



# Lifestyles 2000

*Merry  
Christmas*

Free

Vol. 15 Issue 12

**December 2013**

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*28th Annual*



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## NEWS & NOTES

Camp Fire News & Notes .....	3
Eagle Bay District Boy Scouts .....	4
TBH Early Bird Drawing is Held .....	5
Local Author Writes Spy Series .....	8
Breaking the Chain of Dating Abuse, Marcia Spicer .....	11
Look Good, Feel Better Program to be offered at The Bellevue Hospital .....	11
Rona Davis Cancer Fundraiser .....	13

## ENTERTAINMENT

SCPD Events .....	8
In Your Own Backyard .....	9
Helen Marketti's Music Corner .....	10
History Notebook, Nan Card .....	15
Stocking Stuffer Fun for the Whole Family .....	15
Omarr's Astrological Forecast, Jeraldine Saunders .....	17
Calendar of Events .....	19

## HEALTHY LIVING

The Singing Volunteers of the Hospice Choir .....	7
Kid's Doctor, Sue Hubbard .....	14
Lights of Love at Bellevue Hospital .....	16

## HOME & HEARTH

Kiss-Me-Over-The-Garden-Gate, Grace Sidell .....	5
12 Acres in Ohio, Gena Husman/Robin Arnold .....	6
Out to Lunch, Joanne McDowell .....	12
"Grate" Treats & Eats, Chris Timko-Grate .....	12
My Mother's Recipes, Joanne McDowell .....	13
Retire Smart, Jill Schlesinger .....	14
Pet World, Steve Dale .....	18
Perfecting the Classic Pecan Pie .....	16

Cover by  
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# Campfire News & Notes

Christmas music, homes decorated for the season and the bright lights of Christmas remind us that a new year is approaching and we begin to reflect on the many things that Camp Fire experienced throughout this past year.

The beginning of January we were busy preparing for our annual meeting and planning a Quarter Mania, Murder Mystery, Uncork the Fun, club meetings and the art workshop for

our youth. Mayhem occurred when, to our surprise, on January 24th, we arrived at our office to discover that water pipes in our ceiling froze and then ruptured – causing extensive damage. We also discovered how blessed we are when our community extended the use of their facilities so we could still hold our events, club and board meetings in their location.

By mid March we were back in our office and continuing on with our candy and flower sales, meetings, pot lucks and facility rentals. Before we knew it, the School of Hope arrived for Camp Wanna Go – officially starting our camp season. Partnering with Memorial Hospital, we offered two new programs: leadership and a fitness camp. Fremont City Schools, 4-H, Sandusky County Board of Developmental Disabilities, and Fremont Recreation Center partnered with us and utilized our camp expertise and fantastic facilities. Although a week of our traditional camp was also the hottest week of the summer, the lack of air conditioning did not stop the

giggles and squeals as the youth spent a little more time in the pond or running though the garden hose – complete with water fights! As the summer wound down, Camp Fire kids made their presence known with their art entries at both the Sandusky County and Ohio State Fair.

New bright foliage colors greeted our guests at our open house complete with hands-on activities. Also in the fall, new clubs formed, team building retreats took place, and fund-

raising continued with the mum flower sales.

We would like to take this time to thank the businesses, volunteers, parents and youth that help make Camp Fire what it is today and wish each and everyone a safe and happy holiday season.





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# Lifestyles 2000

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 200 retail locations in Sandusky, Ottawa and Erie counties.

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## Publisher's Letter

Merry Christmas!



Here we are at the end of another year. It seems like just yesterday we put together the first magazine, and that was almost fifteen years ago! How blessed we have been over the years to be able to continue to come into your homes each month. How happy we are that our job is not really work, as we love what we do. Thank you for your wonderful comments and notes each month, we do read each one.

We pray that you and yours have a beautiful and blessed holiday season.

Joanne & Pete



No, he wasn't in the Quality Cleaners ad in November, Dairy Queen was the correct answer. I was amazed at how many entries were wrong this month, I really thought we had made it easy! There were 150 entries, 87 by email and 63 by mail.

## Find Pete Winners

Winners were Jodi Adams, Marblehead; Betty Sanchez, Tom Overmyer, Cyndi Zienta, Lisa Smith, Terri Berger, Marsha Cook, Dawn Havens, Matt Guthrie, Janelle Havens, Charlene Reel, Fremont; Eddie Juliano, Jamie Curless, Diane Cramer, Bellevue; Fran Lucius, Kansas; Bonnie Kistler, Sandy Smith, Clyde; Brad Davis, Gibsonburg

## Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Dairy Queen West, Old Fort Market, The Calico Cat, Jenesis Salon, and Rallys. You may request a specific prize.

## Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net), please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at [www.lifestyles2000.net](http://www.lifestyles2000.net), just click on Pete's face!

## Eagle Bay District Boy Scouts of America would like to wish everyone a Merry Christmas and Happy New Year!

We are excited to be part of the communities in which we service and have wonderful programs for our young men and women throughout Ottawa and Sandusky County. With over 1200 registered youth and adults, we are stronger than ever providing the much needed life skills, outdoor experiences and leadership opportunities that will last a young person's lifetime.



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In 2013 we have can look back and celebrate with an excellent Cub Scout Day Camp program back at White Star Park, where over 260 young boys in Cub Scouting participated in a shooting sports, crafts, nature, swimming, BMX bike, cooking and so much more. For our Boy Scouts, we saw over 13 troops attend long term summer camp at Camp Frontier in Pioneer, Ohio. At camp, they drove ATV's, worked on merit badges and had a summer experience they will never forget.

Scouting is for young men, grades 1-12 and young women, ages 13-20. We have all levels, of Scouting in our service area, Cub Scouts, Boy Scouts, Ventures and Sea Scouts. We are proud to have added Ship 368 in Port Clinton, Ohio a group whose members are interested in everything aquatics.

Scouting is a year round program; joining Scouting is open year round also. If you have an interest in being part of a great youth program, please contact:

Joel Moszkowicz, 419-276-1217 – [Joel.Moszkowicz@scouting.org](mailto:Joel.Moszkowicz@scouting.org) or visit [beascout.org](http://beascout.org) to find a unit nearest you.

Friday, November 1 – Tuesday, December 31, 2013

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

By Grace Sidell

At this writing, Thanksgiving is about 2 weeks away and my gardens have been put to bed in preparation for the cold winter ahead. Several years ago I discovered the wisdom of using my best garden friend (my Kubota) to mow down the large annual flower bed in the center of the yard, and any others I can get to, in the fall. The winter takes care of most of the dried stems and stalks, so a light raking in the spring removes the rest and I'm ready to plant again. Now, those 10' tall sunflowers that were only supposed to grow to 6' are another story!

The fish in the water garden pond will be going down to the bottom to hibernate soon, not to be seen again until the water temperature reaches 50 degree in the spring. My neighbors, who farm my field, harvested the corn last week. So, I have much to be thankful for this Thanksgiving Day---good health, family, home, my neighbors and friends and the guests who fill my home with joy and laughter and the list goes on and on.

Perhaps this isn't the place to express my opinion, but I just can't hold it in any longer. My heart aches for this ungrateful nation that we live in today. A three century old national day of giving thanks, known forever as Thanksgiving Day, is now, more often than not, referred to as "Turkey Day". It was sad enough when it became the day before the "really big event-shopping on Black Friday". This year, with major stores being open for the first time on Thanksgiving Day itself, it could be the start of no Thanksgiving at all. By next year all stores will likely be open at the crack of dawn and the day will be thought of as "Black Thursday".

I know we are a commercialized nation and times have changed, but if we don't know about or use the practices which made us the people of the greatest nation on earth, we could soon be over taken by our own ungratefulness and excessive buying habits and lose our selves in the process.

I would like to see Thanksgiving Day restored to its purpose and be removed from the November calendar altogether. Let's place it in September when harvest time begins. I know that would take an act of Congress, but it's not impossible. Then as more Christmas shopping days are needed, they can back up all the way to Halloween!

Sorry if I offended anyone, but I love this nation and I worry about us, our priorities and the direction they are taking us. Thanks for listening.

Surprise, surprise...I don't think Peppie, the young spring hatched peacock is a hen. She is beginning to look more and more like a male! I and everyone who saw her since her neck feathers began to grow in at about two months of age, said "she looks just like Patsy", and she did, green neck feathers and all. But, over the last week to ten days she is getting more and more of the cobalt blue that indicates

a male. The pattern of feathers on its back and tail looks more like a male as well. So I guess Peppie is now Pete II and life goes on at The Old Garden House.

Some spaces remain in the First Day of Winter celebration here. It will be a brunch served at 10 am on Saturday, December 21. We will be serving a buffet style breakfast casserole, waffles, sausage links, fresh fruit and Ms. Grace's home baked sweet rolls. Call for reservations, 419-332-7427.

So, until January, we wish you and yours a very Merry Christmas. Let's gather our families and friends together as we celebrate the birth of the Christ Child and reaffirm our belief 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.*

## 'EARLY BIRD' RAFFLE DRAWING IS HELD

The first "Early Bird" drawing was held for The Bellevue Hospital Foundation's 2014 "Is Your Heart Set on a Vette" Corvette Raffle. The drawing was held on Nov. 14 and the winner of \$750 was Cynthia Evans of Fremont. Early Bird winning tickets are returned to the drum after each drawing.

Evans is the second winner in the current raffle, after Jerry Hoy of Wabash, IN won the "Loyalty Club" drawing of \$750 on Oct. 1 Hoy's name was drawn from all previous ticket holders who purchased a ticket during the month of September.

Two more "Early Bird" drawings will be held on Dec. 14 (\$500) and Jan. 14 (\$250).

The fourth annual "Is Your Heart Set on a Vette" Corvette Raffle is being sponsored by The Bellevue Hospital Foundation, in cooperation with Steinle Chevrolet-Buick in Clyde. Grand prize in the raffle is a 2014 Stingray, or \$50,053 in cash. The grand prize drawing will be held on Feb. 14, 2014, at the Clyde Steinle location on U.S. 20 West. As of Nov. 14, just 480 tickets remain to be sold at \$100 each. You must be at least 18 years of age to purchase a

ticket, tickets are non-refundable, and winners are responsible for all federal, state and local taxes, licenses and fees. A complete set of rules is available upon request from TBHF, or online at [www.VetteRaffle.com](http://www.VetteRaffle.com). A total of 1,553 tickets will be sold for the raffle, and last year's event was sold out days prior to the drawing.

The first ticket drawn in the raffle on Feb. 14, 2014 will be for the 2014 Stingray Corvette or \$50,053 in cash. Four other cash drawings include \$2,000 for second place, \$1,500 for

third place, \$1,000 for fourth place, and \$500 for fifth place.

Tickets are now available at The Bellevue Hospital Gift Shop, Steinle Chevrolet-Buick in Clyde, Hogue's IGA in Bellevue, or the Bellevue Beverage Center. Checks should be made payable to The Bellevue Hospital Foundation. For additional information on the raffle, for a complete set of rules, or for ticket information, contact Kate Herring, TBH Foundation director, at 419.483.4040, Ext. 4319, or visit [www.VetteRaffle.com](http://www.VetteRaffle.com)



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## The Sad, Lonely Chicken Becomes the Leader of the Pack

Willow and the Delawares...the California Girls and the Wyandottes. Sound like rock groups? Well, they're not. We hope you don't mind reading more chicken stories...this is an update on rebuilding our flock.

We weren't naïve enough to think that Willow, the sad, lonely, spoiled hen would rush out and form lasting friendships with the new arrivals, but we didn't think that one small brown hen could be such a disagreeable, ill-tempered creature, either. She managed to keep the chicken yard in an uproar for about two weeks after we brought the new pullets home.

We knew there would be an adjustment period—we separated the new chickens from Willow for a short while so they could see each other but not have contact—but we thought Willow would be a little more accepting of them and happy for the companionship. After all, there were eight of them and only one of her.

The first week she terrorized all eight of them. She chased them around the chicken yard by day, pecking at their feathers, which was bad because most of them were molting anyway and this only made them look worse; and she strutted up and down the roosting poles at night, hammering at their toes with her beak while they were trying to get settled, and forcing them off the roost. We defused some of the stress for all by confining the new girls in the chicken yard till they got used to their new surroundings and letting Willow outside so she could roam like she had done before. At night Robin and I took turns "refereeing" until everyone settled down and it was too dark to squabble. "Breakthrough Day" came about three weeks later, just when we were beginning to regret our decision. We opened the gate but Willow chose not to come out. Instead, she nonchalantly grazed her way over to the bush in the middle of the yard where the eight new chickens were busying themselves picking and scratching for seeds and bugs. There was no cloud of loose feathers or anguished squawking—the flock grazed peacefully side by side. Over the past few weeks, things have calmed down and everyone seems to be getting along but we have noticed two groups emerging. Willow and the

Delawares leave the coop every morning and work their way over to, and around, the house. They end up in the flower bed alongside the house where they dig up flowers and make holes to take dust baths in. By late afternoon they graze their way back across the field to the chicken coop.

The other group is composed of the two timid Wyandottes and the two California Girls (Little Pearl and Opal, the "rescued" white leghorns). Once in a while this group will come over to the house, but they seem afraid to venture far, so they usually stay around the coop or in the chicken yard.

Keetie treats them all the same...one minute he's like a bratty little kid pulling their feathers and making them squawk; the next minute he's grazing quietly alongside them. He's the first to sound an alarm if danger is near. The only one he doesn't bully is Willow.

The two little leghorns from California pose a special problem. They are about two years old and have never been exposed to a cold Ohio winter—they were stuck in indoor cages all their life. They are sparsely feathered and have large combs that droop over their eyes. In order to prevent frostbite of their combs this winter, we'll need to coat them with petroleum jelly. We did a practice run a couple of weeks ago when the temperature dipped to the lower 20's at night. It took almost half a jar of petroleum jelly to do both combs.



(These could be a couple of expensive chickens!) The next morning Opal had pine shavings, loose feathers and feed stuck all over the top of her head. Pearl managed to keep her comb relatively clean.

It was a rough beginning, but now it's amusing to watch Willow walk regally among her new flock. As the elder, the young hens defer to her, but they are no longer terrified of her. Every night, she sleeps in the same spot at the top of the roost so she can keep an eye on things. Keetie squeezes in the middle of all the fluffy hens so he can stay warm. Looking for unique gifts for Christmas? Check out our online etsy store at [www.etsy.com/shop/duckmarshstudio](http://www.etsy.com/shop/duckmarshstudio). It features a variety of cottonwood bark carvings—including Santas; photos and photo note cards of birds and ani-

mals mostly taken on our property and various woodcrafts—including carved ornaments.

Merry Christmas from all of us at 12 Acres in Ohio! May your holidays be happy and safe.

To contact us or to see more of Robin's photos, go to [www.robinarnoldphotography.com](http://www.robinarnoldphotography.com)

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# *The singing volunteers of the Hospice Threshold Choir*

Hospice of Memorial Hospital started its Threshold Choir in order to bring ease and comfort to patients and their families at the 'thresholds' of life. A threshold choir is generally made up of a small group of women who sing a capella at the bedsides of hospice patients.

According to Brenda Kuieck, outreach coordinator and threshold choir leader at Hospice of Memorial Hospital, the choir sings with purpose and passion.

"With the music our choir makes, we hope to bring a calm and focused presence to the bedside, with gentle voices and simple songs we can be soothing and reassuring to patients, families and caregivers alike," she said.

The Hospice of Memorial Hospital Threshold Choir has been singing together since March of 2013; it is made up entirely of volunteers who are passionate about hospice care. Since its inception, the hospice threshold choir has sung to many, many people. In fact,

the group is often called in to action four to five times a week.

Kuieck adds that it takes more than a singing voice to be a member of the threshold choir.

"Each member of our team has shown a commitment to helping the people we serve find peace, or comfort or whatever it is they need to make it through that moment in time," she said. "And as much as it helps our patients and their families, our members have also expressed that the experiences have been some of the most rewarding of their lives."

The threshold choir is called in by the families and/or caregivers of Hospice of Memorial Hospital patients. They sing at the bedside in hospitals, skilled nursing facilities, assisted living facilities, as well as in private residences.

A singing session typically lasts about 20 minutes; if there appears to be ben-



*Pictured L to R: Brenda Kuieck, Carolyn Farrar, Mary Nossaman, Sue Timmons, Janet Provenzale, Just Stiger, Juanita Burr, Florence Forwalder, Sandi Nearhood.*

efit, the group may sing longer. Music is chosen to respond to each patient's musical taste, spiritual direction and physical capacity.

"Songs we sing might include rounds, chants, lullabies, hymns, spirituals and classical choral music, depending on what is needed in the moment," explained Kuieck.

The threshold choir is open to all women age 18 and over. The group practices the second and fourth Tuesday of each month. For more information about the Hospice Threshold Choir, call Hospice of Memorial Hospital at 419.547.6419. Ask for Brenda Kuieck at extension 4121.

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## Local Author Bob Morton Writes Caribbean Spy Series

Robert Morton of Fremont 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 has published a book "Thoughts On America: How to survive in the Land of the Free". It covers difficulties faced by the American family and sells in both Kindle and hard-bound forms in Barnes & Noble book stores and on Amazon.com.

His lifelong dream is to publish realistic spy thrillers. How can a school psychologist and adjunct professor in education with no experience in being a spy accomplish such a wish? Morton joined the Association Of Former Intelligence Officers (AFIO) and is often away from Fremont attending AFIO seminars and discussing spy tradecraft with intelligence professionals in and around Washington, DC. These experiences enable him to write the online spy series "Corey Pearson- CIA Spymaster in the Caribbean".

Morton consults with 27 Intelligence Community (IC) scholars and field operatives in order to make the life of Corey Pearson factual and reality-based. His connection with real life intelligence operatives makes his spy genre writings both reliable and entertaining.

Morton recently returned from an AFIO seminar in Langley, VA, where he met Letitia Long- Director of the National Geospatial-Intelligence Agency (NGA) and Luke Bencie, who has traveled to over 100 countries on behalf of the U.S. Intelligence Community. He learned from Long how the NGA delivers geospatial intelligence to policymakers, warfighters and intelligence agents on the ground anywhere in the world. Bencie lectured the AFIO gathering about the painful threats of espionage and the lengths foreign intelligence services go to steal American business secrets.

If you enjoy the Caribbean Islands or enjoy spy thriller novels or TV shows, Morton invites you to journey through the Caribbean Islands with CIA Spymaster Corey Pearson. He offers the first 3 episodes for free!

# SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR DECEMBER:

For reservations 419-334-4495

### Holidays at the Cabin: Schlea Swartzlander Cabin, 7-9pm, Fee: \$60.

Mon, Dec 2; Tues, Dec 3; Fri, Dec 6; Wed, Dec 11; Thurs, Dec 12. Experience the spirit of the season in the 1874 log cabin at White Star Park, 5013 C.R. 65, Gibsonburg. Enjoy a history lesson and make a Christmas ornament. Bring your group of up to 12 people for drinks & dessert of oatmeal cookies & blueberry cake freshly baked in the wood cook stove. \$60 donation from your group will be used toward the Nature Center project. Cash or check only, payable at the Park Office in Fremont. Registration required.

### Fabulous 40th Celebration: Sat, Dec. 7, 7:30am-7pm, White Star Park Barn area, C.R. 65, Gibsonburg.

Sandusky County Park District was officially created on Dec 7, 1973. Join in celebration of the actual founding date with a variety of activities, no reservations needed, just stop by. Throughout the day enjoy cake, hot chocolate, hot dogs & smores while viewing a photo history of the Park District. Find the big "40's" placed along the trail. Specific activities include:

7:30 am Bird Walk; 8:30 am Eco-Christmas Crafts in the cabin with OSS Solid Waste District; 9 am Hunter Safety with Ranger Tom; 10 am Water Quality with Scenic Rivers; 11 am Nature Journaling with Mary Warren, Div. of Wildlife Naturalist; 11:30 am Wagon Ride around the park with SCRAP; Noon - 4 pm Visit with BACK to the WILD; 1 pm Dried Herbs Program in the cabin; 5 pm Stargazing with Sandusky Valley Amateur Astronomy Club; 5:30 pm Owl Prowl with Tom Kashmer

Enjoy reading spy novels, watching TV spy shows or visiting the Caribbean islands? If so, you'll enjoy the online spy series "Corey Pearson- CIA Spymaster in the Caribbean." Get to know Corey and read the first 3 episodes online for free- It's an online Caribbean spy adventure full of color photos taken on location throughout the Caribbean islands. Published by Robert Morton of Fremont, Ohio.

Go online now and get to know Corey Pearson and how the U.S. Intelligence Community really works!

[www.ciacaseofficercorypearson.blogspot.com/](http://www.ciacaseofficercorypearson.blogspot.com/)



### Bird Feeder Banding, Dec 7 & 21, 8 am, Park Office, 1970 Countryside Place, Fremont.

Join Park District researcher, Tom Kashmer, in observing frequent bird feeder visitors in the winter. Travel to private property around the marshes of Sandusky Bay. In indoor comfort, view a 'window on wildlife' and learn about bird banding research as you watch the process up close. The facility is accessible and all ages are welcome. Registration required.

### Puddle Jumpers: Christmas at the Cabin, Tues, Dec 10, 10am, White Star Log Cabin, 5013 C.R. 65, Gibsonburg.

Ages 5 and younger will learn about Christmas history & traditions through stories and craft. Registration required.

### Meet Me at the Cabin: Christmas Card Baskets, Thurs, Dec 12, 4pm, White Star Log Cabin, 5013 C.R. 65, Gibsonburg.

Bring scissors, pencil, and old Christmas cards to create this unique little basket. Registration required.

### Holidays at the Cabin: Reineck Cabin, 7-9pm, Fee: \$40. Fri, Dec 13; Sat, Dec 14; Mon, Dec 16; Tues, Dec 17; Thurs, Dec 19.

Experience the spirit of the season in the 1874 log cabin at White Star Park, 5013 C.R. 65, Gibsonburg. Enjoy a history lesson and make a Christmas ornament. Bring your group of up to 8 people for drinks & dessert of oatmeal cookies & blueberry cake freshly baked in the wood cook stove. \$40 donation from your group will be used toward the Nature Center project. Cash or check only, payable at the Park Office in Fremont. Registration required.

HIKE for the Health of It, Thurs, Dec 26, 9am, Creek Bend Farm, 654 S. Main, Lindsey.

### Tree Huggers: Birding & Tracking,

Mon, Dec 30, 11:30am-3pm, White Star Log Cabin, 5013 C.R. 65, Gibsonburg. Designed for ages 6 to 12 to learn bird identification, songs and life histories. Take a hike to search for birds and do some tracking of other animals as well. Dress in layers for the outdoors and the warmth of the log cabin. Light lunch and beverage provided. Please bring a snack to share. Registration required.

### Track & Trail: Park in the Dark, Mon,

Dec 30, 4-8pm, White Star Log Cabin, 5013 C.R. 65, Gibsonburg. Ages 12 to 17 are invited to enjoy a night hike. Explore the night sky, learn about nocturnal creatures, test your senses in the dark. Dress in layers for the outdoors and the warmth of the log cabin. Light supper and beverage provided. Please bring a snack to share. Registration required.

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# In Your Own Backyard

**Sounds of the Holidays**, Tuesday, Dec. 10 from 6 -7:30 p.m. at the Memorial Hospital Herbert-Perna Center. This family event is free and open to the public. The event features many exciting games and prizes, including a magical story area, holiday songs, holiday arts and crafts, Santa and Mrs. Claus, cookie decorating and much more. Activities at the Sounds of the Holidays event have been created to promote fine and gross motor skills, as well as encourage socialization among participants. The first 100 participants will receive a stocking to fill with prizes. The Center for Physical Health is located at 710 Cleveland Avenue in Fremont on the main campus of Memorial Hospital. Registration is not required. Contact the Physical Medicine Department of Memorial Hospital at 419.334.6630.

**The Woodville branch of Birchard Library is offering free hands-on computer classes during December.** Registration is required and is open now for the following classes: \*PowerPoint 1-3 on Tues.- Thurs., Dec. 3, 4, and 5 from 1 to 2:30 p.m. \*Internet 1-2 on Tues. & Thurs., Dec. 10 & 12 from 1 to 2:30 p.m. For questions, or to register, call Adult Reference at the main library, 419.334.7101, extension 216.

**Friday, December 6 at 7 p.m. Hospice of Memorial Hospital** will host its annual Love Lights Memorial Service at The Eliza Ramsay Home on Main Street in Clyde. According to Director of Hospice of Memorial Hospital, Vicki Meade, "Our Hospice has welcomed the community to its annual Love Lights Memorial for more than 20 years. This event is a celebration of the lives of our loved ones." Love Lights is a lighting ceremony where candles, luminaries and the trees of The Eliza Ramsay Home are lit in honor or memory of loved ones. Before and after the lighting ceremony, there is time for fellowship between all those in attendance. "The Love Lights Memorial Service is free and open to the public. Any donations are appreciated. Doors open at 6:30 p.m.; the program begins at 7pm.

**Hospice of Memorial Hospital hosting holiday bereavement program** on Sat., December

14 from 10-11:30 a.m. This workshop is designed to bring validation to thoughts and feelings surrounding holidays; offer strategic planning to alleviate some stress; and provide an environment to encourage growth. The planned activities will help assist with accomplishing these goals. Hospice and palliative care professionals host this event, by providing emotional and spiritual support to those who are grieving. The workshop will also give participants tools to be able to enjoy the holidays after a loss.

Piecing Together the Holidays is free and open to anyone who has experienced loss. The program will be held at the Eliza Ramsay Home at 430 S. Main Street, Clyde. Registration is required. Contact Hospice of Memorial Hospital at 419.547.6419, or visit memorial-hcs.org/hospice.

**Green Springs United Methodist Church will host a Cookie Walk** on December 14th, 9AM-Noon. Huge assortment of delicious homemade Christmas cookies and candies for sale at \$7.00/lb. Let Santa's elves do the baking for you. Located across from Croghan Colonial Bank on North Broadway Street.

**Wise Foods, a provider of freeze dried food storage products for families, schools, and law enforcement** interested in emergency preparedness, is now offered by H2O & Supplies located in Clyde. H2O also offers "Wise Fire" a green burning fuel source that burns in wind, rain, sleet or snow. H2O is pleased to have Wise Foods Company joined with our water supplies and service we also offer an "emergency kit" which incorporates both products.

**"Holiday on the Homefront" - McPherson House - Clyde, December 7 from 11-4.** Share warm cider with soldiers from the Ohio Volunteer Light Artillery and Infantry campsite on the grounds of the boyhood home of Union General James B. McPherson. Tour the house and visit with costumed volunteers of the Clyde Heritage League. Enjoy spinning demonstrations and dulcimer music during our annual Christmas Fest Open House. McPherson House is located at 300 E. McPherson Highway (Corner of Maple &

US 20) Free - Donations Appreciated. <http://www.clydeheritageleague.org/>

**The Winter Wonderland will run December 12-15 & 19-22.** Gates will be open from 6-8pm on Thursdays and Sundays for drive thru only and from 6pm on Fridays and Saturdays for walk thru and activities. Admission to the event will be \$1 or a non-perishable food item per person. Events will be planned during walk thru hours on Fridays and Saturdays only (Dec 13, 14, 20 & 21), which will include a 4 day craft & vendor show, horse and carriage rides, carolers and other performers, refreshments, crafts and games for the kids and of course - Santa!

**A Tree of Hope Lighting Ceremony and Prayer Service will be held on Tuesday, December 10, 7 PM.** Choose a red, green, or white Christmas tree light to: remember a loved one; express gratitude for something; or voice a petition. All intentions will be read aloud at the Tree Lighting Ceremony and remembered throughout the year. The evening will be enhanced with the Children's Choir from Bishop Hoffman School and the St. Ann Cub Scout Troop. Homemade cookies, cocoa, coffee, and tea will be served after the ceremony. For more information call The Pines - 419-332-6522.

**Our Lady of the Pines will be holding its fourth annual EVERGREEN ELEGANCE fundraiser dinner on January 24 or January 25, 2014.** This two evening event offers a Friday or Saturday night option for those wishing to enjoy the fine dining presented by Chefs Linda and Tom Lambert. An \$85 donation per person or \$150 per couple is requested. Enticing auction items will be on display including a special silent auction each evening. Valet parking will be available. For more info or reservations call The Pines - 419-332-6522.

**Sandusky County Positive People, Dec. 17th, 11:45-1pm,** Our Lady of the Pines, 1250 Tiffin St., Fremont, Cost \$15, call 419-355-2251. Michael J. Shirtz, Dean of Business & Creative Arts - Terra State Community College, SSCP's luncheon attendees will enjoy

a holiday musical presentation under the direction of Dean Michael. It will be the perfect way to kick off everyone's holiday season!

**A Christmas Concert featuring the Trinity Men's Quartet Plus** will be held on December 1 at 7pm at Trinity United Methodist Church located at the corner of Court and Wayne Streets. Members of the group who will be singing a number of religious and secular songs and will be accompanied by Judy Smart. Trinity Quartet Plus has performed at the openings of the Sandusky County Fair and the Mud Hens games in Toledo. Also on the program is the Wayfarer's Band; vocalist Tamara Damschroder, pianist Randy Rohm, Pastor H. Kearns and son Isaac will perform along with the Trinity Praise group. An opportunity to enjoy some favorite Christmas carols in a sing along will take place. The public is invited to attend and enjoy cookies and punch following the concert.

**Pontifex: For that special person who has everything, how about a comedy murder mystery play and dinner?** The show is "Trouble at the Tropicabana". Comedy, music, dancing and delicious food including Jimmy G's half barbecue chicken, cole slaw, green beans, dessert and drink. Show dates are Jan. 31 and Feb. 1. Tickets \$25, call 419-333-9667. For each ticket purchased you will receive a one month membership to Body Lines Gym.

**SPICING UP YOUR HOLIDAYS:** Fremont Area Women's Connection invites you to bring a friend and come to our luncheon at Anjulina's Catering, 2270 W. Hayes Ave., December 10. Luncheon 11 am - 12:30 pm, cost \$12 (A complimentary nursery is available by reservation). Feature; "How do YOU "Spice Up" your holidays? Speaker, Shirley Davidson, Mansfield, telling "The Unforgettable Memories of the girl who can and the woman who can't". For luncheon and free child care, call by December 5th- Donna at 419-680-2251 or Carrol at fawcluncheon@gmail.com.



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# Helen Marketti's Music Corner

Scott Stiert



Scott Stiert is establishing himself as a versatile and talented musician. He has a full schedule of shows at many venues and an EP soon to be released of his original material. He will be the opening artist for Jonah Koslen (formerly of the Michael Stanley Band) on Saturday, January

“Naturally while growing up in this area I listened to a lot of music by the Michael Stanley Band. I was familiar with Jonah’s music from his time with Michael Stanley and with his own band, Breathless,” remembers Scott. “It was about a year ago that my wife, Diane and I went to North Olmsted to see Jonah doing a solo performance. It happened to be a slow night so I was able to talk with Jonah. I told him that I was a musician and we started talking about the equipment he was using. We talked about different shows he was doing and suggested we stop back another time when he would be playing. We hit it off as fellow musicians and became friends. I invited him to see one of my shows at the Red Iron Grill in Wellington. I knew that Jonah liked the blues so I suggested we could play some

we may play at Akron Civic Theater.”

Scott continues, “Diane and I gave a suggestion to him awhile back about doing an acoustic show and perform one of his albums live. He thought that was a good idea and had a show booked at the Beachland Ballroom. He asked if I would be interested in opening the show. I enjoyed the entire experience. The Beachland Ballroom is a very cool place. After Jonah was booked at the Akron Civic for January he asked me again if would like to open for him. I plan to play my original material and do a few covers. I will open the show on my own as a solo acoustic act. There is a possibility that I will be able to join Jonah onstage and sing a song with him from his Breathless band days. We still have to work out those ideas and see how they unfold. I’m looking forward to it.”

For ticket information on the January 18, 2014 performance with Scott Stiert and Jonah Koslen at the Akron Civic Theater: [www.akroncivic.com](http://www.akroncivic.com)



Jonah Koslen and Scott Stiert



blues together. Jonah stopped by and we ended up jamming together. We played some songs from the days when he was with Michael Stanley and from his band, Breathless plus some of my material. Jonah and I have co-written a song together which

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# Breaking the Chain of Teen Dating Abuse

Dating violence is a real problem in our community and every community across Ohio. National statistics tell the story.

- One in three adolescents is a victim of physical, sexual, emotional or verbal abuse from a dating partner. At Fremont Ross that would be approximately 325 -375 students abuse by a partner.
- Nearly 1.5 million high school nationwide experience physical abuse from a dating partner in a single year.
- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.
- One quarter of high school girls have been victims of physical or sexual abuse.
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner

violence -- almost triple the national average.

- Violent behavior typically begins between the ages of 12 and 18.
- The severity of intimate partner violence is often greater in cases where the pattern of abuse was established in adolescence.
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse.
- Eighty one percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue. (from loveisrespect.org)

Fremont Soroptimists are continuing their fight to end relationship violence. Four years ago Soroptimists began the TRAP program (teen relationship abuse prevention) with the mission of putting an end dating violence through education. In the past four years TRAP has arranged 5 guest

speakers to area schools assemblies, community forums and individual classroom presentation to middle school students. Through these presentations, the hope is that these statistics will decline in Fremont and Sandusky County.

Johanna Orosco, a survivor of dating violence from Cleveland, spoke at Vanguard Tech Center November 15th. She shared her story with the Vanguard and Sentinel students in person and through video streaming. The students were told that violent relationships are not right and it is necessary to end the relationship sooner rather than later.

Questions about the TRAP program, signs and talking points of dating violence as well as usefully resources can be found at soroptimists-fremont.org. We want to BREAK THE CHAIN of teen dating abuse.

## LOOK GOOD, FEEL BETTER PROGRAM TO BE OFFERED AT THE BELLEVUE HOSPITAL

The Bellevue Hospital (TBH) and the American Cancer Society will team together to host a "Look Good, Feel Better" Program at TBH, located at 1400 W. Main St. in Bellevue, on Monday, Dec. 9 from 1-3 p.m. in the Administration Conference Room.

Look Good, Feel Better is a free American Cancer Society program that teaches beauty techniques to women who are actively undergoing cancer treatment. This program helps them combat the appearance-related side effects of radiation and chemotherapy.

At the conclusion of the program, each participant will receive a free makeup kit worth \$250.

To register for the program, phone 888.227.6446, Ext. 2.

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## Crosswinds

Several times over the past year we have visited Crosswinds for lunch and dinner. Last year, when the kids were in for Cedar Point, we went for dinner filling two booths. Everyone raved about the food, especially the fact that they carry cheesecake from the Cheesecake Factory!

However, the very best time to visit is fall and winter when the tourists are gone and the pace is slow. We visited a few weeks back and once again had a tasty meal. I ordered the Fettuccini Alfredo with the grilled chicken for \$13.99. (see photo). It was good, not as good as some I have had at other locations, but it was enjoyable, as was the house salad. The menu lists quite a few Pasta dishes including Baked Spaghetti & Meatballs, Old World Sausage Bake, Chicken Bacon Ranch Baked Pasta, and a specialty, Greek Baked Pasta.



There are many options including salads, the Crosswinds Original Perch Salad is a favorite, but I personally cannot think of eating perch on a bed of lettuce! Lake Erie Surf & Turf is battered Perch with a Strip Steak for \$18.99. There is also a lake Perch sandwich for \$10.99 with Cole slaw and fries.



Burgers are a favorite; see the photo of Pete's Philly Burger, another house specialty. The Tin Goose Burger, remember you are in the airport's path as the restaurant is on State Route 53, is a burger topped with bacon, cheddar cheese and pulled pork...a heart attack in the making! There are also eight subs and Ciabatta Wraps to choose from.

Cameo Pizza is served with a list of eleven specialty pizzas. A kid's menu is available along with a nice little mini golf course you can play with your kids while waiting for a table in the busy season.

To reach Crosswinds exit the Route 53 Catawba Exit, it is on the west side of the road heading north. Ciao!



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# "Grate" Treats & Eats

By: Chris Timko-Grate

Thanksgiving is over with, now here comes Christmas! But first I have to share that I had my reattachment surgery at the end of October and as with my first surgery Dr. Grillis and his staff, and the Memorial Hospital staff did a wonderful job and I thank them very much.

Time to get ready for the Christmas season, cards, baking, shopping, wrapping, and cooking, and I very much look forward to it all because after five years of skipping the holiday, I now have time to enjoy it. It is hard now with all the kids grown, married and with children, so there are husband families, wife families, grandparents, kids' activities...just so much to do! That's why I tell the kids when we can get together and be relaxed, that's when we will get together.

This month I'm going to share some Holiday Cocktails for adults and kids. They are easy to make so it will make your entertaining easy. Enjoy December and will be in touch January 2014!

## Santa's Helper

In a shaker filled with ice add:  
One ounce vodka  
½ ounce amaretto  
3 ounces cranberry juice

Pour into glass and garnish with green or red gum drops

## Kahlua Eggnog

In glass filled with ice add:  
2 ounces Kahlua  
1 ounce vodka  
Add prepared eggnog  
Garnish with cinnamon stick and or mint sprig, or sprinkle with nutmeg

## S'more Cocktail for the kids

2 (12 ounce) cans evaporated milk  
4 (28 gram) envelopes milk chocolate hot chocolate

Enjoy your Holidays!

To contact me with any questions, comments, suggestions, email me at [ChrisTimko@roadrunner.com](mailto:ChrisTimko@roadrunner.com)



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# My Mother's Recipes

By Joanne McDowell

The holidays are no longer the fun they once were as my family has pretty much moved away, including six of our seven children and my siblings. Once upon a time I had Christmas Eve each year for the family and had to come up with tasty dishes to serve, which wasn't all that easy since I also worked a full time job! I think the casserole below would have been a perfect choice back then as it can be made a day or two in advance of your event. I added the cake because I love chocolate chips and nuts, and besides, by Christmas aren't we all tired of pumpkin pie? Enjoy and Merry Christmas!

## Not Your Mother's Broccoli Casserole

- 2 (10 oz.) pkgs, frozen chopped broccoli, thawed and drained (can use an equivalent amount of fresh broccoli, steamed and chopped)
- 1 small onion, diced
- 1/2 cup celery, diced
- 1 cup of corn niblets (frozen or canned)
- 1 1/2 cups instant rice
- 1 cup milk
- 1 (10.5 oz.) can cream of mushroom soup
- 8 oz. Velveeta cheese
- 1/2 cup butter (1 stick)
- 1/2 tsp. black pepper
- Topping
- 1 tube Ritz crackers, crushed
- 4 Tbs. butter, melted (1/2 stick)

Combine the broccoli, onion, celery, corn, and rice in a mixing bowl. In another bowl combine the 1/2 cup butter, mushroom soup, milk and cubed Velveeta cheese. Microwave until the cheese has melted, about 2-3 minutes and stir until smooth. Pour over the broccoli mixture and mix until combined. Pour into a 2 quart casserole dish that has been sprayed with nonstick spray.

Combine the crushed Ritz crackers and butter and sprinkle evenly over the top. Place in a 325 degree oven for 50 -55 minutes. It will be just starting to brown.

## Chocolate Chip Ooey Goey Butter Cake

- Cake Base Layer
- 1 (18.25-ounce) box yellow cake mix
- 1 egg
- 1/2 cup (1 stick) butter, melted
- Filling Layer
- 1 (8-ounce) package cream cheese, softened
- 2 eggs
- 1 teaspoon pure vanilla extract
- 1 (16-ounce) box confectioners' sugar
- 1/2 cup (1 stick) butter, melted

**Topping**  
 1 cup chocolate chips  
 1 cup chopped nuts (optional)

**Directions:** Preheat oven to 350 degrees. Lightly grease a 13 x 9 x 2-inch baking pan. In the bowl of an electric mixer, combine cake mix, egg, and butter and mix well. Pat into the bottom of prepared pan and set aside. Still using an electric mixer, beat cream cheese until smooth; add eggs and vanilla. Dump in confectioners' sugar and beat well. Reduce speed of mixer and slowly pour in butter. Mix well.

Pour filling onto cake mixture and spread evenly. Sprinkle 1 cup chocolate chips and 1 cup chopped nuts on top of filling. Bake for 40 to 50 minutes. Don't be afraid to make a judgment call on the cooking time, because oven temperatures can vary. You want the center to be a little gooey.



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# Rona Davis Cancer Fundraiser



I would like to give you a little history about Rona Davis. Rona works for Pinnacle Plastic Products as an HR Manager in BG, Ohio. She has stage IV Colorectal cancer which has moved to the lung, pelvis, abdomen and groin areas of the body. Rona is a fighter and is continuing her chemo treatments. This fundraiser will help her with medical expenses and her \$5000.00 insurance deductible at the beginning of January 2014. WE THANK EVERYONE IN ADVANCE FOR THEIR SUPPORT!

Saturday, December 7, 2013  
 11am to 3pm  
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Spaghetti & Pizza Luncheon  
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## Stressed-out caregivers also need care

Before his recent death, my father was in the hospital for the better part of four months and the experience was both agonizing and illuminating. My family had been through a number of health issues with my father, but none so long, drawn-out and chronic as the most recent one. We are fortunate in that the majority of his care was almost entirely covered by Medicare, so the financial effect of the illness was limited. But the emotional drain was enormous.

Throughout the process, my family developed a number of coping techniques from which I hope others can benefit. These ideas are not new, but they're good reminders for families who are facing illnesses and the friends who want to support them.

1. Create and maintain notes for the patient: It's helpful for one of the caregivers to take notes at doctors' meetings. Invariably, someone new comes on the scene, asking for a brief history—one that provides more than just the data on a medical chart. Additionally, while patients and loved ones are present during medical consultations, their minds are often racing, which makes it difficult to retain important details. The notes provide a way to review what transpired later, when they are able to absorb the information.

My sister and I alternated the note-taking role and maintained a lengthy document, with every doctor's name and contact information, which was instrumental in staying on top of the process. It was a way to exert just a tiny bit of control during an out-of-control time in our lives.

2. Take off a day from time to time: It was hard for my mother to not be in the hospital, but sometimes my sister and I had to step in and plead with her to take off a day and to rest. The grueling emotional demands on a caregiver can have a physical impact, too. Check in with all of the caregivers and also encourage them to take care of themselves.

3. Communicate with each other: From logistics, like who's going to be at the hospital and when; to larger issues like important medical decisions, it's important to make time to talk to one another. If you have a larger family, you'll need to determine the best way to do this - a friend told me that

she and her siblings would conduct weekly conference calls to catch up! Regardless of the method, the point is to make sure that everyone is on the same page, including the patient.

4. Ask for help from friends: We have a small family, but my parents have two sets of best friends, who were unbelievable in every way you could imagine. They would help with mundane tasks like driving and meal planning and were also the beacons of emotional support that we needed. They helped disseminate information to other friends, relieving my mother of the burden of having to be on the phone constantly.

Thankfully, the larger circle of friends checked in on us, but not in a way that made us feel like we had to respond to them. In this way, technology is wonderful: A simple text or e-mail that says, "I'm thinking about you and sending lots of good energy" is great. Conversely, it's tough to field questions like "What's happening?" A good rule of thumb to think about when sending a note to caregivers is to try to express your concern without requiring them to do anything in return.

5. Use the medical community: My father was cared for at New York University Hospital, a large city institution. While many would think that the size of a place like NYU would be impersonal, we found the opposite to be true. The doctors, nurses, social workers and aides were incredibly caring, helpful and collaborative. We didn't hesitate to ask for help, but here's the key: We always expressed our gratitude for everything they did for us. These professionals are generally overworked and stressed, so a thank you, a plate of cookies, or a smile was always appreciated.

(Jill Schlesinger, CFP, is the Editor-at-Large for [www.CBSMoneyWatch.com](http://www.CBSMoneyWatch.com). She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, "Jill on Money," as well as on television and radio. She welcomes comments and questions at [askjill@moneywatch.com](mailto:askjill@moneywatch.com).)

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## Buying breast milk on the Internet is too risky

Most mothers of my patients start off breast feeding their babies, but some of the mothers of newborns either cannot breast feed due to medical reasons, or they don't make enough milk to provide adequate nutrition for their infants. In this case, some have tried ordering breast milk over the Internet.

This sounded a bit odd to me at first, but they assured me "you can buy anything on the Internet." However, it turns out that breast milk procured from websites may not be safe after all.

A study published this month in the journal *Pediatrics* looked at 101 breast milk samples bought over the Internet compared with 20 samples of breast milk procured from a human milk bank.

Researchers found that 74 percent of Internet breast milk samples were contaminated with bacteria, including staph and e. coli (a fecal bacteria), as well as with viruses. The Internet breast milk samples were not pasteurized and many had been improperly collected, stored and even shipped.

Milk that contains bacteria and viruses, even breast milk, is not safe and may pass infections on to infants who have immature immune systems.

So, if you are considering buying breast milk for your infant, steer clear of Internet sites as a source. Your best bet is to contact the Human Milk Banking Association of North America (<http://www.hmbana.org/>).

HMBANA donors are screened and follow safety steps for collecting and shipping their milk. The milk is dispensed only after it has been pasteurized and tested.

Buying everything online seems easy and efficient if you're looking for books, clothes and even groceries. But breast milk should not be purchased online. If you have any in your refrigerator or freezer, I would throw it out immediately!

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at [www.kidsdr.com](http://www.kidsdr.com).) (c) 2013, KIDSDR.COM

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## A Christmas Tradition

Christmas is only a few weeks away and I am opening and enjoying each of the few Holiday greeting cards that appear in my mailbox. Even though I know those from my accountant, car dealership, and insurance man aren't truly Christmas greetings, but rather reminders of their services, I still welcome them!

Everyone has a special Christmas tradition. Exchanging Christmas cards was perhaps my most favorite. Years ago, I sent and received dozens of

Christmas cards. Those beautiful cards sent by friends and family were filled with greetings, notes, photographs of kids and pets, and those printed annual letters of family happenings. I read them all, grateful that once each year, faraway friends and family remembered and cared to keep in touch! Like so many others, I decorated doorways, mantels, and trees with them. And, when the Holidays were over, I read them again, saved addresses, put photos in frames, and packed away those beautiful cards to be looked at again the following year.

The tradition of exchanging Christmas greetings between friends and family that began in the 1870s is rapidly vanishing. Today, every hour of every day is jam packed. During the Holidays, it's doubly so. The cost of cards and postage has gone sky high! E-cards (and emails in general) are faster and oh so much cheaper! There's Pinterest, Twitter, Facebook, blogs, and Instagram. And, the cost of those once ever-so expensive long distance calls, are now hidden in our cell phone plans.

It was the German lithographer, Louis Prang, who, in 1875, began mass producing affordable cards that made it possible for Americans to begin the tradition of exchanging greetings at Christmastime. His earliest cards featured children, robins, flowers, plants, and snow scenes. They were things of beauty - often adorned with ribbons, lace, satin, and

fringe. Although Prang's cards were the most popular, they were not the cheapest. Prices ranged from 75 cents to \$1.25. To stimulate interest, Prang ran design contests with prize money reaching as high as a \$1,000. By 1890, all sorts of companies were producing Christmas cards. The market was flooded with cheap cards, and Prang quit in frustration.



It was really the postcard boom that ended the production of those beautiful early Victorian cards. The "penny postcard" made it inexpensive to buy and send cards. Many

of the early American, German, and British cards featured beautiful colored illustrations of birds, bells, angels, dolls, toys, trees, religious scenes, and Santas. Originals are still sought after by collectors. Postcards with Santa Claus wearing a robe in brown, green, blue, purple, and even pink remain favorites. Embossing and silver and gold embellishments make them even more special.

Today, many of the designs have been reproduced and are for sale in stores and on the Internet. I've purchased some and I plan to do my part to continue the tradition of exchanging Christmas greetings. May you continue your favorite tradition this Holiday Season and spread the joy that is Christmas!

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## Stocking Stuffer Fun For The Whole Family

(NAPSI)—More and more shoppers are trying to stuff some family time into their Christmas stockings.

How? With games. They are an inexpensive gift that gives back to the family.

Gathering around the table with a fast-paced game is a perfect prescription for happier holiday memories. Some of the best new board games don't even come with a board—they come with things like action-packed dice or playful letter tiles. Today's games are often designed for speed of play and versatility, and have something for players of practically all ages.

Some are also made to be played on a smartphone against others so you can stay connected and turn those holiday laughs into ongoing fun from afar. Two of the latest are Square Shooters and Dabble.

**Shake Things Up With Cards On Dice:** If you love card games, Square Shooters is a game that shakes up the action. It features the world's first deck of playing cards printed on nine dice. This award winner is fun enough in its basic form—players vie for points by rolling the dice to match poker hands—but what makes it special are the endless possibilities. Players can try a dice version of almost any card game, from poker to rummy. The game is available at Walmart, Walgreens and Target—and free on the iPhone.

**Bring Generations Together With A New Word Game:** Want something everyone in the family can enjoy? Consider Dabble, an award-winning game that's great for children and adults. At the core of the game lies a fast-paced word game that will help children develop many useful skills—including vocabulary, spelling and quick thinking. Each player gets 20 tiles, and the first player to make five words using his or her 20 tiles wins. You can learn how to play in seconds yet be challenged for a lifetime. Dabble is available at Barnes & Noble and Amazon. There's an app for it for the iPhone, iPad, Google Play, Kindle Fire, Nook and free on Facebook.

To learn more, visit [www.squareshooters.com](http://www.squareshooters.com) and [www.dabblegame.com](http://www.dabblegame.com)

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# LIGHTS OF LOVE PROJECT SET AT THE BELLEVUE HOSPITAL

The Bellevue Hospital Foundation is once again sponsoring the annual Lights of Love. Donations are now being accepted to purchase a Light of Love in honor or in memory of a loved one. Donors can also purchase a personalized red heart keepsake ornament in honor or memory of a loved one.

“The 28th annual event is a time when community members may lovingly remember those special individuals who have touched their hearts,” said Kate Herring, Foundation Director. “Cost of each light is \$5 while the cost of the keepsake ornament (which includes a Light of Love on the tree) will be \$15, and all proceeds will benefit the Foundation’s charitable projects.”

The Lights of Love tree will be on display at TBH beginning the first week of December and continuing through the holiday season. The trees will be displayed in the Main Entrance hallway and will feature white lights changing to red lights of love bulbs as purchases are made in honor or memory of a loved one.

Lights of Love or keepsake ornament orders can be made at any time through the holiday season. Checks should be made payable to The Bellevue Hospital Foundation. Forms are available at the Gift Shop, by contacting TBH Administration at 419.483.4040, Ext. 4200, or online at [www.tbhfoundation.com](http://www.tbhfoundation.com).

Participants can also order their Lights of Love by enclosing a check or money order and the following information: name, address, city, state, zip, how many lights ordered (at \$5 each), how many ornaments (\$15 each) and in honor or memory of whom. Send payment and information to TBH Foundation, 1400 W. Main St., Bellevue, OH 44811.

# Perfecting The Classic Pecan Pie

(NAPSI)—Time spent sharing a traditional holiday treat with family and friends can be a wonderful way to sweeten your day.

Here, for Christmas, is a Classic Pecan Pie recipe created by the trusted experts at Karo Syrup’s Test Kitchen.

Plus, for a definite crowd-pleaser at any family gathering, try this Creamy Caramelized Onion and Bacon Dip, delicious and easy to serve with kettle chips, snack crackers or fresh vegetables.

## Classic Pecan Pie

Prep Time: 5 minutes  
Bake Time: 60 to 70 minutes  
Cool Time: 2 hours  
Yield: 8 servings

- 1 cup Karo® Light OR Dark Corn Syrup
- 3 eggs
- 1 cup sugar
- 2 tablespoons butter, melted
- 1 teaspoon Spice Islands® Pure Vanilla Extract
- 1½ cups (6 ounces) pecans
- 1 (9-inch) unbaked or frozen\* deep-dish pie crust

Preheat oven to 350° F.

Mix corn syrup, eggs, sugar, butter and vanilla using a spoon. Stir in pecans. Pour filling into pie crust.

Bake on center rack of oven for 60 to 70 minutes. Cool for 2 hours on wire rack before serving.

\*To use prepared frozen pie crust: Place cookie sheet in oven and preheat oven as directed. Pour filling into frozen crust and bake on preheated cookie sheet.

Recipe Note: Pie is done when center reaches 200° F. Tap center surface of pie lightly—it should spring back when done. For easy cleanup, spray pie pan with cooking spray before placing pie crust in pan. If pie crust is overbrowning, cover edges with foil.

## Creamy Carmelized Onion and Bacon Dip

Prep Time: 15 minutes  
Cook Time: 25 to 30 minutes  
Cool Time: 20 minutes  
Yield: 4 cups

- 8 ounces bacon (6 to 8 strips)
- 2 tablespoons butter
- 1 medium-sweet onion, chopped
- 1 medium red onion, chopped
- 2 tablespoons Karo® Dark Corn Syrup
- 1 tablespoon red wine vinegar
- 1 cup sour cream
- 1 package (8 ounces) cream cheese, softened
- ¼ cup diced green onions

Crumbled bacon and green onions (optional garnish)

Cook bacon in large skillet over medium heat until crisp, about 10 minutes. Remove bacon to paper towel-lined plate to cool; crumble. Remove all but 2 tablespoons of the bacon grease from skillet.

Add butter to skillet with bacon grease. Stir in sweet and red onions and cook over medium heat until soft (about 5 minutes), stirring frequently. Stir in 1 tablespoon corn syrup. Continue to cook for 10 to 15 minutes until onions are caramelized. Stir in remaining 1 tablespoon corn syrup, vinegar and crumbled bacon. Mix well and remove from heat. If needed, drain any excess grease. Let mixture cool for 20 minutes.

Beat sour cream and cream cheese in a bowl with hand mixer until well blended and creamy. Stir in green onions. Stir in caramelized onion and bacon mixture and mix well.

Serve immediately or chill until ready to serve. Garnish with additional bacon and green onions, if desired.

Recipe Note: While dark corn syrup is preferred, light corn syrup may be substituted if desired.

# Jenesis Salon

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**Jenn and Karla wish you Happy Holidays!**

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# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): You may be tempted to experiment with something entirely new or to change direction. Some other issue, however, may come full circle and shift your attention to financial concerns.

**TAURUS** (April 20-May 20): There's a Full Moon in your sign, so during the first few days of this month you might feel that everything is centered on you and your most important relationships. Others may influence your decisions.

**GEMINI** (May 21-June 20): The deeper the well the clearer the water. Don't be fooled by surface appearances. You may be attracted to an educational or travel opportunity that isn't what it seems to be.

**CANCER** (June 21-July 22): The Full Moon might illuminate your most important goals. You might realize which goals are top priorities and come to understand the best way to achieve them. Enlist friends for support.

**LEO** (July 23-Aug. 22): Business matters or fulfilling your ambitions could be overriding considerations in the month ahead. If you use your energy wisely, you can get a project off the ground and make it a striking success.

**VIRGO** (Aug. 23-Sept. 22): Belly up to the bar and drink deeply to new friendships. Friends could be lovers, too, or they could just be coworkers, you might find that a friendship could blossom into something more significant.

**LIBRA** (Sept. 23-Oct. 22): Think before you act. Relationships will run smoothly if you're wise enough to

forgive a harsh word. Business agreements that are put together should prove profitable.

**SCORPIO** (Oct. 23-Nov. 21): Listen closely this month. Someone might hum a few bars of "You Light up My Life." You may realize who's sincerely affectionate and who's a passing fancy.

**SAGITTARIUS** (Nov. 22-Dec. 21): Don't be intimidated by power and money in the month ahead. You won't fear something if you learn more about it. Embrace your passions and let them guide you to success by being persistent.

**CAPRICORN** (Dec. 22-Jan. 19): In the coming month you may be pressured to keep on track with finances. Because you may be distracted by personal matters you could overlook fine print. Keep your head in the midst of a family crisis.

**AQUARIUS** (Jan. 20-Feb. 18): You could be blind to kindness when you should be kind to the blind. In the upcoming month, when looking both ways before crossing the street you should also look out for others who need assistance.

**PISCES** (Feb. 19-March 20): Have faith in your abilities. In the month to come, other people will give you the benefit of the doubt, which will bolster your confidence. Remain skeptical of opinions that are presented as facts.

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## Humane Society of Sandusky County Needs Your Help!

Please consider the following as a year end donation to benefit the shelter. Over 400 dogs and cats were placed this year in homes, help us continue our mission to care for abused, neglected and unwanted pets in Sandusky County.

**\$30** to feed an abandoned cat or dog for a month



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### Upcoming Shelter Events

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**Q:** Razzie, our 2 1/2-year-old Weimaraner, will take a mouthful of food, then walk away from his dish. He goes somewhere else in the house, drops it and then proceeds to eat it piece by piece. He will return to his dish and do the same thing, only taking the mouthful somewhere else to drop and eat. We have noticed that if we are in the living room, he will bring the food there and drop it and eat. We were wondering if you have any ideas for us to try to get Razzie to stop "eating on the go." - C.P.V.

**A:** First, absolutely see your veterinarian to rule out any dental-related explanation. Dog trainer Tamar Geller, who spoke at last week's ACES International Conference for Animal Welfare in San Diego, says: "It might be the dog doesn't feel safe eating at the bowl. Or perhaps it's that this most often occurs because your dog doesn't feel safe without you being there, and wants to eat wherever you (or other family members) are."

Geller's suggestion: "Hand-feed your dog at the bowl a piece or two of kibble at a time, but add in a special treat every 10 pieces or so. Once that goes well for a few days, now drop the pieces two or three at a time into the food bowl with a special treat going in once in a while. The idea is to make it a pleasure to eat from the food bowl."

If it's a matter of her wanting to eat only in the presence of you or other family members, then take the food bowl into the living

room or wherever you are. A few inches at a time, back the bowl up day by day toward the kitchen or the room where you ultimately want the bowl. It may take weeks, but if you go slowly, Razzie won't likely notice that soon she'll be chowing down his food in another room.

**Q:** Our cat was diagnosed with hyperthyroid disease. We're trying to learn which treats are safe to offer her. She is being fed the y/d (prescription diet). Also, can she have cat grass or catnip? Our veterinarian isn't sure. - A.P.

**A:** Dr. Mark Peterson, a veterinary endocrinologist based in New York City, is one of the world's foremost authorities on this topic. He says the Hill's prescription y/d diet is one of two possible treatments for feline hyperthyroid disease. The other is medication. These treatments control symptoms. However, radioactive iodine treatment or surgery can cure the disease. Surgery is rarely used these days because radioactive iodine treatment isn't invasive.

Peterson says that one concern about treating hyperthyroid disease with the y/d diet is that the cats who are on it can't eat other food or enjoy treats. He says he's unaware whether there are acceptable treats and suggests you contact the y/d manufacturer (Hill's Pet Nutrition).

"We get iodine in beef, for example, from cows who eat grass with iodine in the

soil," Peterson says. "I'm not sure if there's potentially enough iodine in the soil of these products to affect the cats or not."

You didn't mention the age of your cat. Generally, cats who are over 10 or 12 or so are most likely to be diagnosed with hyperthyroid disease. Peterson says that for elderly cats nearer to 20 years old, or cats with other health problems, he can better understand the choice to use the y/d diet or medication. But for a more long-term solution with relatively younger cats (closer to

10 years old), seeking a cure seems to make sense (and might also be most cost-effective for owners).

*(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve dale.tv. Include your name, city and state.)*

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Eagle 99	Mane Event	Peggy Tod
Eagle Isle	Mary's Pampered Pets	Tom's Tire
Forget Me Knot Massage	Joanne & Pete McDowell	Audrey Veleba
Fremont Floor Covering	Miller Boat Line	Joanne Darr Wagner
Fremont Monumental	Mr. Ed's	Whitey's Diner
Good Ole Days	Dr Penny Mullins &	Mandy Woodbury
Inge Green	Tim Braun	Wormburners
Gries Seed Farm	Chris O'Brien &	Teresa Wright
Nancy Haley	Allison Walter	YMCA
Hall's Farm Market	Perfect Ten	

*Special Thank You to UPS Store, Brad Kleper, Fred Wolf, Lee's Chicken, Kroger's West & the Moose Lodge*



**DECEMBER SPECIAL**  
Adopt one cat and get one free,  
kittens also



### Pet Photos with Santa Claus

December 7th from 12pm-4pm - Rural King  
December 8th from 12pm-4pm - Tractor Supply

#### Pets, Children & Adults Welcome

Two 5 x 7 Photos \$10.00  
Each additional photo \$5.00  
Disk with all photos \$25.00

Proceeds benefit the Humane Society of  
Sandusky County



2520 Port Clinton Rd, Fremont, OH  
419-334-4517 [www.hs-sc.org](http://www.hs-sc.org)





# Calendar of Events

December 2013 – Sandusky County

**2/1-01/5:** Hayes Train Special, 12 PM. Everyone is a kid again as they watch eight different model trains travel a 12x24-foot, three-tier model train layout. All of the trains are styles that relate to 19th U.S. President Rutherford B. Hayes and his family. Visitors act as engineers lifting gates, flashing lights, sounding the whistle, and more, via a series of interactive buttons. [www.rbhayes.org](http://www.rbhayes.org)

**12/6-8:** Once Upon a Christmas in Downtown Fremont. Christmas parade on Dec 7th at 4PM, visit Downtown Fremont for this annual holiday event that promises to offer jolly merchants, magical treats, joyous music, festive gifts and merriment for all. [www.DowntownFremontOhio.org](http://www.DowntownFremontOhio.org)

**12/6-8. 13-15,** Brighton Beach Memoirs, Fremont Community Theatre, 8 PM and Sunday @ 2pm, 12 adults, 10 seniors. Brighton Beach Memoirs. 8:00 PM. A young teen writer is the narrator and central character. Dreaming of baseball and girls, he must cope with his family life, formidable mother, over-worked father, worldly older brother and widowed aunt and her two young daughters. <http://www.fremontcommunitytheatre.com>

**12/7-8:** Clyde Christmas Fest Downtown Clyde. Share in the tradition of the "Northern Lights" parade and participate in the tree lighting ceremony as "Silent Night" is heard throughout the crowd. [www.clydechristmasfest.com](http://www.clydechristmasfest.com)

**12/7:** Midnight Railer's, The Strand Concert Theater, 220 S. Front St, Fremont, 7PM, \$10 at the door

**12/7:** Olde Fashioned Christmas, Adolphus Kraemer Park, Church Street, Oak Harbor, 4:45 PM.

**12/13:** Northcoast Arts Alliance Holiday Reception, Historic Lyme Village, Bellevue, 6:30 PM, free. Join members of the NAA in a special holiday reception in the mansion of the Historic Lyme Village. Enjoy the wonderful music of the Northern Ohio Regional Flute Choir. [www.northcoastarts.com](http://www.northcoastarts.com)

**12/14:** Second Annual Secret Santa Run, Grace Community Church, 900 Smith Rd., Fremont, 9 AM \$20. Come run with Santa in your most "Christmassy Fa-la-la-la-la" outfit that you can come up with. Registration begins 30 minutes prior to the 5K and refreshments and voting will begin as soon as all runners are back. Registration forms can be found at [www.switchitup.net](http://www.switchitup.net). Send your completed registration form and \$20 check to Angie Schroeder, LLC at 96 Whitney Dr. in Fremont, OH 43420.

**12/14:** Twistin'Tarantulas, The Strand Concert Theater, 220 S. Front St, Fremont, 7PM, \$10. Classic Rock-A-Billy music from Detroit. [thestrandconcerttheater.com](http://thestrandconcerttheater.com)

**12/26-31:** Horse-Drawn Sleigh Rides through Spiegel Grove, 1PM, \$3/per rider.

## Classifieds

### SERVICES

Merry Christmas from Dust Free Cleaning for all your holiday cleaning needs! \$12 per hour, four hour minimum, references, insured. Call Dust Free Cleaning today at 419-603-6667.

### HELP WANTED

Part time seamstress needed. Apply at Quality Cleaners, 142 Austin St., Fremont. Or call (419) 332-5951

*It is never too late to place a classified ad in Lifestyles. Just mail your \$25 with your ad info to 30 Ponds Side Drive in Fremont by the 20th of the month. Merry Christmas!*



Call for  
Specials

Gift  
Certificates

**April L. Smith**  
Clairvoyant Psychic  
[Asartist13@gmail.com](mailto:Asartist13@gmail.com)

Cell : 567-207-7273  
Leave a message or Text  
By Appointment Only

20 minutes for \$25  
Medium ~ Card Reader ~ Past Life

### A X-Pro Tree Service LLC



**Ron Zenisek**

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Fremont OH 43420  
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### HALL RENTALS AVAILABLE

Start Planning Now!

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### THE POND BUILDERS

Remember The Pond Builders  
for Your Holiday Shopping

Fountains, Cement Statuary • Wind chimes  
Fairy Garden Items • Garden Accessories

Open till 12-21-13  
Thursday & Friday 9-5 Saturday 9-3

1639 State Route 590 • Burgoon  
419-334-4497  
[www.thepondbuilders.net](http://www.thepondbuilders.net)

### Forget Me Knot Massage



**New Owner**  
Kaylin Berger  
814 Croghan St. Fremont


**Phone**  
567-201-3448

\$5 off

Massage Therapist, Reflexology,  
and Pregnancy Massage • Gift Certificates

Expires 12/30/13

Happy Holidays From Your Friends At



Elmwood  
Communities

Tiffin ■ Fremont ■ Green Springs ■ New Bremen

### 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

Wednesday Bingo, 1st & 3rd  
monthly Doors open – and  
pull tabs sold - at noon.  
Bingo starts at 2 pm

# Memorial Hospital: Investing in Quality

Memorial Hospital's new Optima\* CT660 from GE Healthcare delivers what's important to our patients: *high quality images at a potentially lower radiation dose.*

- ASiR\* low dose technologies (up to a 40% lower dose)
- Potentially safer for children, elderly and repeat CT patients
- Shorter breath-holds for patients
- High-resolution images
- Optimized dose levels
- Sub-millimeter slice thickness
- An experience designed for patient comfort
- The new CT scanner was installed as part of Memorial Hospital's 2013, \$2 million facility improvement project



**Lower Doses—Quality Images**  
*A safer way to CT*



**Nathan Egbert, M.D.**  
*Medical Director, Diagnostic Imaging*

\* Trademark of General Electric Company

\*In clinical practice, the use of ASiR may reduce CT patient dose depending on the clinical task, patient size, anatomical location and clinical practice. A consultation with a radiologist and a physicist should be made to determine the appropriate dose to obtain diagnostic image quality for the particular clinical task.

**MEMORIAL**  
H O S P I T A L  
*memorialhcs.org*

Call Memorial Hospital at  
419.334.6605 for more information.