

2000les Lifestyles

Free

Vol. 17 Issue 12

December 2016

Merry Christmas

It's Been a Great Year!

KEY ACCOMPLISHMENTS IN 2016

- **CHS broke ground for a new medical complex on Hayes Avenue.** This gives us the space we need for future growth – which includes doubling the size of our dental department. The project is on target and will be complete in late spring 2017.
- **CHS added ten new providers to our staff:** Four physicians, four nurse practitioners and two dentists.
- **CHS opened our ninth location** in Lima, Ohio on August 1, 2016.
- **CHS extended our Napoleon hours to five days a week** – and added a full-time Internal Medicine specialist, Dr. Sana Siddiqui.
- **CHS was awarded a dental grant** in 2016, enabling us to expand our dental services to the Fostoria office starting in January 2017. Renovations are underway to completely update that office.
- **CHS launched our updated website** in 2016 with great new features for our patients and the community. Check it out at www.fremontchs.com.

THANK YOU!

As 2016 draws to a close, the staff at CHS would like to extend our best wishes and sincere thanks to our patients, friends and neighbors. The past year has been an eventful one – marking significant progress and growth that will benefit the communities we serve for years to come.

*Best wishes for a healthy,
happy holiday!*

OUR NEWEST PROVIDERS



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Pediatrics



Bridget Faricy-Beredo, FNP
Family Practice



Bushra Aouthmany, DDS
General Dentistry



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Lifestyles 2000

December 2016
Vol. 17 • Issue 12
www.lifestyles2000.net



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DJ's Coffee & Ice Cream*



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It's December...That means snow, cold and Christmas. Christmas means the birth of the Christ child, cards in the mail box, gifts under the tree, snowmen in the yard, holly on the porch railing, wreaths on the door and love in our hearts. Welcome to the most wonderful season of all...Christmas in America.

I'm writing this column in the kitchen of the President Hayes home as I await my turn to take a group of visitors through the 31-room home of our 19th president. There is always a variety of interesting reading material here brought in by the house guides to share as we wait our turns.

This morning, I picked up a copy of a locally published magazine titled "Bend of the River". It is published monthly except January and July in Maumee, Ohio. A headline, "Mickey Mantle Bats One Out of The Park at Swayne Field," caught my eye. In the story, writer Paul Kovach, describes the evening of July 31th, 1951, the annual Shriners Night at Toledo's Swayne Field. "The Mud Hens were playing against the first-place Kansas City Blues of the American Association. 19-year-old Mickey Mantle had a reputation for hitting home runs! The rookie's hitting barrage started in the first inning with a double to left field, then a triple in the 3rd, and he followed that with a 400-foot home run in the 5th inning. He still wasn't finished. In the 7th, Mantle connected on a pitch and the crowd watched in awe as the ball lifted higher and farther, still rising into the night mist as it disappeared from view some 200 feet over the light pole in right field. The ball traveled past two sidewalks, beyond Detroit Avenue's

four-lane street and over a gas station that was 475 feet from home plate. It finally hit the ground in a vacant lot. It was the second longest home run in the history of organized baseball."

Another article I found of interest was shared by writer, Richard Baranouski. He states, "Why Would Daniel Webster Come to Perrysburg, Ohio? The year was 1837, and the great statesman, US Senator and a Whig party leader was "testing the waters" for presidential run. In 1837, Ohio was considered "the West". Before then politics had centered in the eastern states, but now the country was expanding, the population of Ohio was 1.5 million with 21 electoral votes. He came to Ohio to check out the political weather and eventually traveled as far west as St. Louis.

All in all, Daniel Webster's trip west was not politically successful. The Whig Party picked military hero, William Henry Harrison who won the party's nomination and the Presidency."

Well, I'll have to close for now as we just got a call from the museum office that there are 6 people on their way for a tour of the house, and it's my turn...so until next month, celebrate the Christmas story, hold it close to your heart throughout the New Year as together we find the truth in the words, LIFE IS GOOD.

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



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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Merry Christmas Readers!

We are so happy you have been faithful readers for another year and we are so excited to be entering our eighteenth year in 2017. Where has the time gone? I guess you don't notice when you truly enjoy what you do.



We wish you and yours the most wonderful holiday season ever from all of us at Lifestyles2000.

Joanne & Pete



"Pete" was hiding in the Packer Creek ad and it looks like most of our 100 plus entries got it right.

Find Pete Winners

Congrats to our winners: Marvin Boyd, Clara Rinebold, Theresa Chagnon, Kylie Garner, Jean Goble, Clyde; John Ferstler, Tiffin; Janet Vollmar, Donna Kosman, Diana Ketchum, Bellevue; Jackie Mayfield, Helen Henkel, Chnea Roemelen, Janelle Havens, Connie Burroughs, Mickey Perkins, Gina Grove, Emma Kelbley, Sally Herr, Fremont; Paulette Schank, Republic; Kathy Winters, Oak Harbor.

One lucky winner received a DQ cake-Happy Holidays!

Find Pete Prizes

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

Find Pete Contest Rules

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



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You can be shrewd without being rude. In the early part of the month use your business acumen to deal brilliantly with financial and job-related matters. Avoid starting new projects that can be too repetitive.

TAURUS (April 20-May 20): You shine with a light all your own. As this month unfolds you will have several opportunities to prove that you are trustworthy and ethical. Focus on achieving your goals and being a friend to those in need.

GEMINI (May 21-June 20): Put a pen on the paper to pinpoint your opinions. You have some great ideas but unless you write them down they may float away like leaves on the wind. Be patient if someone tries your patience.

CANCER (June 21-July 22): Stick to your guns. You don't need to change the way you are doing things just because other people are doing them the hard way. You may see other people struggling to do something you find easy.

LEO (July 23-Aug. 22): You can be buoyed up by business. You can be shrewd and highly competent when focused on the material world. Use your aptitude for using technological tools to widen your network of friends.

VIRGO (Aug. 23-Sept. 22): Turn off the spigot. Take a good look at your spending habits. You might see that you are overspending or being overly generous. You might find that a loved one harbors some serious misconceptions.

LIBRA (Sept. 23-Oct. 22): Too much of a good thing is no longer good. You have a tendency to go to extremes and

might waste your resources or money to impress someone. Your closest companions may be easily irritated in the week ahead.

SCORPIO (Oct. 23-Nov. 21): Make it your business to excel at business. You can make smart decisions about your finances or any work related situation in the first half of the month. Hold off taking on additional long term financial obligations.

SAGITTARIUS (Nov. 22-Dec. 21): Rise above frustrations. You may be challenged to deal with aggravations in the family or home. Make sure you plan ahead so you get enough rest when there are extra duties on your schedule.

CAPRICORN (Dec. 22-Jan. 19): You don't need a sharp knife to cut the mustard. You might take being organized to an extreme or waste time on the wrong things. Take information and gossip from friends with a grain of salt.

AQUARIUS (Jan. 20-Feb. 18): Put your piggy bank back in its sty. Your business sense and financial skills are at their best in the early part of the month. Yet you can be blind to drawbacks and a lack of quality when shopping for personal items.

PISCES (Feb. 19-March 20): The good old days weren't necessarily good for you. Remain practical and businesslike in the week to come rather than becoming bogged down by sentimentality. Hold off on launching a new moneymaking project.

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You're never too old to believe in Santa...his spirit, that is.

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

Christmas is a time to believe in the spirit of Santa Claus. Let's allow our younger children to continue believing in him, for finding out that Santa doesn't exist is the end of genuine childhood.

A large poll called "The Truth About Santa" was conducted a few years back. A whopping three-fourths of parents indicated they allowed their children to believe in him and 51percent said they weren't in a rush to reveal the truth about the fat guy until their kids were at least age 8. The time most parents reveal the truth is between ages 8 and 12, according to 40 percent of the parents surveyed.

Christmas is approaching and many parents grow concerned if their children still believe in Santa Claus. When I facilitated parenting classes at St. Joseph Elementary School in Fremont, many asked, "At what age should I tell my child that Santa Claus doesn't exist?" I would act startled and reply,

"What! You mean Santa Claus doesn't exist!?"

That was to just get their attention. Often, an entire parenting-class session was devoted to discuss the issue. I always felt it best to allow kids to believe in Santa a while longer. Little boys and girls will unravel the mystery of Santa themselves, according to their own developmental timetables. The famous child-actress Shirley Temple stopped believing when her mother took her to see Santa in a department store, and he asked her for her autograph!

A natural journey unfolds where children first become aware of his existence around age 2. Two-year-olds believe the world revolves around them and grow infatuated with the donations under the twinkling fir tree- "Wow! A kind-hearted, jolly guy squeezed his chubby body down my narrow, sooty chimney to deliver toys to me!"

Yeah, I hear ya...you do all the work and the fat guy gets the credit. You buy gifts, fill the stockings, take your kids

to the mall to sit on the fat dude's lap, address letters to some fictitious place in the North Pole, and set out milk and cookies on Christmas eve so he's greeted warmly after wriggling down your chimney.

By age 3, kids remain mildly interested in Santa. They comprehend he's a kind, fat earthling who gives them stuff. Three-year-old children fantasize about him, but remain in a fog on the specifics.

Santa's spell over your children maxes out over the next several years. You may have eavesdropped-in on your four or five-year-old talking back-and-forth with a Barbie or GI Joe doll, or with make-believe playmates. So, why worry if they judge every detail about Santa to be sacrosanct? Younger children will fiercely defend the tubby guy's existence if a secular person questions his authenticity.

Rejoice! By age 7, most kids grow dubious that such a chubby fella can wedge down the chimney and will

doubt the physical existence of Santa. When this discovery process unfolds, it's essential that you foil commercialism's attempt to snatch the spirit of Santa from your children's souls. Encourage them to realize that the true meaning of the hefty guy rests in his spirit.

With Christmas approaching, teach them that many young children never get the chance to believe in Santa. They don't enjoy a twinkling Christmas tree with gifts underneath. Have your child donate a toy to a needy youngster so they'll be reminded that Santa enters through the heart...not the chimney.

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

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2016 Holiday Season approaches
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who have made our progress possible.

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Calendar of Events

December 2016 – Sandusky County

All Month - Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Museums.

Exhibit is open from 9 a.m. to 5 p.m. Monday through Saturday and noon to 5 p.m. Sunday except for special holiday hours. The exhibit will be on display through Jan. 8, 2017.

1 – Bellevue Christmas Parade, 6 p.m.

1– Toledo Symphony Community Christmas Concert – Grace Lutheran Church, Fremont, 7:30 p.m. Call: 419-332-1558 or visit: www.gracefremont.org.

1, 3, 8, 10, 15, 18, 22 – Christmas at the Cabin, Log Cabin at White Star Park, 5013 CR 65, Gibsonburg, 6-8:30pm. \$18. Bring your family and friends, maximum of 12, to celebrate the season in our 1874 log cabin. Your group will experience an 1800's style Christmas dinner, learn the history of Christmas, and make your own ornament to take home. Not suitable for children under 10 years old. 419-334-4495 or www.lovemyparks.com to register.

1, 8, 15, 22 – “Caring for Clyde Kids” Community Toy Distribution, Clyde Food Pantry, 803 West McPherson Highway. 9a.m. – 11 a.m and 4p.m-6 p.m. Toys will be distributed each Thursday in December at the Clyde Food Pantry to children who reside in the Clyde-Green Springs School District only.

2-3, 9-10, 16-17 – Downtown Fremont Santa House Corner of Front Street and Croghan Street, Fremont. www.downtownfremontohio.org

2– Toledo Symphony Christmas Concert - Communities for the Arts, Clyde High School Auditorium, 7:30 p.m. Tickets \$20,

all seats reserved. Available at the Clyde-Green Springs Board of Education Office, Monday through Friday from 8 a.m. until 4 p.m., 419-547-0588. www.toledosymphony.com.

3 – Fremont, Holly Jolly Holiday Parade, Downtown Fremont. 4 p.m. and is themed “Santa’s Sweets”.

8 & 11, 15 & 16 - Drive-Thru Winter Wonderland, Sandusky County Fairgrounds, 6p.m.- 8 p.m. Holiday Light Display. 1 Non-perishable food item or \$1/person.

9 & 10, 16 & 17 - Walk-Thru Winter Wonderland, Sandusky County Fairgrounds, 6 p.m.- 9 p.m. Holiday Light Display. 1 Non-perishable food item or \$1/person. Extra activities in addition to the light displays.

9, 10, 11 - Victorian Christmas Dinners @ Historic Lyme Village 5001 SR 4, Bellevue. Historic Lyme Village hosts a night of food and fellowship at the beautiful Wright Mansion at our annual Victorian Christmas Dinners. Reservations required. Cost: \$49 non-members/\$45 members. Call 419-483-4949.

9, 10, 11 – Fremont Community Theatre – “The Wonders of Christmas” (Holiday Magic Theatre) 1551 Dickinson Street, 7 p.m. on December 9- 10 and 2 p.m. on December 11. Cost: \$5 for Seniors/Students and \$10 for Adults. Fremont Community Theatre presents “The Wonders of Christmas” (Holiday Magic Theatre). 332-0695 or www.fremontcommunitytheatre.org.

10 - Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. Scavenger hunt available from 9 a.m. - 5 p.m. regarding Christmas at Spiegel

Grove. Cost: \$1 for kids ages 1-12 and \$7.50 for adults. (Cost includes admission to Second Saturdays AND to the Hayes Museum.)

10 - Jingle Bell Run, Rutherford B. Hayes Presidential Library. Begins at Spiegel Grove.

10 – Christmas Cookies and More, First Presbyterian Church, 121 S. Park Avenue, Fremont. 10 a.m. – 2 p.m. Featuring Cookies, Homemade with love goodies, gift items, holiday decorations.

11 – Felted Christmas Ornaments, Activity Room at Wilson Nature Center, Creek Bend Farm, 720 South Main St., Lindsey. 2 p.m.- 3:30 p.m. Cost: \$10.. Call 419-334-4495 or www.lovemyparks.com.

15 – Babies in the Parks, Wilson Nature Center at Creek Bend Farm, 654 South Main St., Lindsey. 10- 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companion. Discover more about nature through hands on explorations, story reading, and more. Call 419-334-4495.

17 - Ugly Christmas Sweater 5k Run & Walk, Hillfiker Elementary, 301 S. Sunset Ave. Gibsonburg. 9 a.m. Entry fee is a new and unwrapped toy or non-perishable food items. Toys will be distributed amongst area churches for families in need and food items will go directly on the shelves of the Gibsonburg Food Pantry! Awards to the adult male, adult female, boy and girl with the ugliest sweaters! For more info: 419-637-2634 or www.gibsonburgohio.org.

21 – Solstice Hike, Meet at the Barn, White Star Park, 5013 C.R. 65, Gibsonburg, 6:30 p.m. - 7:30 p.m. Free. Explore White Star Park when night and day are equal and discover what makes this day special. All Parks District programs require registration. Call 419-334-4495.

26 - 31 - Horse Drawn Sleigh Rides in Spiegel Grove, Rutherford B. Hayes Presidential Library. 1 to 4 p.m. Ride through the grounds of Spiegel Grove in a winter scene straight from the past. Cost: \$3 per rider.

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SANDUSKY COUNTY POSITIVE PEOPLE BRINGS DRUG AWARENESS PROGRAM TO THE COMMUNITY

On December 7th, Sandusky County Positive People will bring a drug awareness program called The AWAKEN Project to the community. This program, which is free and open to the public, focuses on drug prevention and education through both stories and music. According to AWAKENPROJECT.ORG, the message is loud and clear that drugs are NEVER an option, not even one time!

Jeff Mazingo, "Percussion Extraordinaire" with The AWAKEN Project explained that, "The entertainment aspect allows us to bring kids in and get their attention and be entertaining. And then I can start talking about the positive effects of music as opposed to the negative effects of drugs."

SCPP, cont'd on 15

Tackle norovirus with fluids, healthy food and cleanliness

What a week in the office! There has been an outbreak of presumed norovirus in our community, and we are seeing tons of sick kids.

Norovirus is extremely contagious, and you may already be shedding the virus (exposing others) before you even get sick. At the same time, you may also be contagious for two to three days after you are better. Norovirus is the most common cause of the "stomach flu" or "food poisoning."

Knowing this, it is difficult to know when you have been exposed to this virus. But, a day or two after exposure, your child (or you) may suddenly develop abdominal cramping, vomiting (more common in children) and diarrhea (more common in adults). Some children and their parents are "lucky" enough to get both.

The mainstay of treatment is to stay hydrated. This illness is typically fast and furious, but you have to make sure that you are replacing the fluids that you are losing (from both ends).

After your child has vomited you want to wait for at least 30 minutes before offering sips of clear fluids; some sort of liquid with electrolytes (it's very important to replenish what you are losing). And I mean SIPS. If you give the fluid too quickly and in too large a volume, you may see it come right back up. As your child tolerates sips, you may advance to a larger volume each time. If your child is doing well for several hours but then vomits again, start back over with smaller volumes.

Continue to make sure your child has tears when he or she cries, wet diapers (they may not be soaked), urine when asked to go try and "potty," and drool or a moist mouth. These are signs of hydration.

Once the vomiting has subsided, you can let your child begin to eat. But I would avoid all dairy. It is important to offer foods with some protein as well. I start with crackers, noodles and rice; then I add in chicken or beef. Veggies and fruit are OK as well. As your child

feels better his or her appetite will return; don't push. You probably don't want a big meal either if you have been sick. Fluids are more important than food. Adding probiotics is also helpful to put "good bacteria" back into a damaged gut.

Prevention is key but difficult, as there are millions of viral particles in your child's stool and vomit; and these particles can be spread via the air as well. Clean surfaces with a dilute bleach solution and wash your hands.

(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.)

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AMELIA



Amelia for a wagon ride on top of some branches she'd trimmed off a bush. They ended up on the dike and Robin picked some wild carrot shoots and offered them to Amelia, who opened her beak and gobbled them up. She started eating by herself after that.

We posted updates on Facebook and were amazed at the outpouring of love and support for Amelia.

Two weeks later, as we were "walking"

Amelia in the yard, she took off, flapping her wings madly and ran about four feet alone. Each day she flapped around longer. A few days after that she could sit and crouch. She graduated from the Rubbermaid tub to a mat in the kitchen where she ate and shared the dogs' water bowl. Pretty soon she was "walking" around the backyard--and around our kitchen. We'd hear her feet slapping on the linoleum when she came looking for us. We started taking her out to the chicken yard and sitting with them. Then we left her for short periods of time. Finally, eight weeks after the attack, she rejoined her sisters in the coop. She's still a little shaky, but she's doing fine!

Although Amelia couldn't have done this without our help, we were impressed and inspired by her will to live.

Have a safe and happy holiday season!

September 8, 2016 at 3PM was a warm, sunny afternoon. Robin was at work and I was in the backyard bagging up our garbage when a terrible commotion erupted in the chicken yard--about 30 feet from where I was standing. Chickens were squawking and running in all directions. White feathers were strewn all around.

It was a mink and it was hanging on to Amelia's tail feathers. She ran in circles, terrified out of her mind. I hollered and ran over waving my arms. I was afraid to grab it with my hands, so I took a chance and stepped on its tail. It let go long enough for her to flap out of its reach; then it ran back through the fence into the field.

I scooped Amelia up off the ground--she was dazed and missing feathers but there was no blood on her. She didn't seem to have any broken legs or wings. I quickly shut the rest of the chickens in their screened "porch." Then I took Amelia in the house and laid her on an old towel in our spare bathtub. She was stressed and in shock and I didn't think she would live through the night. It was exactly one year ago we brought her and her sisters home from the hatchery.

Amelia was still alive the next morning. For the next eight weeks, caring for her became part of our daily routine. She couldn't sit or stand; she couldn't open her beak; she didn't seem aware of her surroundings, and we didn't know if she could see. We couldn't tell if there was any internal damage, yet. We started trying to give her food and water. I held her upright on my lap and Robin pried her beak open and gave her water with an eye dropper and a mash made from chicken feed and oatmeal. Once we got food and water in her beak, she would swallow. We fixed her some scrambled eggs and she ate them as fast as Robin could feed them. We fed her three times each day and gave her water in between. This became our ritual for the next three weeks. We found her an old Rubbermaid tub for a bed so it was easier to carry her around. She lived in the house with us, watching TV at night (she got kind of loud after she started getting better) and sitting in a corner of the kitchen when she wasn't outside. Every day one of us would take her out to see the other chickens. (We doubt that she missed them, though; she had it good in the house.)

Her actions were similar to someone who'd had a stroke. I "Googled" her symptoms and found that chickens can be so stressed that they could have a stroke, and I found a very informative website that documented how a person actually cared for a chicken that had had a stroke. That chicken made a full recovery in ten weeks. There was hope.

Fortunately, the weather was nice and we could set her outside in the grass and prop her up with towels. At first it was unnerving to look out and see her flipped over on her back with both legs sticking straight up in the air--she looked like a dead carcass. Robin or I would run out and flip her back over. One time there were buzzards circling over our backyard (Robin found a dead muskrat) and we were afraid they'd take her by mistake.

When she grew stronger and more alert, we started holding her up and "walking" her legs around in the grass two or three times a day, every day. Most days were discouraging--she would flop over as soon as we let go. But then came the day she tried to keep moving her legs by herself.

Her progress was marked by "breakthrough" moments. The first occurred three weeks after the attack. Robin took

In Your Own Backyard

The Fremont Tree and Beautification Commission is once again sponsoring the annual Christmas/Holiday Decorating Contest! Judging will take place December 18, so get those nominations in to Rick at 419-307-8924, or Bev at 419-334-9981.

The Sandusky County YMCA and the YACA are announcing new pleasure bus trips for 2017, including a trip to The Holy Land Experience & Show Tour in warm Orlando Florida. Package includes, lodging, many meals, 7 entertainment shows, motor coach transportation & much more! Hurry, down payments to lock in your reservations are due by December 15th, and space is very limited. For more information and reservations, contact the Sandusky County YMCA at 419-332-9622.

Dec. 10th - Saturday. Our annual Cookie & Candy Sale. New this year, a Vendor Fair is being held at GS United Methodist Church on Broadway Street in Green Springs from 9:00 AM - 2:00 PM. Let our elves do the baking for you and shop at our Vendor Tables for Christmas & specialty gifts. Kids! We have the \$1 table for you to shop & wrap your gifts

Own Backyard, cont'd on 13

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The Calico Cat will be taking a "nap", closed the month of January. Open Feb. 1st.

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Here we are getting ready for the Christmas and New Year Holidays, where did this year go? I guess the old saying of "time fly's when you're having fun" is true!

It seems like just a couple of weeks ago I couldn't wait for summer to get here and now I am dreading the thought of snow! Anyway we are settled in for winter and really ready for the good stick to your ribs casseroles and stew recipes. Serve them with a salad and good crusty bread and butter! In our house it is butter, no margarine for us you just can't beat the taste of butter! That is just us you can use whatever you like! The recipes this month I am going to share are appetizer and punch recipe. With lots of parties and family get togethers this time of year I am always looking for new appetizer recipe to serve and take to parties. Enjoy them and have a wonderful safe holiday.

Party Sandwiches – Makes 36 servings

1 ½ cups finely chopped cooked chicken

1 can (4 ounces) chopped drained green chilies

¾ cup shredded Cheddar or Wisconsin brick cheese

¼ cup finely chopped white onion

1 cup Salad Dressing (Miracle Whip)

36 slices rye or pumpernickel

1. Position the broiler rack 6 inches from the heat source and preheat the broiler

2. In a large bowl, combine the chicken, chilies, cheese, onion and dressing and mix well.

3. Spread on the bread and transfer to an ungreased baking sheet.

4. Broil for about 5 minutes or until lightly browned. Serve hot.

Cheese Slices with Hot Mustard Sauce

½ cup butter or margarine, at room temperature

2 cups shredded Cheddar or Colby cheese, at room temperature

¼ teaspoon Worcestershire sauce

1/8 teaspoon cider vinegar

Dash of hot pepper sauce

Salt and pepper

1 cup all-purpose flour

Paprika

Position a rack in the center of the oven and preheat to 350 degrees. Lightly grease baking sheet

In a large bowl using combine all of the ingredients except the flour and the mustard sauce and mix well with a large spoon. Add the flour a little at a time to make dough. Knead lightly and form the dough into a log 1 inch in diameter. Using a sharp knife slice the dough into ¼ inch slices. Lay the slices on the baking sheet leaving about ½ inch between them. Bake 12 to 15 minutes or until lightly browned around the edges. Sprinkle with paprika and transfer to a wire rack to cool completely. Serve with the Hot Mustard Sauce on the side.

Hot Mustard Sauce about 2/3 cup

1/3 cup red wine vinegar

1 teaspoon ketchup

¼ tsp. horseradish

1/3 cup canola oil

1 tablespoon hot dry mustard

2 cloves garlic, peeled and minced

Salt and pepper (to taste)

In a small bowl using a wire whip, beat the ingredients together. Cover and chill for at least 2 hours before serving. Enjoy!

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

After this election season my Quote this month: English is a funny language, a fat chance and a slim chance are the same thing – Jack Herbert. Who knew this election was going to be so unprecedented! I'm not going to say who I was for but it just sure was an exciting few months leading up to election day then waiting for results! Have a great Holiday!

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Helen Marketti's Music Corner

Gail Ann Dorsey



Bass player, Gail Ann Dorsey has played with many stellar musicians in the industry including David Bowie, Lenny Kravitz, Roland Orzabal (Tears for Fears) and many more. Gail's outstanding talent, commitment and passion for music shows in her performances. She discusses her musical influences, inspirations and thoughts on working with some of the greatest musicians in music history.

"I have always loved all kinds of music," said Gail. "It's hard to categorize all of the music I like. As long as you enjoy the sound and it touches you in some way, it can be from any genre. I enjoy listening to Joni Mitchell, Grand Funk Railroad, The Carpenters and Olivia Newton-John. I love Queen. I think Queen is the best live band I have ever seen. I was always interested in David Bowie's music. I was aware of him while I was growing up. He was on the radar. My favorite album of his is, "Young Americans". He recorded that in Philly which is my home town."

Gail always felt in her heart that a career in music would be her calling. However, she also had a strong interest in cinema. "At first, I thought I would like to be a screenwriter and a director. I spent a lot of time writing scripts. I received a full scholarship to attend California Institute of the Arts as a film major. I was there for a year and a half but ended up returning to music. I do have a love for cinema but do not have the temperament to be a filmmaker. I think music and cinema work together. It was such a male dominated business although I am sure women have made great strides. When I was attending college it was 1980 so I am sure things have changed and progressed," explains Gail. "Music can give



you direct gratification. When you are playing in front of an audience, you have instant feedback. Film making on the other hand is a process that takes a very long time. A script you may be working on may not be recognized until three years later. I needed feedback quicker than that to give me the inspiration to continue. When you are playing music, you have direct communication with the audience. They give you feedback all the time with their emotions, their laughter, their tears, whatever it is that moves them is what keeps you going."

Gail played guitar before switching over to bass. "There is something special about the electric guitar that perks up my ears. When I hear Eric Clapton playing a solo or Neil Young, the solos are so powerful it makes me want to cry. You can hear emotion in a guitar. George Harrison's song, "While My Guitar Gently Weeps" is absolutely true," said Gail. "Nancy Wilson of HEART is the first role model I have had. She was such an inspiration. I think she is one of the greatest females in music."

She continues, "I remember telling my mother that I have to learn how to play one of those. (guitar) I feel as though it can speak to you as though it is another

language. It can communicate so much deeper than words. I have to express myself how I feel through the guitar. Bass guitar is more natural for me to play. It has allowed me to play with some incredible artists."

Gail is working on her fourth solo album. "My albums have all been different from each other. If I had to describe my latest album, it would be similar to the singer/songwriters of the 70s such as Carole King, Carly Simon, The Carpenters, The Fifth Dimension and Helen Reddy. I love playing that style of music and I do not get to do it very often. The material I am writing is in that style. I am more of a Dionne Warwick or Marilyn McCoo singer than I am an Aretha Franklin or Patty LaBelle. I guess you could call the music on my next album easy listening. (laughs) But it's good stuff!"

"Right now I am working full time with Lenny Kravitz. While we are not on an official tour we are playing several shows for different events throughout the year," said Gail. "Sometimes I still find it hard to absorb that I have played with these wonderful people. I have had a hard time allowing myself to feel that this is happening."

Gail had played along side David Bowie for 20 years. "I was working with Roland Orzabal (Tears for Fears) when David called. At first, I wasn't sure it was really him on the phone. When I started working with David, I was terrified that I would not be able to live up to his expectations. He and Roland are both geniuses. They were great mentors. It was as though Roland brought me through the "college years" so to speak and playing with David was how I earned my PhD!



(laughs) You can't learn without a great teacher. David asked me to sing, "Under Pressure" with him. I remember asking who was going to play bass and he said, "You are!" Then he said, "I'll give you two weeks." He knew I could do it and I did! David Bowie is one of the greatest teachers I ever had. When we came off the road from the Reality Tour in 2004, I finally admitted to myself that I am a good bass player. I will own it. We all play differently and each one of us has a special gift."

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By Kelsey Nevius

As fall fades away, it becomes increasingly difficult to find activities to do that aren't fleeting or holiday-related. In November, it becomes even harder, as the weather grows colder and the holidays hit full force with Christmas



songs on the radio and lights strung on houses before Thanksgiving even comes around. However, November is still a wonderful time to celebrate holidays that may be overshadowed by Christmas. If there was any holiday to truly look back on and be thankful for what we have, it would be November. While Thanksgiving may be the dominating holiday of November, it should never discount from another well-known holiday: Veteran's Day. Though we all may be thankful for many different things, the holiday of Veteran's Day should and is celebrated by everyone, as a way to honor the brave men and women who have served and fought for our country. During this holiday, it always amazes me to see the outreach and outpouring of love each community has for its veterans. Almost every restaurant and business I saw had specials going on throughout the day to honor and support our veterans, and the waves of veterans I saw were proudly displaying hats and jackets with military regalia. Sometimes, it's just good to see the respect and honor everyone has for all these men and women who served our country, and to see the community giving back to the people who truly deserve it.

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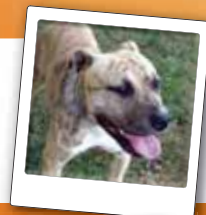
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give back to your community. Be thankful for what you have, and continue to give to others.

Humane Society of Sandusky County Needs Your Help!

Please consider the following as a year end donation to benefit the shelter. Over 200 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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1315 N. River Road, Fremont, OH 43420
419-334-4517

Campfire News and Notes

Can you believe that it is the Christmas season already? Before we know it Santa will be coming down the chimney with a bag full of goodies for good girls and boys. I know that will include all the Camp Fire girls and boys. We in the office couldn't be more excited for the upcoming holiday. Camp Fire has much coming up in the new year.

Parents do you need some time alone to finish up or get started on that holiday shopping? We have just the thing to help you out. Bring the kiddos out to Jingle Bell Camp 1 and 2. Students will celebrate the season with hot chocolate, crafts and a variety of holiday themed activities. Boys and girls will have the opportunity to go sledding, so please pray for snow. This camp is open to all children in kindergarten through sixth grade.

Something new this year: you can buy a gift certificate for the special kid in your life. The gift certificate will be offered in any dollar amount. They will be good though next December. Please contact the Camp Fire office to purchase one.

We would like to thank all the families that came out for the Family Fun night. There was fun had by all.

Our groups are in full swing but it is never to late sign up. All you have to do is give our office a call. Don't forget about Uncork the Fun. We will be having that in February. More info to come.

Have you ever wanted to do a polar plunge? Here is your opportunity to do so and help out a great cause. Come out to Freezin for a Reason in February.

If you have driven by in the last few weeks you might have notice something different about our pond. We are working on getting rid of all the phragmites. It's the start to getting ready for the summer camp season. Thank you to all those who have helped with this big project, especially Ballville Township and Sandusky County Engineering.



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The Empire

Last Friday we made early reservations at the fairly new restaurant, The Empire, at 138 South Washington Street in downtown Tiffin. Several friends had highly recommended this new establishment commenting on the great food and service. The restaurant is named for the building's original name, Empire Block. The menu changes frequently due to their use of locally grown and raised products and also with the changing of seasons.

When we entered we were immediately taken by the décor. It is very reminiscent of dining in Manhattan or downtown Chicago. The ceiling is the old original hammered copper, painted black. I was absolutely wowed by the gorgeous interior.

Since we had reservations we expected to be seated immediately, however the hostess seemed utterly confused. She went from empty table to empty table

trying to figure out which was ours. Finally we were seated next to the piano, which was a bit noisy, but the music was enjoyable.

The menu is Contemporary American, starting off with Small Plates including Crab Cakes, Oysters Rockefeller, Hummus and Pickle Fries to name a few. Next came the Chef's Cutting Board, the Lake Fishery caught our eye; Flaked Lake Superior white fish, house cocktail sauce, Stafford's smoked fish spread, capers, toast and crackers for \$12.00. Our friends ordered the Charcuterie; Artisan cured meats, house pate', coarse mustard, toast and crackers, also \$12.00. I wholeheartedly enjoyed this and actually was quite full after eating it. There was also a soup of the day and French Onion.

We skipped over the soups, but two of us tried the Grilled Caesar, I chose chicken and our friend chose Salmon.



The salad was good but I believe I prefer my Caesar not grilled. There was an interesting Kale and Spinach salad listed, as well as a Cobb.

Pete chose the Empire Burger, ground chuck with Ohio white cheddar and fries (which I tasted, they were very good). There were other entrees including a Filet, Strip, Seared Salmon, Sea

Scallops, Pasta and Chicken Breast Empire ranging from \$12.00 to \$32.00.

The Empire is open for lunch on Tuesday and Wednesday from 11 a.m. to 3 p.m. and Thursday through Saturday from 11 a.m. to 9:30 p.m. You can read the entire menu at www.empire138.com and follow them on Facebook for specials.

Own Backyard, cont'd from 8

as well. All proceeds go toward mission projects. Call 419-639-2100 for any questions.

Luncheon and Program with the Fremont Area Women's Connection, to be held at Anjulina's Catering, 2270 W. Hayes Avenue, Tues. Dec.13, beginning at 11 am and ending at 12:30 pm, Cost \$12.00 (incl). Our Feature will be Kristie Bilger, Executive Director of Downtown Fremont, Inc, speaking on "Out with the old, in with the new". Our Speaker will be Edy Pocse, Oregon, OH "Finding Contentment Through Life's Challenges". For reservations, please call Donna by Dec. 8, 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

PT Services and the American Legion will be offering 3 wellness/fitness classes in January. "Get up and Go" is an early morning 45 minute total body exercise circuit. Those who can benefit are individuals looking for an early morning class to start their day on the right foot. It starts at 6:15 on Tues. & Thurs. mornings beginning Jan. 10th, it is offered in 10 week sessions at the American Legion for a cost of \$60.

PT Services and the American Legion will be offering "The Edge", an athlete development clinic for students in grades 7-12. Emphasis on proper form, technique with strength training, power and explosiveness. The class will be held on Sundays at 2pm at the American Legion starting Jan. 8th, cost is \$70 without a t shirt or \$80 with a t-shirt.

PT Services and the United Church of Christ are offering a Sit, Stretch and Move class. This class is a fun and energetic chair based exercise class focused on strength and cardio. Those who can benefit are individuals with limited balance and ambulation but still looking to increase cardio and strength. The class will be offered at the United Church of Christ in Ballville and will start Jan. 10th at 11am. Cost is \$60 For more information or to sign up please call 419-332-6709 or email jsmith@ptsrehab.com

Reiki Circle Group, at The Bellevue Hospital, will not be meeting on Tuesday, December 13. We will be starting back on Tuesday January 9, 2017



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How to build an efficient dog pen

Q: My son recently got a Labradoodle puppy. She is now 4 months old. He has had her since August. He just finished building a dog pen. It is large about 20 feet long. The problem is she won't poop or pee in the pen, which is on a cement slab. She holds it till she is on the lawn. My son puts her poop in the pen to show her, no luck. Any advice would be greatly appreciated. - Daphne Winter

A: Well it is obvious that she regards the pen as her home and she does not want to soil it. So the best thing to do would be to make part of her pen different from the rest of it so she does not feel like she is violating her instincts. The best way to do this is to get some wooden garden ties that are used for creating borders around a lawn and nail them together to create a square in the pen about 4-by-4 feet. Then fill the resulting square with pea gravel and sprinkle some grass clippings on top of the gravel to entice her.

Most likely she will use it right away and you can then scoop out the poop and hose out the gravel bed. All my dogs used such a set up and they would always gravitate off the lawn to pee or poop in their "dog toilet."

Q: We have two parakeets - a male and female - and they have been together for three years now. I swear that they are in love with each other and their devotion is quite humbling. They never leave each other's side and do everything together. I believe they love each other as we human beings do, but my husband thinks animals cannot love like

humans do. What is your opinion on this topic? - Shira Goldstein

A: This is a hot question, as love is not totally understood in humans, let alone in animals. I certainly am not qualified to answer such as question.

However, just about everything I learned about animals was from the works of the late great scientist Konrad Lorenz, who won a Nobel Prize in 1973 for his work on the organization of social behavior in animals.

He kept many greylag geese and jackdaws and often said that some pairs had clearly fallen in love; other scientists took him as being too sentimental about this. His reply to the scientists was: "It is the accurate term for a real phenomenon for which there is no other name. I consider the term appropriate to any species, if that is in fact what they do."

So forget my opinion, Konrad Lorenz would say that your parakeets are

indeed in love and as far as I am concerned that is the end of that.

Q: We adopted a hound mix from a rescue group. They take care of the animal getting spayed and neutered. This dog is a sweetheart and just loves people. Though, he has one bad habit - he goes out of his way to mount our legs. Why would a neutered dog do this? I always thought that neutering removes these behaviors? - Annie Young

A: Neutering a dog will remove all testosterone from its body, thus in theory all the behaviors associated with it. However, the timing of it determines the efficacy of the operation. The earlier it is done the greater the likelihood of success since the unwanted behaviors have yet to be established.

In your case, the dog was most likely neutered later in life, and so the mounting behavior he manifests is now a learned behavior and hard wired into his head.

The key here is to never give the dog the opportunity to do it. If he starts just get up and walk away or push him off quickly and with no drama. The whole family has to be consistent - if he tries to do it 10 times and is foiled but on the 11th time he gets to do it, then he will continue to try all the harder.

Some dogs though are chronic in this way. My Cairn Terrier was neutered late in life and he was a habitual mounter. We were able to teach him to leave us alone, but we were never able to stop him from doing it to pillows or whatever other house hold object that he found attractive.

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

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Remembering Joe.

By Dr. Paul Silcox



Many of you know that my son Joe, died on November 12th last month. What many of you don't know, is that he died as a result of an overdose of heroin. 20 years ago, if a person had a drug problem, they and their family tried to keep it "hush hush" due to the stigma of having an addict in the family.

Wednesday night, November 16th, at the Fremont Municipal Building, Fremont Mayor Danny Sanchez called an emergency community meeting pertaining to our drug "epidemic". Many shared their broken hearts. Many asked questions. A few shared answers, but all agreed, it is a problem and at the moment, we are losing. 4 of the recovering addicts were honest and told how they got started on their path to addiction. Most often, it was with pain medication. Each of them told how they progressed from Percocet to heroin.

I wanted to put a face with the name Joe Silcox. Many of you remember when he was born in 1991 because I put a message in front of my office on State St. announcing it. Well now I am announcing that he is gone from this earth, forever. It was with a children's pride that I heard many of Joe's friends that came to the visitation and funeral, tell of how he affected them. They told how he kept them laughing, showed how he cared, they knew he had their back. And he shared of his faith in God and of his acceptance of Christ as his savior and how he knew where he was going. Many listened. Because of that faith and acknowledgement, I know I'll see him again in heaven someday.

In the meantime, this community and so many others in these here United States of America, are devastated by losses just like this and waiting to see what "they" are going to do about it. If you sit back and point a finger at someone else to do the work, realize that there are three other fingers on your hand that are pointing back at you. That means you, and me; "WE", need to be the ones to not only feel the pain and the heartache, but to take action and join the fight to reclaim our kids and communities. I am NOT pointing fingers. But I do want to be a part of the solution.

Joe, your mother and I, and so many others, love you son. We can't wait to see you again someday.

SCPP, cont'd from 7

When travelling with The AWAKEN Project, Joe Richardson, former MLB and Anti-Drug Enthusiast, talks about how drugs have affected his life. Through a promotional video on their website, he states, "I'm here to tell you there is a problem in every school and every community around the United States. Kids today don't know what they're getting into. It's more of an epidemic and a problem now. Now it's made a huge comeback and it's killing our youth."

With drugs being a problem in all communities we hope to bring awareness and education to the effects of drug and heroin use. SCPP President Tom Hoffman stated, "Joe Richardson is a good friend of mine and I know his story. I have wanted to bring him and Jeff to Fremont ever since they started The AWAKEN Project. I'm thankful we are finally able to!"

The AWAKEN Project is being presented that week to high schools students across Sandusky County as well as the program the evening of December 7 for the public.

"Drug abuse isn't just a teenage or young adult problem. It's a community problem. We hope to be able to help with this problem through The AWAKEN Project," stated Hoffman.

Hoffman also explained that Sandusky County Positive People would not have been able to bring this program to the high schools and the community without the generous support of the following: Mental Health and Recovery Services of SSW, ProMedica Total Rehab, Sandusky County Health Department, Sandusky County Juvenile Court, United Way of Sandusky County, WSOS Community Action and Clyde-Green Springs-Vickery Ministerial Association.

Sandusky County Positive People is a 501c3 organization that was established in 2011. The main purpose is to recognize and award scholarships to graduating Sandusky County high school seniors who have overcome an extreme obstacle in their lives and have come out the other side in a positive manner. Since its first awards ceremony in 2012, SCPP has been able to provide scholarships to 36 Sandusky County graduating high school seniors totaling over \$60,000.00.

For additional information on SCPP, visit their website at www.scppohio.org or find them on Facebook at Sandusky County Positive People.

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