

2000 Lifestyles

Free

Vol. 16 Issue 12

December 2014



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29th Annual

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Lifestyles 2000

December 14

Vol. 16 • Issue 12

www.lifestyles2000.net



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You may be too picky to reach your peak. If you're frustrated by the demands of a job or high expectations, crack a book and study how other people have improved their organizational skills.

TAURUS (April 20-May 20): Time is the wisest counselor. Exercise patience when dealing with others and avoid being goaded into making a hasty decision. Social activities should be planned for the end of the month.

GEMINI (May 21-June 20): Take it easy. Where love is concerned, you can count on finding someone to stick with you through thick and thin. Don't travel too far afield or take risks to entertain yourself.

CANCER (June 21-July 22): Go after the whale, not the goldfish. Let sound advice and experience guide you to market what you're selling to the right buyer. A poor choice could waste both time and resources.

LEO (July 23-Aug. 22): Apply steely determination to achieve your goals. Your sex appeal is on the rise and you can juggle business, financial matters and relationships with a deft hand.

VIRGO (Aug. 23-Sept. 22): Grapevines don't always bear fruit. Be sure to gather your own facts from reliable sources before reaching any conclusions. Wait until later in the month when you know the real truth before putting plans into motion.

LIBRA (Sept. 23-Oct. 22): A bustle in your hedgerow doesn't mean you must jump into action like a jack rabbit. You may not be aware of all the details or find that some crucial information isn't available, use good business sense.

SCORPIO (Oct. 23-Nov. 21): Don't take on more than you can handle. Don't let little irritations get under your skin. Spend time in meditation, considering the big picture and how it affects your long-term goals.

SAGITTARIUS (Nov. 22-Dec. 21): Count to 10. You may be impatient and make snap decisions you might regret later. When you look through the wrong end of binoculars, the view may be out of kilter.

CAPRICORN (Dec. 22-Jan. 19): Keep doing what you've been doing. You're focused on being a business success, and that could overpower your social life. Count to 10 before you voice an opinion and don't let little irritations ruffle your feathers.

AQUARIUS (Jan. 20-Feb. 18): The week ahead may challenge your ability to lead others or assert yourself. You may be frustrated by a heavy schedule, but someone special may be caught under your spell and bring a smile to your face.

PISCES (Feb. 19-March 20): Be the listener, not the speaker. Be willing to receive, and to accept, the benefit of someone else's wisdom and experience. Be the student, and with the knowledge gained, you can become a master.

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GRAPHIC DESIGN

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Advertising/General Information

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

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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

We want to wish you and yours a very Merry Christmas from all of us at Lifestyles2000.



We look forward to 2015 and our 16th year. Although we cannot believe it has been that long, the years have flown by for us, I guess that is the best part of doing what you love! Have a fantastic December.

God bless, see you in January!

Joanne & Pete



We thought the November contest wasn't that difficult, but less than a hundred people got it right! Valley View Healthcare was the correct answer.

Find Pete Winners

Congrats to our winners: Neil Wilson, Oak Harbor; Becky McElfresh, Clara Thrun, Vicki Houdeshell, Jillian Tarolli, Herman Foos, Kim Ottney, Chris Reed, Mary Franks, Arlene Lenhart, Amanda Crispin, Linda Herring, MiMi Risner, Fremont; Matthew Wasserman, Aaron Stanley, Arcadia Dodson, Clyde; LaDona Weisenberger, Joel Bickhart, Gail Myers, Lora Butz, Bellevue and Carol Woodrick of Lindsey. Lots of women winners this month!

Find Pete Prizes

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

Find Pete Contest Rules

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

Out to Lunch

By Joanne McDowell



Paulette's

We recently had an appointment in Tiffin and asked for a recommendation for lunch. Since we usually go to TJ Willie's we thought it was time for a change. We were told to try a local diner called Paulette's, it is located on the corner of Sandusky Avenue and Market Street, right below the billboard and just past Tiffin University.

As you can see by the sign board, there are numerous luncheon specials. We opted for the menu choices; Pete had a Philly Cheesesteak wrap and I tried the homemade sausage gravy with biscuits (obviously cutting calories was not important!) I had the half order and it ran \$3.25. (There was also a home fries with sausage gravy choice.) Breakfast specials, including one with two pancakes, sausage, bacon and eggs looked quite interesting, as well as Senior breakfast specials that included coffee.

Pete liked his wrap that came with Ballreich chips, I thought the gravy was just so-so, or maybe it was the biscuits, either way it was not something I would try again. There was such a large variety of specials on the board that I think that is probably the way to



go. Four homemade soups were listed and several sandwich selections. Everything was fairly priced.

The best part, there were seven desserts listed, primarily pie, including apple, peach, blueberry, pumpkin and cherry! As Bubba used to say, "save the fork". (Gosh I miss his column). We opted for a piece of peach pie and Apple Crisp to go. Both were delicious!

Our total bill, including a tip, was \$23.00, not bad for lunch and dessert. Don't go for the ambiance, it is totally a diner with comfort food, but I think it is worth the drive. Enjoy!

As the
2014 Holiday Season approaches
our thoughts turn gratefully to those
who have made our progress possible.

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DEAR MAYO CLINIC: I was recently put on medication for high blood pressure. Does it matter what time I take it? I thought I was supposed to take it before I go to bed. But when I do, I'm up all night using the bathroom. Also, is this medication something I will have to take for life?

ANSWER: It usually is not necessary to take your blood pressure medication at night, unless your doctor has told you to do so. Whether or not you have to take the medication for the rest of your life depends on a variety of factors.

In some cases, lifestyle changes can lower or eliminate the need for blood pressure medication. What you eat and how much you exercise can help control blood pressure. Lowering the amount of salt in your diet and eating plenty of fruits and vegetables, along with whole grains and low-fat dairy foods, can have a positive effect. Regular physical activity can also help lower blood pressure and keep your weight at a healthy level. Weight is a big factor in high blood pressure. Research has shown that, in people who

are overweight, lowering one's weight by just 10 percent can lower blood pressure.

Regarding the timing of when you take your medication, in the past many doctors did recommend taking blood pressure medication at night. That was based on the fact that heart attacks happen most often in the early morning. In theory, bringing blood pressure down during the night lowers the risk for a heart attack in the morning.

The reality does not match up with that theory for several reasons. First, blood pressure naturally tends to drop during the night in people who do not have high blood pressure, as well as in most people who do. That means there's typically not a critical need for medication to lower blood pressure during the overnight hours. Second, today's blood pressure medications last quite a while. In many cases, they only need to be taken once every 24 hours. When you take the medications during those 24 hours should not matter, as long as you take them at the same time every day.

Experiencing disturbed sleep when taking blood pressure medications before bedtime is a common issue. Diuretics are the most frequently prescribed blood pressure medications. They work by helping your kidneys get rid of extra salt and water. They are often quite effective in lowering blood pressure. But they can make you go to the bathroom more often, especially in the hours right after you take them. To avoid this problem, you may want to start taking your blood pressure medication in the morning.

How long you will need to take blood pressure medication is hard to predict. Once they start taking medication to lower blood pressure, some people do continue to take it for the rest of their lives. However, there are steps you can take that may reduce your need for blood pressure medication.

In addition to the diet and exercise changes mentioned above, if you choose to drink alcohol, limit the amount you drink. Women and anyone older than 65 should not have more than one alcoholic drink a day. Men younger than 65 should

have no more than two drinks per day. Also, try to manage stress in healthy ways. Although stress by itself does not cause high blood pressure, having a lot of daily stress does make it more difficult to treat the condition.

These self-care steps may help bring your blood pressure down. If that happens, you may be able to take less of your medications or eventually stop taking blood pressure medication completely. Talk to your doctor about making lifestyle changes that can help. Do not make any changes in your blood pressure medication until you talk to your doctor. - Michael Hogan, M.D., Nephrology and Hypertension, Mayo Clinic, Scottsdale, Ariz.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT SIGN\)mayo.edu](mailto:medicaledge(AT SIGN)mayo.edu). For more information, visit www.mayoclinic.org.)

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Merry Christmas



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Women's
HEALTH SPECIALISTS

"Grate" Treats & Eats

By: Chris Timko-Grate

Here it comes, the busiest month of the year, party planning, shopping, cleaning, decorating, cards, and cooking! It is November as I write this and Thanksgiving is about two weeks away. It is already planned, so now I have been starting on the Christmas list. I do not want to be running around trying to figure out what needs to be done at the last minute, so the plan is to get all my lists together and get myself organized! I can hit the sales and get my shopping done way before Christmas Eve day. Last year I was recovering from my second surgery during the holidays and I didn't have much energy to get out and kept putting it off. So the goal is to start early, hope I can stick to the plan!

This month I am going to share appetizer and cookie recipes with you, so that you can work these into your celebrations. Enjoy the recipes and have a very blessed Holiday Season.

*Cocktail Biscuits

4 $\frac{3}{4}$ cups unbleached flour
3 tablespoons baking powder
1 teaspoon salt
1 $\frac{3}{4}$ cups unsalted butter, divided
 $\frac{1}{4}$ cup plus 2 tablespoons shortening
1 $\frac{1}{2}$ cups milk
3 cups minced fresh mushrooms
6 shallots, minced
1 $\frac{3}{4}$ cups finely chopped smoked ham
7 green onions, finely chopped
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground pepper
Fresh Herb Cream Cheese (see below)
Combine flour, baking powder and salt. Cut in 1 $\frac{1}{2}$ cups butter and shortening with a pastry blender until mixture resembles coarse meal. Add milk stirring until mixture forms a dough. Cover

with plastic wrap, and chill for 8 hours. Place remaining $\frac{1}{4}$ cup butter in a large skillet, cook over medium heat until melted. Sauté mushrooms and shallots in butter until tender. Add ham, green onions, $\frac{1}{2}$ teaspoon salt and pepper. Cook 4 more minutes or until onions are tender.

Combine dough and mushroom mixture, kneading until well blended. Shape dough into 1-inch balls, and place on lightly greased baking sheets. Press thumb into each biscuit, leaving an indentation. Bake at 450 degrees for 12 – 14 minutes or until golden brown. Let cool on wire racks. Spoon 1 teaspoon Fresh Herb Cream Cheese into each indentation. Makes 8 dozen

*Fresh Herb Cream Cheese

2 8oz packages cream cheese, softened
3 tablespoons half and half
 $\frac{1}{4}$ cup chopped fresh dill weed
3 cloves garlic, minced
1 $\frac{1}{2}$ teaspoons chopped fresh chives
 $\frac{1}{4}$ teaspoon hot sauce
 $\frac{1}{4}$ teaspoon fresh ground pepper
Combine cream cheese and half and half in medium bowl, stirring well. Add rest of ingredients, cover and chill 8 hours.
Makes 2 cups Note-You now can buy flavored cream cheese spreads, they have various flavors to choose from; I would buy 2 or 3 different ones and have a variety!

*Spinach-Cheese Squares

$\frac{1}{3}$ cup melted butter
3 eggs beaten
1 cup flour
1 cup milk
1 teaspoon salt

1 teaspoon baking powder
16oz Monterey Jack cheese
3 cups drained, thawed chopped frozen spinach leaves
Optional – $\frac{1}{2}$ to $\frac{3}{4}$ cup finely chopped red pepper

Coat a 9x13 inch baking dish with melted butter. Beat eggs, flour, milk, salt, and baking powder in bowl. Stir in cheese, spinach and red pepper. Spoon mixture into prepared dish. Bake at 350 degrees for 35 to 45 minutes or until edges are slightly brown; cool. Cut into small squares to serve.

*Creamy Nacho-Chili Dip

1 15-ounce can chili without beans
1 10-ounce can nacho cheese soup
8-ounce cream cheese softened
1 12-ounce package corn chips
Combine chili, soup, and cream cheese in saucepan. Cook over low heat until heated through, stirring frequently. Serve in a slow cooker or chafing dish with corn chips on the side.

*Toffee Nut Bars

Bottom Layer
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup confectioner's sugar
Blend above ingredients and stir in 1 cup all-purpose flour
Press with hand into bottom of 13x9 pan; bake 10 minutes at 350 degrees
Beat well 2 eggs
Stir in 1 $\frac{1}{2}$ cups brown sugar
1 teaspoon vanilla
1 cup moist shredded coconut
1 cup pecans or walnuts
2 tablespoons flour
1 teaspoon baking powder

Mix well, pour on top of crust, and bake about 25 minutes at 350 degrees until golden brown. Cool slightly and while warm, cut into squares. Keep in air tight container.

*Sand Tarts

2 cups butter
4 cups brown sugar
3 eggs
2 teaspoons vanilla
1 teaspoon salt
6 cups flour
1 egg beaten in a bowl by itself
Cream butter, sugar, 3 eggs, vanilla, and salt. Blend in flour. Refrigerate. Roll real thin, cut into squares, diamonds, and circles. Brush with beaten egg with 1 teaspoon water added and sprinkle chopped nuts on top. Bake in 350 degree oven 10 – 12 minutes. This is a large recipe you might want to cut in half.

*Butter Nut Balls

1 cup butter
 $\frac{1}{2}$ cup sugar
2 egg yolks
2 $\frac{3}{4}$ cups flour
 $\frac{1}{4}$ teaspoon salt
1 cup chopped nut meats
2 egg whites
Candied cherries
Cream butter, add sugar gradually. Add unbeaten egg yolks. Beat well. Sift flour and salt, add to butter mixture. Shape into balls the size of a walnut. Roll into slightly beaten egg whites, then in nut meats. Place on greased cookie sheet and press half a candied cherry into each ball flattening it to about $\frac{1}{2}$ inch thickness. Bake 30 minutes at 325 degrees



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Calendar of Events

December 2014 – Sandusky County

Dec 5: Toledo Symphony Orchestra Christmas Concert, Clyde High School Auditorium, 1015 Race St, 7:30-9:30pm, \$20. All seats are reserved. 419-547-0588 or www.communitiesforthearts.org

Dec. 5, 12, 19: Fremont Fridays in Downtown, 10am-8pm.

Dec. 5 & 6: Once Upon A Christmas Events in Downtown. This wonderful Holiday event will offer getting your picture taken with Santa at his House, the lighting of a Christmas Tree, Sleigh Rides and Carolers. All of the unique downtown businesses will be open and offer specials and great customer service. A special showing of FROZEN at Paramount Cinema at 2pm. www.downtownfremontohio.org

Dec. 6: Fremont's Annual Holiday Parade, 4pm.

Dec. 6: If You Just Believe, featuring Terra Choral Society 8pm, Sandusky State Theatre, 107 Columbus Ave., Sandusky. Cost: \$10/ ticket, call 419-559-2379. Tickets at the door.

Dec. 6: Christmas Cookies and More, 10am- 2pm, Fremont First Presbyterian Church, 121 S. Park Ave. Featuring Christmas Cookies and many other holiday items. Everyone Is invited to shop and enjoy a bowl of soup and a cup of coffee.

Dec. 7: If You Just Believe, featuring Terra Choral Society, 8pm, Terra State Community College, Building C. The wonderful holiday concert will feature traditional favorite Christmas hymns, including a tribute to the Greatest Generation! Cost: \$10/ ticket, 419-559-2379. Tickets at the door.

Dec. 11-14 & 18-21: Winter Wonderland, Sandusky County Fairgrounds, featuring kid's crafts, refreshments, visits with Santa, Carriage rides, Horse rides, Craft

& Vendor show, carolers, dance performers and more . www.sanduskycountyfair.com

Dec. 13: Second Saturdays R 4 Kids, Hayes Presidential Center, 11am-3pm, \$7.50adults, \$1/children. Topic: War Ends! Participants will experience being 'mustered in,' and learn about soldiers, officers, and military training. "The prices includes admission to the Hayes Museum where the special exhibit Buckeye President: Rutherford B. Hayes is on display. Those with "Family-level" or above memberships can attend free. Call 419-332-2081, ext. 230 for info.

Dec.15: The Historic Sandusky County Jail and Dungeon Tour" Times are: 5:30, 6, 6:30 & 7pm, admission \$2. The 1 hour Guided Tour includes the 1892 jail with ties to President Hayes, the 1840's Dungeon located underneath the Sandusky County Courthouse and the Gallows Exhibition Hall featuring the gallows used for the last hanging in Sandusky County. www.sanduskycounty.org

Dec. 20: Paper Snowflake Workshop 2- 4pm, Hayes Presidential Center. A Hands-on workshop on how to create an elaborate paper snowflakes. Register by 16th. 419-332-2081 or www.rbhayes.org.

Dec. 26-28, 30-31: Sleigh Rides in Spiegel Grove, 1-4pm, \$3per person.



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Financial Forecast

by Eliot Parker

Long-term Care... Did You Know?

- **About one-third of individual turning 65 in 2010 will need at least three months of nursing home care, 24% more than a year, and 9% more than five years.**
 (Source: what is the Distribution of Lifetime Health Care costs from Age 65?, Center from Retirement Research at Boston College, March 2010)
- **About 71% of nursing home residents are women.**
 (Source: CDC Vital and Health Statistics, Series 13, No. 167, June 2009)
- **The national median daily rate in 2013 for a private room in a nursing home was \$230, an increase of 3.6% from 2012.**
 Source: Genworth 2013 Cost of Care Survey, March 2013)
- **The average length of a nursing home stay is 835 days.**
 (Source: CDC Vital and Health Statistics, Series 13, No. 167, June 2009)
- **At a median daily rate of \$230, an average nursing home stay of 835 days currently costs over \$192,000, making it virtually unaffordable for many Americans.**
- **Medicare does not pay for long-term care services, as explained by the Social Security Administration:**
 "About Social Security and Medicare... Social Security pays retirement, disability, family and survivors benefits. Medicare, a separate program run by the Centers for Medicare & Medicaid Services, helps pay for inpatient hospital care, nursing care, doctors' fees, drugs, and other medical services and supplies to people age 65 and older, as well as to people who have been receiving Social Security disability benefits for two years or more. Medicare does not pay for long-term care, so you may want to consider options for private insurance."

Please contact my office if you're interested in discussing possible long-term care funding solutions. 419-332-1111



Senior Benefit Services

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Both parents and children should know the symptoms of food allergy

I often get calls or see a patient for an office visit with a parent concerned that their child may have "reacted" to something they ate.

Approximately 1 in 13 children have true food allergies. These children have an antibody response to a food which then triggers a cascade of symptoms. While any food is capable of causing an allergic reaction, there are eight foods that cause 90 percent of food allergies: milk, soy, egg, peanut, tree nuts, fish, shellfish and wheat.

The body's immune system is efficient in trying to fight off bacteria and viruses, but at times it seems to "get confused" and will develop antibodies (immunoglobulin E to be exact-IGE) to a protein in food. This may occur the first time you're exposed to the food or at any time in life.

The immune reaction is a complicated series of events beginning with a histamine response, which then triggers other chemicals in the body, as well, which then cause the symptoms of an allergic reaction. These symptoms may be as mild as sneezing or itchy areas on the skin to severe symptoms including swelling of face, lips or tongue, difficulty swallowing, difficulty breathing with wheezing and shortness of breath, nausea and vomiting.

Any symptom warrants attention. A severe reaction is called anaphylaxis and is a life-threatening event.

While some children may not yet be verbal when they're first exposed to a food, they may show signs of an allergic reaction by coughing, vomiting, pulling at their tongue or grabbing their neck. Parents need to be aware of such symptoms.

The most accurate way to diagnose a food allergy is by looking at the child's complete health history. There are also blood tests and skin tests that may help identify a food allergy. In some cases, an allergist may recommend a food challenge under a doctor's supervision.

Any child diagnosed with a food allergy needs to have an epinephrine pen available for an emergency. If the child is accidentally exposed to a food that

they're allergic to, the "epi" pen is used to prevent an anaphylactic reaction. Parents and caregivers need to be instructed on how to use the epinephrine injector.

I typically prescribe enough epinephrine pens so both parents have one, the school has one, there's one in the house, and if the child is old enough, that they carry one, as well. The importance of having the epinephrine available immediately cannot be emphasized enough.

There's a new product available called Auvi-Q, the first epinephrine auto-injector that talks you through the injection process. It's very helpful for children, parents or caregivers. Get more information at www.auvi-q.com.

Food allergies continue to be studied and there are currently some trials being done in which children are being desensitized to foods they're allergic to. I have several patients involved in studies who are undergoing peanut and milk de-sensitization with good results. These are exciting breakthroughs, for sure.

(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 <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.) (c) 2014, KIDSDR.COM

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This month's meeting will be offered to those that call and register to be a participant/ recipient with our New Reiki Practitioners that has completed and received their certification in Reiki. If you have completed Reiki Master Level and are planning to teach, this is an opportunity to also practice teaching a topic of your choice with an instructor Reiki Master Level Practitioners/ Instructor/Teacher.

We will be having an open discussion among people who are already practicing Reiki either at home or professionally. To make the best use of our time, I encourage you to contemplate and write out your question in advance and give it to me or another practitioner. If time allows we will try to get all your questions answered.

Reiki Level I and II class registration will also be available for the Friday, December 5, 1- 9 PM, Saturday 6, 8-4PM - Sunday 7, 12-4 PM.

Please call to register if you are attending for the first time, or to participate. All Reiki practitioners from any lineages or practice styles are welcome. Those that are taking the Home Study Course will be observed for technique and will receive contact hours toward class. Please contact Patricia Zilles, Reiki Master Practitioner / Teacher, 419-355-1283. The meeting will be Tues., December 9, 6-9 PM, The Bellevue Hospital Conf. Rm. A-B



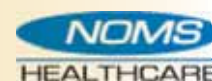
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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

I don't know how to tell you this... I have rehearsed it in my mind, and even started to write, only to wrinkle up the page, toss it in the waste basket and start over again. Then I thought, "Ms. Grace, you could take the easy way out and not write about it at all and just tell those who ask." No, not a good plan—all of my readers have walked the Pete and Patsy path with me from the beginning and so I need to share the story one more time.

When you read this, Pete will be with a new family in a place away from neighbors, where he can wander without getting into trouble, and I will not have any peacocks. I have a neighbor who has every right to not want my peacocks making a mess on her patio, and she has legally exercised her rights. The other three neighbors have been very tolerant and together we have enjoyed his (their) antics. We have worried together when a young Pete had gotten himself 35 ft. up in a tree and was afraid to come down or when Patsy was in the woods somewhere sitting on her eggs and then we celebrated her safe return with one chick. They and I will miss them and the next Pete and Patsy adventure that was always just around the corner. It has been fun. They were my feathered friends. I will think of them especially when I water the flowers, as they would see me and come on the run for me to make them a water puddle so they could drink. I will always treasure the good times, good memories and the good people who shared them with me.

As I write my thoughts naturally turn to the Christmas holiday. Days filled with special traditions, visits from family and friends, decorated houses and yards and children's wide-eyed faces and giggles of joy when we plug in the tree for the first time. As for me, I treasure exchanging "Merry Christmas" greetings with friends and people I don't even know.

But before we open that door, hopefully we have celebrated the holiday of this month—Thanksgiving. Let's be thankful for our warm houses that will enfold the families that come to visit and especially the children who bless our homes with laughter every day and fill them with love. We are thankful for the opportunity and responsibility we have to teach and guide those young ones as they grow and shape our nations future, an awesome task and a privileged blessing at the same time. We are thankful for a bountiful harvest and the good weather to do it in.

Life goes on here as we decorate the house, put the garlands on the fence and porch rails and prepare for "the Christmas Run" as we call it. It means lots of guests, families and company gatherings. It means lots of pies to bake, yeast rolls to make, potatoes to mash, salads to prepare and gallons of coffee to brew and serve to winter-chilled lunch and dinner guests. Okay, I'll confess I love every minute of it.

One of these happenings is our "Celebrate the New Season" event. This will be served on Saturday Dec. 20th. (Actual First day of winter is the 21st.) We will do a brunch at 10:30 a.m., guest can then be about the business of their day. The buffet menu will include sausage links, pancakes, breakfast casserole, fresh fruit, juice, coffee and, of course, Ms. Grace's warm cinnamon rolls. For reservations call 419-332-7427. We will take single reservations as well as multiples. Cost is \$12.00 per person. (includes tax/ tip) Come celebrate the new cold season in our warm house with old and new friends.

So, until next month—Send Christmas greetings—Support a cause that helps other—light a fire in the fireplace and share it with someone you love—read a Christmas story to a child and stop in the middle of the hustle and bustle—take a deep breath and whisper softly 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.

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Camp Fire News and Notes

It is hard to believe Christmas is almost here and yuletide spirit is filling up the community. We have some upcoming events to keep an eye out for like making sure to catch the holiday parade December 4th, 2014 at 4 p.m. There will be Camp Fire youth there to wish you a very Merry Christmas.

We are very excited to announce Camp Fire is hosting their first ever "Freezin' for A Reason" fundraiser. This event is for those who are brave enough to plunge into the chilly water on December 27th, 2014. For more information on being a sponsor or participant please contact the Camp Fire office at 419-332-8641.

On December 30th, 2014 we will be hosting a self reliance course for those who are fifth grade and older. This course is called, "I'm Taking Care" and involves many safety measures from staying home alone to being responsible for other children. The fee is just \$25.00 and is non-refundable if the participant cancels. Class will be held from 9:00 a.m. until 4:30 p.m. and pre-registration is required.

Annual poinsettia sales have come and gone and they were a success. Northcoast Horticulture provided the beautiful flowers. Some used them for décor and others for gifts. Thank you to all of those who supported Camp Fire and continue to do so.

If you would like to stay in touch with the most recent news with Camp Fire please feel free to like us on Facebook. We are always posting upcoming events, reminders, and very special thank you posts for some of our dedicated volunteers.

Camp Fire receives funding from United Way to assist in our club programs, self reliance courses, preschool classes and summer camps. United Way of Sandusky County has done great work in helping to improve the lives of those in our community. They encourage all community members to LIVE UNITED. Each of us has the power to advance the common good here when we give, advocate and volunteer. We thank you for your continual support.



Camp Fire

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Helen Marketti's Music Corner

Elvis & Ginger

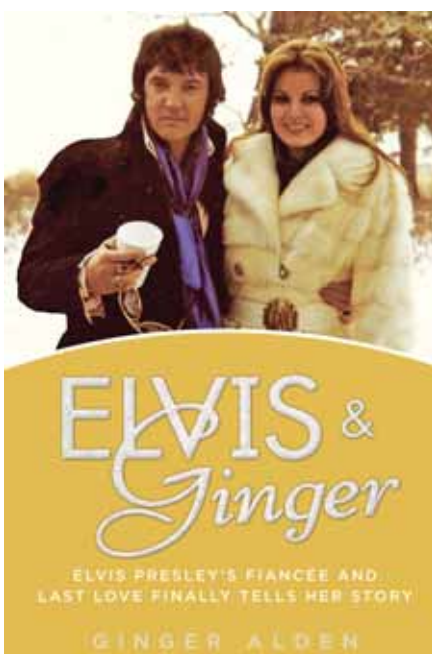


Elvis Presley's fiancée and last love finally tells her story.

(Excerpt from *Elvis & Ginger*) "Ginger, I've been searching for love for so long," Elvis said, "and never in my wildest dreams did I ever think I would find it in my own backyard. I've been sixty percent happy and forty percent happy but never a hundred percent. I've loved before but I've never been in love. Ginger, I'm asking you: Will you marry me?"

Ginger Alden first met Elvis Presley when she was 20 years old. Tagging along with her sister Terry who was a Tennessee beauty queen had been invited to visit Elvis at his Graceland home. It was Ginger who Elvis felt a strong attraction. She became his constant companion until he passed away on August 16, 1977. Their whirlwind relationship lasted nine months but was set to last a lifetime.

In her autobiography, *Elvis & Ginger* (Penguin Publishers, Sept. 2014), she has finally set the record straight about her relationship with the King of Rock and Roll. It has been 37 years since the music world was turned upside down by the passing of Elvis Presley at the age of 42. Ginger's presence in his life helped to keep him rooted in the real world without becoming one of the "yes" people that made up his constant entourage. This book is difficult to put down once you start turning the pages. It paints a true and realistic look at one of the world's most significant entertainers. We are given a warm and loving view into the generous heart of Elvis as well as the spoiled super star who some-



times threw temper tantrums to great extremes.

Elvis was fascinated and interested in spirituality, the metaphysical and visualization. He felt he had the power to heal people. He was a ninth-degree black belt in karate. He often purchased cars and homes for friends, loved ones or sales clerks. He also knew to some degree that some of the people working for him were there for a paycheck. He knew he could not call them his true friends. He often kept to himself in his bedroom or a hotel room, reading or watching television. His popularity kept him in seclusion.

His growing relationship with Ginger strengthened trust, devotion, honesty and love. He knew in his heart that Ginger was there for him. (Excerpt from *Elvis & Ginger*) "There will be a lot of people jealous of you," Elvis went on, "but you should always be a lady and if negative things are ever said just bow out gracefully."

Ginger kept her life with Elvis quiet until recently. She is married with a son who is now in college. She felt the time was right to share how her life was with Elvis. It is a story that is written with sincerity and detail.

(Excerpt from *Elvis & Ginger*) "No one can explain love, but I had an amazing story to tell about one of history's most influential performers and a complex and wonderful man. Just as you can't

capture lightening in a bottle and just as a photo is only a two-dimensional representation of a multidimensional moment, I knew it would be almost impossible to portray what it was like to be in love with, and loved by Elvis Presley... Whatever I wrote would sure-

ly fall short of the mark. Yet, I felt I owed it to him, to myself and to his fans to try...as a way of honoring him and the love we shared." "Elvis & Ginger" by Ginger Alden is available through Amazon.com as well as area bookstores.



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Zesta's Story

Zesta Johnson is a busy, single mother of three and executive chef. Always energetic, Zesta enthusiastically met the challenges of a long work day and active family. But one day she started to notice that she was fatigued. And it continued for almost a week — making it difficult to get through her work day, until one day she experienced such severe pain she went to the emergency room where she was examined and released with direction to follow up with her doctor.

Zesta followed up with her doctor, Dr. John Imm, Family Practice physician at Community Health Services (CHS). "Dr. Imm knows my medical history and what's normal for me," Zesta said. "He recognized changes in me that another doctor might miss." As a result, Dr. Imm ordered a series of tests that ultimately revealed a large tumor. "Dr. Imm thoroughly explained the tests I was having and why," Zesta explained. "Most people don't understand exactly what's going on in this type of situation, but you have to ask questions and Dr. Imm took the time to explain things in a way I could completely understand."

We never know when illness can strike. But in Zesta's case, having an established relationship with a doctor made all of the difference. "Dr. Imm knows me and sees me as a whole person — not just symptoms," Zesta commented. Thankfully, Zesta got the care she needed and just seven weeks later Zesta is back to work and feeling better every day.

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WHAT'S YOUR REASON?

If you have a story like Zesta's that you'd like to share, or tell us why you decided to get a physical, we'd love to hear from you! Your story may help to inspire others to do the same.

You can email your comments to TellUsYourStory@fremontCHS.com or message us on Facebook. You can also send us a tweet at [#CHSFremont](https://twitter.com/CHSFremont) [#WhatsYourReasonToGetAPhysical](https://twitter.com/WhatsYourReasonToGetAPhysical).

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2014 Community Christmas Project



This marks the twentieth year that Community Christmas will assist with holiday giving. The goal of this

Project is to avoid duplication in giving so that as many needy families and Senior Citizens as possible in our community can be helped during the holiday season. With the community's cooperation, we feel that we can continue to meet this goal. In 2013, over 140 businesses, churches, organizations and families provided holiday assistance to more than 3,000 Sandusky County residents. The Community Christmas Committee wants to thank all who have helped our community over the past 20 years! Anyone who would like to provide Christmas for families or seniors can contact



United Way First Call For Help to learn more about this project. Cash donations are also greatly appreciated as these contributions are used to provide food for those not adopted in another manner or to offset administrative costs of this program. For more information, call United Way First Call For Help, 419-334-2720 or 800-593-9444, or email jgarvey@uwsandco.org.

Applications for assistance must be completed and returned to either United Way First Call For Help or the Sandusky County Department of Job and Family Services no later than 4:30 pm on December 5th. Applications are available at any of the Sandusky County area libraries, the Sandusky County Food Pantry, the Sandusky County Department of Job and Family Services and the United Way First Call For Help office.

In Your Own Backyard

Sounds of the Season: Musical luncheon & program, Fremont Area Women's Connection, at Anjulina's Catering, 2270 W. Hayes Ave., Tuesday, Dec. 9, luncheon at 11am-12:30 pm, cost \$12 incl.

The Feature and Speaker is Terri Sevinsky, Garfield Heights, "An Optimistic Pessimist", who sees the sunshine through the clouds. Fran Benlein will be playing the piano. For luncheon and free child care, call by Dec. 4th, Donna- 419-680-2251 or email fawcluncheon@gmail.com

The Fremont Tree and Beautification Committee will be judging holiday home decorating on Sunday, Dec. 14th. Nominate your favorite home!

The Gibsonburg Faith United Methodist Church will be hosting their annual Christmas Bazaar and Ham Loaf Luncheon on Sat., Dec. 6th from 10am to 1pm. Adults \$7, children \$3, carryout available.

December 13th. Our annual **Cookie Walk** is being held at the **Green Springs United Methodist Church** on Broadway Street in Green Springs from 9 AM- Noon. Let our elves do the baking for you. Delicious homemade cookies and candies for \$7.00/lb. Questions, call 419-639-2100 and leave a message.

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Our Lady of the Pines Dec Events, call 419 332-6522 to register or email olprc@pinesretreat.org.

Dec. 2: 7pm Centering Prayer, The focus of Centering Prayer is the deepening of our relationship with Jesus. Free.

Dec. 3: 9-3: From Darkness into Light. We will pray and "be" with our own darkness knowing in the depths of our being that WITH DAWN, COMES LIGHT! Call to register.

Dec. 9: 7pm: A Tree Of Hope Prayer Service and Lighting Ceremony of the Christmas Tree.

Advent Overnight Weekend, Holy Listening. Dinner at 5:30pm, Dec. 12 to Sat., Dec.13, 3pm. Call to Register.

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The Terra Choral Society and the Terra State Department of Music invite area residents to an Open House on Sat., Dec. 13th from 10am until 1pm. This special event will be held in the Recital Hall in Building D on the campus of Terra State Community College. Enjoy a tour of the state-of-art recording studio and recital hall, along with entertainment provided by music students and staff. The Terra Choral Society will also be hosting a "Cookie Walk" where shoppers can select from the many dozens of home-made cookies and candies for their holiday entertaining. Special treats for your special canine friends, too! Cookies/candies are \$6 per pound with canine treats \$5 per pound. Containers provided. For info call 419-559-2233

Happy Holidays



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Robin's Bad Month / Happy Holidays!

"The chickens! Something's after them!" Robin came tearing out of the back room where she was working at the computer. "I saw something go past the window and now I don't see them! It better not be that dog again!" I heard a thump and a bang and turned around to see Robin lying face down on the floor. Babs, the dog, was standing in front of her barking and Robin was groaning.

I didn't know whether to check on Robin--she was still on the floor--or see if the chickens were being ripped apart. So, I ran to the back door in time to see our five hens strolling across the backyard. Since they didn't seem to be in immediate danger, I hurried back in to check on Robin who had picked herself up by then and was stretched out on the couch. She'd tripped over Babs, in her haste to save the chickens. Babs was ok but Robin had hit her head on the door jamb before she slipped and fell to the floor on her arm and hand. Fortunately, she wasn't bleeding and didn't appear to have a concussion or any broken bones.

A short time later, I walked out to give the girls a treat...and couldn't find them anywhere. A large bird flew out of the tree over by the pond. It was a Cooper's hawk--not the biggest, but a definite threat to chickens. That must have been what Robin saw go past the window.

Now I was starting to feel uneasy. I called and searched the field and the trees around the pond. I checked out their old coop but the door was shut and they couldn't have gotten in. There were no loose feathers so they had either got-

ten safely away (but where?) or something very large had scooped them all up and carried them off (unlikely). They were here somewhere....

I finally found them all--stressed, but unhurt--crammed in a corner under one of our old portable chicken coops. I crawled under and handed them out one by one to Robin, who had recovered somewhat by then, and carried them over to their new coop.

Although it was a painful fall--she wrenched her neck and back, and landed on her arm--we are very lucky that Robin didn't suffer a more serious injury.

Robin's Bad Month Part Two...

Not all of our wildlife stay on our property--some of them like to travel. Some of them like to ride in our cars--usually we don't know about them. Occasionally, we have found evidence that one (or more) was riding around in the trunk of one of the cars. Another time, during an oil change, a garage mechanic found a mouse nest--and the occupants--sightseeing from the engine of our old Chevy truck.

But, the strangest event occurred one afternoon as Robin was driving down 53 on her way to work. She stopped at a red light and glanced down at her phone to see if there were any messages about work. When she raised her head she was horrified to see a little field mouse pressed against the windshield in front of her face, peering in at her. (Ever since her grandfather told her that mice can run up your pant legs she has had a keen aversion (horror of) to mice.) Even



though she was sitting in the middle lane with cars all around her she reacted like any sane person in that situation would: she let out a howl, threw her hands up in the air and jerked around in the seat. Then the photographer took over and she considered trying to snap off a shot with her cell phone of the mouse clinging to the windshield, but at that moment the light changed to green and she decided against it. As the car accelerated, so did the little mouse...he was last seen flying up and over the roof of her car. (Her apologies to the driver of the car behind.) Needless to say, even though she was not thrilled with the mouse being there in the first place, she felt bad and would have prevented it if she could have.

The next day she scanned the roadside as she drove into work but could see no dead mice lying along the way. She'd

like to think he is either riding around in someone else's car or roaming through the bird seed department in Lowes or Walmart. We have learned to check the windshield wipers before we drive off.

Still looking for holiday gifts? Check out our etsy shop. We carry a variety of items hand carved from cottonwood bark and basswood--including Santas, birds, branch boxes, tree ornaments, chickens, trolls and gnomes. We also have turned wood wine bottle stoppers and ballpoint ink pens--as well as stunning photo note cards and frameable photos from our 12 Acres in Ohio. The website is: <https://www.etsy.com/shop/DuckMarshStudio>. You can contact her through her etsy store or by emailing her at: muskrat55@yahoo.com.

We wish you a safe and Happy Holiday Season!

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Team 26.2 Winter Running Series

by Marc Glotzbecker

The Boston Marathon... The "Super Bowl" of running... Most anyone who has ever laced up a pair of shoes has probably dreamt of running Boston. I know I have. I've completed ten full marathons and countless other road races of varying distance, but Boston? I never thought I'd have the opportunity. Trust me. Like so many others I've tried to get a BQ. I've tried hard, but could never quite nail it on race day.

While watching the highlights of the 2014 Boston Marathon with my father as he lay in a hospital bed again from the effects of Liver Disease, dad asked me "When will you run in Boston?" Loaded question right? There's probably a million different ways for a below average runner to answer. Not long after that question was asked the announcers on the broadcast talked about the "Charity Runner's" in the race and the positive impact that they have on the charities and foundations that they were running for. When one of the announcers mentioned the American Liver Foundation my ears perked up a little and I began to start thinking. When I got back home to Fremont I began to research the possibility of running Boston in honor of my father, David Glotzbecker, and to try and help an organization with a mission that has great meaning to my family and I.

At the beginning of last summer I sent an email, made some phone calls, filled out a bunch of questionnaire's, wrote an essay and pretty much forgot about it all until about six weeks ago when I received an email that started with: "Congratulations! You have been selected to be a part of the American Liver Foundation's Run For Research 2015 Boston Marathon Team!"

So here we are today. I'm running Boston in April for the American Liver Foundation. I'm running Boston for my dad. I've never been one to ask for help so the whole fundraising thing is foreign territory for me. I decided to create the "Team 26.2 Winter Running Series" because if I'm going to raise funds, I may as well have some fun doing it and try and get people who I have fun with to be a part of this journey.

I'm not a fast runner (Re-read the words "Below Average" above). Not a famous athlete. Not a rock star. Not a movie star.... Just a guy from Ohio who wants to run the Boston Marathon for his father, a man who has taught me so many lessons in life with the most important one being that there is no greater love than that of the love between a father and a son. I'm just a guy from Ohio who wants to help.

Thank you for considering to be a part of the "Team 26.2 Winter Running Series." The series schedule and registration form can be found at www.fremontliterunnersclub.com and on Facebook "Team 26.2".



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'EARLY BIRD' RAFFLE DRAWING IS HELD

The first "Early Bird" drawing was held for The Bellevue Hospital Foundation's 2015 "Is Your Heart Set on a Vette" Corvette Raffle. The Early Bird drawing was held on Nov. 14 and the winner of \$750 was Pascal Baharis, Kill Devil Hills, NC. Early Bird winning tickets are returned to the drum after each drawing.

Baharis is the second winner in the current raffle. Mike Stanley from Richmond, KY won the "Loyalty Club" drawing of \$750 on Oct. 1. His name was drawn from all previous ticket holders who purchased a ticket during the month of September.

Two more "Early Bird" drawings are slated for Dec. 14 (\$500) and Jan. 14 (\$250).

The fifth 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 new Corvette, or \$50,053 in cash. The grand prize drawing will be held on Feb. 16, 2015, at the Clyde Steinle location on U.S. 20 West.

As of Nov. 14, only 375 tickets remain to be sold for this year's raffle. Last year, the raffle sold-out on Dec. 12.

The first ticket drawn in the raffle on Feb. 16, 2015 will be for the new 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.

For additional information on the raffle, for a complete set of rules, or to be placed on the mailing list for next year's raffle, contact The Bellevue Hospital Marketing Department at 419.483.4040, Ext. 4899, or visit www.VetteRaffle.com



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"THE EXPENDABLES 3": If you're in need of a serious dose of testosterone for Thanksgiving, look no further. The third edition of the adventure franchise expectedly has Sylvester Stallone leading the band of troubleshooters, and this time, they're up against one of their own: the group's co-founder (cast newcomer Mel Gibson), who has turned villainous. Some new blood is needed to help defeat him - with Kellan Lutz ("Twilight") among those recruits - but action-driven fun also is provided by such other returnees as Arnold Schwarzenegger, Jason Statham, Jet Li, Dolph Lundgren, Terry Crews and Randy Couture. Wesley Snipes, Antonio Banderas, Harrison Ford and Kelsey Grammer also are newly on board this time. *** (PG-13 and unrated versions: AS, P, V) (Also on Blu-ray and On Demand)

"THE GIVER": Lois Lowry's popular young-adult novel yields a film that's ultimately more notable for its performers than for the adaptation. Jeff Bridges has the title role of an enigmatic figure who knows the entire history, both the good and the bad, of his society ... which is imparted to a youth (Brenton Thwaites) who determines the only way to survive, and to protect those

he loves, is to leave. Others are intent on not letting him do that, though. Meryl Streep, Katie Holmes, Alexander Skarsgard ("True Blood") and music superstar Taylor Swift also are in director Phillip Noyce's ("Patriot Games") cast. *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

"THE NOVEMBER MAN": Pierce Brosnan gets to put some of his James Bond moves back into practice in this espionage thriller, clearly making its home-video debut in the right month. He plays a former CIA operative brought out of retirement - and quickly enmeshed in a fresh web of double-crossings as he battles his protegee (Luke Bracey) to protect a witness (Olga Kurylenko, also a 007 alum courtesy of "Quantum of Solace"). Caterina Scorsone ("Grey's Anatomy") and ever-reliable character actors Will Patton and Bill Smitrovich also appear in the film, based on a Bill Granger novel and reuniting Brosnan with director Roger Donaldson ("Dante's Peak"). *** (R: AS, P, V) (Also on Blu-ray and On Demand)

"TYLER PERRY'S A MEDEA CHRISTMAS": Whatever else he may do - which, lately, has included hiring himself out to other filmmakers for projects such as "Gone Girl" - Perry always will have his

brassy female alter ego to trade on. Madea marks the holidays in her own way in this comedy, joining her niece (Anna Maria Horsford) for a surprise visit to the latter's daughter (Tika Sumpter) ... who furnishes some surprises of her own. Star and director Perry adapted his stage play for the film, which also features Larry the Cable Guy, Chad Michael Murray and "The Facts of Life" alum Lisa Whelchel. *** (PG-13: AS, P) (Also on Blu-ray and On Demand)

"WHAT IF": Hogwarts School of Witchcraft and Wizardry may have seemed a lot easier to Daniel Radcliffe than the course of romance does in this appealing comedy, casting the actor as an unlucky-in-love fellow whose fortunes seem to change when he meets an animator (Zoe Kazan, "Ruby Sparks"). They become fast friends, but her long-term boyfriend (Rafe Spall) may prevent him from becoming more. Adam Driver ("Girls") and Mackenzie Davis also star. *** (PG-13: AS, P) (Also on Blu-ray and On Demand)

COMING SOON: "DAWN OF THE PLANET OF THE APES" (Dec. 2): After a virus wipes out much of humanity, survivors are challenged by intelligent simians;

Gary Oldman, Andy Serkis and Keri Russell star. (PG-13: P, V)

"THE HUNDRED-FOOT JOURNEY" (Dec. 2): A family of refugees from India dares to open a restaurant across the street from a long-established owner's (Helen Mirren) eatery in France. (PG: AS, P, V)

"GUARDIANS OF THE GALAXY" (Dec. 9): Thievery-prone rogue Peter Quill (Chris Pratt) leads a ragtag group of would-be heroes in keeping a powerful orb out of the hands of villains. (PG-13: P, V)

"MAGIC IN THE MOONLIGHT" (Dec. 16): Woody Allen's comedy casts Colin Firth as a magician who falls for a medium (Emma Stone) he had planned to debunk. (PG-13: AS)

"TEENAGE MUTANT NINJA TURTLES" (Dec. 16): The "heroes in a half-shell" get a screen rebirth as they try to protect New York; Megan Fox plays their reporter comrade April O'Neil. (PG-13: AS, V)

FAMILY-VIEWING GUIDE KEY: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence. TRIBUNE CONTENT AGENCY, LLC.



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Whenever I do a cooking demonstration on TV, it always fascinates me how wild the hosts and viewers alike go over one of the simplest dishes ever: mashed potatoes. Just a single spoonful makes people close their eyes with intense pleasure.

I'm not surprised. After all, more than half a century has passed since instant mashed potatoes became a widespread supermarket product, and too many people have grown up eating something that may call itself mashed potatoes but is actually a pale imitation of the real thing. On top of that, many home cooks today never learned the basics of turning a bag of potatoes into a perfect puree - even though the process is fairly easy.

So I'm happy to share with you not one but two easy recipes. Why two? Together, they suggest that there's more than one way to get delicious mashed potatoes. Not only that, but they also demonstrate that mashed potatoes can become a delicious canvas for other flavors to complement whatever main dish

you're serving. Finally, they show that mashed potatoes don't always need lots of fat to taste great; indeed, the second recipe gets less than a third of its total calories from fat.

The first recipe, however, follows a more traditional model. It begins with baking potatoes, which cook to a fluffy consistency many people adore. They're enriched with your choice of heavy cream or milk, along with butter. I add to them up to a tablespoon of bottled prepared horseradish, which goes wonderfully with any holiday roast, whether turkey, ham, or especially beef. But you could substitute other savory flavorings such as Japanese wasabi (green horseradish) paste or caramelized onions.

For lighter mashed potatoes, I begin with the Yukon gold variety. Although their consistency is waxier than russets, they also have a naturally rich, buttery flavor that makes you feel as if you're eating something rich. I moisten them with buttermilk, which has a rich consistency but is low in fat. And I add just

a little butter, which I cook until brown to contribute a deep, nutty flavor. Whichever recipe you prepare, a few tips will help ensure success. I like to cook the potatoes in salted water, for more uniform seasoning. But don't boil the potatoes beyond the point of fork-tenderness, or you'll get watery results. I prefer to puree them with a simple hand-held ricer, which helps produce a uniformly fluffy consistency; but you could also use a stand mixer with the paddle attachment, a food mill, or an old-fashioned hand-held masher. Just be sure to avoid using a food processor, which gives potatoes a gummy consistency.

Here's to your festive holiday table - with the best mashed potatoes ever!

CREAMY HORSERADISH MASHED POTATOES

Serves 6

2-1/2 pounds (1.25 kg) baking potatoes, peeled and cut into even 2-inch (5-cm) chunks

1 teaspoon kosher salt, plus extra for seasoning to taste
2/3 cup (165 ml) heavy cream or milk, or a combination
6 to 8 tablespoons unsalted butter, cut into pieces
Pinch freshly ground white pepper
Pinch freshly grated nutmeg
2 to 3 teaspoons prepared horseradish

Put the potatoes in a saucepan filled with enough cold water to cover them well. Add the 1 teaspoon salt. Bring to a boil over high heat, then reduce the heat to medium and simmer briskly until the potatoes are fork tender, 15 to 20 minutes.

Meanwhile, combine the milk or cream and butter in a small saucepan. Heat over low heat until the butter melts.

Drain the potatoes well and return to the pot. Cover tightly and let sit undisturbed for 5 minutes.

Press the potatoes through a ricer into a large, heatproof bowl. Use a sturdy spoon to stir in the cream and butter

Wolfgang Puck, cont'd on page 17



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Year End Blessings

Our 11th Annual Whiskers and Whine Gala this year was a huge success, we want to thank all of you who were sponsors and donated to the event, as well as those who attended.

This year we were blessed by a couple from out of state who are building us a new shelter. They have already purchased the land on North River Road and we hope to break ground in the spring.

It is unbelievably sad there are so many homeless animals today with all the low cost spay/neuter programs available here, in Toledo and Upper Sandusky. Dogs are not the problem they once were in our community, the dog warden's plan that every dog is altered before being adopted has helped a great deal. Years ago thousands of dogs were being euthanized in our community, that is no longer the case.

However, cats continue to be a huge problem, not only for our shelter, but for all local shelters. People get "free kittens" in the spring and by fall they are having litters, which are then being dumped on the shelters by the hundreds. In Sandusky County alone there are over 400 cats available for adoption! Only people can stop

this and make a difference, if you need help spaying or neutering, call us and we can give you low cost options. Every cat adopted from our shelter is spayed or neutered, as well as from other facilities.

Lastly, we will no longer be the agency of record for abuse calls beginning in January. Our agent has taken a full time position and we find it virtually impossible to hire anyone for the \$3,000 a year given to us by the county. We will continue to take in abused and injured animals and help where we can.

We have found over the past two years, that animal abusers can be violent and our agent's lives were put at risk more than once. We believe this is a job for law enforcement and hope they can step up to the plate, or that another county agency with law enforcement background can be utilized.

We have a big year ahead in 2015 with the building of a new facility. We look forward to community support in the coming year to care for our two hundred pets, and we thank those who continue to support us.

HOLIDAY CHARITY RAFFLE IS DEC. 19

If Black Friday deals do not appeal to you and the Christmas shopping season becomes too hectic, why not try your luck at winning a big screen TV for Christmas?

The Bellevue Hospital and The Willows at Bellevue are giving you that opportunity, teaming together to sponsor the fourth annual Holiday Charity Raffle on Dec. 19. Top prize in the raffle is a 50-inch flat panel TV. Second prize is a Dyson hand-held sweeper, third place wins a Samsung Tab IV, fourth place a 40-inch HDTV, and fifth place a Kuerig coffee maker.

All proceeds from the raffle will benefit the Bellevue Fish and Loaves Food Pantry.

Tickets are priced at \$2 each, or three tickets for \$5. Winners need not be present to win. Tickets are available at The Bellevue Hospital Gift Shop and The Willows. Checks can be made payable to Trilogy Foundation, parent company of The Willows.

The drawing will be held on Friday, Dec. 19. For additional information, contact The Bellevue Hospital Marketing Department at 419.483.4040, Ext. 4899.



Wolfgang Puck, cont'd from page 16

gradually. Continue stirring until the potatoes look light and fluffy, seasoning generously to taste with salt, white pepper, and nutmeg. Stir in the horseradish, and then adjust the seasonings to taste. Serve immediately, or keep warm by covering the bowl and setting it over pan of gently simmering water.

REDUCED-FAT MASHED YUKON GOLD POTATOES WITH BROWN BUTTER

Serves 4

1-1/2 pounds (750 g) small Yukon gold potatoes, peeled, cut into 2-inch (5-cm) chunks

Kosher salt

3 tablespoons unsalted butter

1/2 cup (125 ml) buttermilk

Freshly ground white pepper

Freshly grated nutmeg

1 tablespoon minced fresh flat-leaf parsley leaves or chives

Put the potatoes in a pot and add cold water to cover well. Salt the water generously to taste. Bring to a boil over high heat; reduce the heat and simmer until just fork-tender, about 25 minutes.

About 5 minutes before the potatoes are done, melt the butter in a small skillet over medium heat. Continue cooking, watching carefully to avoid burning, until the butter turns a light nut-brown color, 2 to 3 minutes, removing from the heat as soon as the butter starts browning.

At the same time, bring the buttermilk to a boil in a small saucepan over medium heat. Reduce the heat to very low and keep warm.

As soon as the potatoes are done, drain thoroughly. Pass the potatoes through a ricer into a heatproof bowl.

Vigorously stir the brown butter and hot buttermilk into the potatoes until thoroughly combined. Season to taste with salt and white pepper and a dash of nutmeg.

Serve immediately, or keep warm by covering the bowl and setting it over pan of gently simmering water.

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Thank you to all those who came and supported our 11th Annual Whiskers and Whine Gala!

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Q: Will our dog recognize that we have a shiny new car? - T.U.

A: Your dog will instantly realize this "moving machine" is different from the old jalopy. Even if your old car didn't smell like "dog" to you, it sure did to your pet, and it also carried the scents of other family members. Still, for most dogs, the adjustment period is less than five seconds. Enjoy your new wheels; your dog certainly will.

Q: I now have two cats. One I've had forever, and the second simply showed up. Unfortunately, now that I've allowed the stray into my home and heart, the first cat is mad as hell and is pooping on my bed! Will this animosity pass, or will I have to give up the stray? I love both cats. Ella, my original cat, is the most important thing in my life. Scarlett, the new cat, is a love. I know I'm a sucker. Can you help? - S.M., Henderson, NV

A: You're hardly a sucker, rather someone with a big heart who rescued a cat. Unfortunately, it's unlikely you introduced the two cats in a careful, deliberate manner. Ella is not being vindictive, though. When a cat defecates on the bed, it's for one or a combination of reasons: The bed is high and safe, allowing for a good field of vision to determine what's coming. It also smells like you and is soft, which may be the kind of comfort the cat needs.

The key is repairing the relationship between the cats. It's best to start over. Place Scarlett in her own room with a litter box, food and water dish (on opposite sides of the room) and toys.

Go in there as often as you can to just watch TV or play with Scarlett.

Tone down the anxiety in the house by using Feliway diffusers (a copy of a naturally-occurring calming feline pheromone) and/or a chewable called Anxitane (L-theanine, a nutritional supplement with calming properties). Place something that smells like the other cat close to the food dish of each so they associate the other cat's odor with something positive.

Their introduction - weeks from now - should be gradual. They should only come together, at first, for tuna or salmon treats. Give them a reason to like one another.

Q: Rocko is my delightful 1-year-old Cocker Spaniel-Poodle mix. We had him groomed for the first time when he was 6 months old, and it was a disaster. The groomer applied a muzzle and said she couldn't complete the grooming. When Rocko was neutered, the veterinarian groomed him. This went

well because Rocko was still under anesthesia.

Now, Rocko needs grooming again and I don't know what to do. Except for grooming, he's really well-socialized, and good with people. We don't want to sedate him each time he goes to the groomer. Any advice? - C.R.D., Las Vegas, NV

A: "One (bad) experience is enough to impact your dog, and as a result, today he believes all grooming is bad," says veterinary behaviorist Dr. Lisa Radosta, of Royal Palm Beach, FL. "Ask friends with dogs or your veterinarian to find a groomer who's willing to work with you and your dog."

To begin, just visit the groomer for dog treats, then walk out. Do that as often as you're able to convince your dog that visiting this place is fun. Next, offer your dog Kong bones (or another toy) smeared inside with (low fat, low salt) peanut butter. Have your groomer

merely take out his/her equipment without using it.

Once your dog is fine with the grooming facility and the noise the equipment makes, it's time for the groomer to actually begin work. For the first experience or two, you might want to be there to distract your dog with a chewy.

"This method requires patience and timing," says Radosta. "It might be best to get help from a veterinary behaviorist (www.dacvb.org)."

(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 Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state. Steve's website is www.stevedalepetworld.com; he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.)

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Q: I don't think God really cares what happens to us. The universe is so huge and we're so small, so why should He worry about us? He's too big to be interested in what happens to us, and we ought to be honest enough to admit we're on our own. - M.T.

A: If God were like us - limited, and able to concentrate on only a few things at a time - then you might be right; He probably wouldn't care about us. After all, you and I can barely keep track of what's happening in our own lives, let alone what's happening to everyone else.

But God isn't like this! We are limited - but He is not. We can't keep track of everything that's happening - but He can. You say God is "too big" to care about us, but that's the point: He is so great that He knows about even the smallest details of our lives. The Bible says, "Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account" (Hebrews 4:13).

This is why you can trust Him and turn to Him with every concern you have. We are not alone, nor are we left to make our own way blindly through life (although many people still do). God made us and He loves us and cares about every detail of our lives - and the proof is that He sent His Son, Jesus, into the world to offer us eternal life.

Perhaps you like to think God doesn't care about us, because it leaves you free to live any way you want to. But that's a dead-end road. Instead, face honestly your need of God, and turn to Christ in faith and trust.

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