut our county dog population significantly. Please share the above info and maybe we can do the same for the cat overpopulation.

**SAVE THE DATE: 15th Annual Whiskers and Whine is November 10th at Anjulina's. More info coming.**



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**The Westview Veterinary Hospital  
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Dr. Casey Skowron grew up on a small beef farm near Salem, Ohio. He was active in 4-H, showing market steers and hogs at the county fair. He attended The Ohio State University and obtained a B.S. degree in Animal Science in 2012. In May of 2018, he graduated from Lincoln Memorial University College of Veterinary Medicine. Dr. Casey is interested in large animal medicine, surgery and reproduction. He also enjoys working with small animal clients and their pets. In his spare time, Dr. Casey spends time with his wife, Ashley and is continuing to grow his registered Angus herd. Dr. Casey enjoys living back in Ohio and is excited to utilize his education and skills to help grow the Westview team and its offerings to their clients.

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# "8 Things You Can Do Right Now to Be Healthier, Happier, and Look Better Than You've Ever Been."

*Submitted by Dr. Paul Silcox*

1. Exercise 20 minutes, 3 times a week. Breathe hard. Break a sweat. It exercises the heart and helps detoxify the body.
2. Drink a half-gallon of water a day. The body functions need this resource to be replenished frequently and regularly.
3. Take a good quality, well rounded, multiple vitamin supplement daily. **DON'T GET CHEAP VITAMINS.** Cheap price often means cheap quality which leads to cheap results. The problem is the cheap results are reflected in **YOUR HEALTH!!!**
4. Do an herbal colon cleanse program at least twice a year to minimize the buildup of toxic byproducts from food additives, water, medications and air pollution in our digestive system that ultimately poisons our bodies but usually manifests itself as other disease processes.
5. Decrease the quantity of food you eat and increase the quality. Organic is best. However price for organic can be limiting for many. Get fresh. The least processing and preservatives the better. Get colorful vegetables. Less red meat and more veggies!
6. Have your spine checked for spinal misalignments to keep the kinks worked out. (Spinal misalignments (a.k.a. Vertebral subluxations

in the profession of chiropractic) are misalignments that can effect nerve function and or speed up spinal degeneration and arthritis) Remember, little kinks over time, progress to be bigger kinks that take more time and treatment to work out.

7. For healthier joints. I recommend you to begin (or continue) taking Glucosamine Sulfate, Chondroitin Sulfate and Methylsulfonylmethane (MSM) at an early age to protect joint surfaces and slow down or stop the degenerative joint disease that inhibits mobility later in life.

8. Acknowledge our Spirituality. There was a study done at Duke University in that it was theorized that people who attended worship services lived longer and healthier than people who didn't. This was researched for 2 years and at the conclusion of the study, it was recorded that this was true and was recommended as an official recommendation of the study.

Personally, I know that for me, thinking about that spiritual connection to our creator is something that refreshes me and I treasure it. And as far as this list goes, it's listed #8, but for me, when I think about the other #1 - #7, the benefits of #8 is the one that will outlast all the others and is really #1 for me!

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