

2000 Lifestyles

*Merry
Christmas*

Free

Vol. 18 Issue 12

December 2017



THANK YOU!

It's Been a Great Year



After a year of construction, Community Health Services opened our new main campus located at 2221 Hayes Avenue on July 31, 2017. This campus houses medical, dental and behavioral health services, as well as our corporate offices.

Thank you to the community for your ongoing support as we made this transition. It is our privilege to serve you.

PROVIDERS ADDED TO OUR STAFF IN 2017



Penny Mullins, MD
Family Practice



Yasmin Pirzada, MD
Internal Medicine



Laura Anglim, NP-C
Family Practice



Melissa Bianchi, NP-C
Family Practice



Thomas Stein, PA
Family Practice



Sukhpal Singh, DDS
General Dentistry

Best wishes for a happy, healthy new year!



COMMUNITY HEALTH SERVICES

WE CARE.



VISIT OUR WEBSITE: www.CHSOhio.com



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



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



Lifestyles 2000

December 2017
Vol. 18 • Issue 12
www.lifestyles2000.net



NEWS & NOTES:

A Letter from the New Dog Warden	5
Mandy Mueller Raises Puppies that Enrich People's Lives, Robert Morton	10
"God is Still Active Today", Sara Tanner.....	11
Sandusky County Positive People's Luncheon	12
The Liberty Center, Margaret Weisz.....	13
ENTERTAINMENT	
History Notebook, Nan Card	6
Helen Marketti's Music Corner	7
In Your Own Backyard	8
Trivia, Mike Kelly	10 A) 12
Omarr's Astrological Forecast, Jeraldine Saunders	12
Out to Lunch, Lynn Urban	15

HEALTHY LIVING

Reiki Energy Therapies & Balancing Your Health.....	3
The "Bitter/Sweet" Reflection, Dr. Paul Silcox	15

HOME & HEARTH

"Grate" Treats & Eats, Christine Timko-Grate	4
Kiss-Me-Over-The-Garden-Gate, Grace Sidell	6
12 Acres in Ohio, Gena Husman/Robin Arnold	9
The Poinsetta, Viola Purdy	11
Pet World, Cathy Rosenthal	14

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

Like us on



Reiki Energy Therapies and Balancing Your Health

Reiki energies therapies are relaxation techniques that help you experience your bodie's energy systems that naturally heal, such as your endocrine system. These consist of a collection of glands made up of pituitary, thyroid, parathyroid, adrenal, pancreas, ovaries and testes that produce hormones. These hormones regulate metabolism, growth and development, tissue function, sexual function, and mood.

Each gland corresponds with the seven (7) chakra which is believed to circulate in the body and govern physiological activity as well as show constant rhythmic fluctuations with nature to maintain balance for health. (Biorhythms) The recurring cycle in physiology or function of your body such as your sleeping and waking cycle or the cyclic pattern of physical, emotional, or mental activity believed to occur in a person's life.

Reiki is the universal energy that through a human touch can activate a feeling or emotion in another person. The practitioner will focus on the right intentions of healing in her mind as she is scanning or placing his/her hands by light touch on one of the seven chakra locations of your body that automatically flows with the other energy systems. An example is a smack in the face. It triggers response and before you know it your body feels like it is on fire with anger. It is that way with applying the touch in a healing way to jump start a blocked energy field to ignite that fire of healing your body already possesses but is dormant.

The healing touch is universal Love that every living being is born with. A compassionate person feels this in overwhelming empathy of a person that is chronically or terminally ill, experiencing life issues such as a death in the family, divorce, and the list can go on endlessly. It is these very stressful situations that reak havoc on the nervous system by constantly pouring in chemicals needed for fight and flight which our bodies can handle during emergencies to act without thinking but for everyday creates more stress than the body could handle. Eventually you are out of control and the stress response is greater than the bodies emotional, spiritual and physical body can restore. We have to take control back in trusting and believing the body will heal with prevention, preservation and promoting a healthy balanced lifestyle.Please join the Reiki in sharing awareness of Love and Healing for our health and to the healing of our country and community.

We will be meeting in conference room A- B from 6:00pm-8:00pm on Tuesday, Dec. 12th



Too Many Presents to Wrap for Christmas?

Not enough time in the day to get it all done? or maybe all thumbs with gift wrapping?

that is not a Problem for us. We understand the holiday rush. Bring in your gifts and we'll custom wrap them guaranteed! No need to bring in wrapping paper, boxes or bows. We supply them - no extra charge!

Wrap and Go

at Swim Rite Pools
2218 W. State St. • 419-332-4441
Hours: Mon-Fri 9-5 • Sat 9-1 • Dec. 24 9-1

Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Tammy Calhoun

Email: trcalhoun@me.com

Advertising/General Information

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

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

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

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

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

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

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

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Merry Christmas to our readers and advertisers. We are so grateful for all of you and pray your holiday season is blessed with joy. ..



As we enter 2018 we wish you a happy and healthy New Year! See you next year.

Joanne & Pete



There were 130 entries for November, the correct answer was Valley View.

Find Pete Winners

Winners are: Kathy McCartney, Karen Cook, Pat Otermat, Edgar Sanchez, Charles Babione, Ada Williams, Dawn Havens, Karen Cronin, Fremont; Alicia Brown, Green Springs; Chad Loesser, Tiffin; Rhonda Jones, Susan Eberhard, Sharee Beckman, Bellevue; Jim Waggoner, Lindsey; Bess Runion; Cheryl Abel, Gibsonburg; David Matter, Clyde; Marlene McConnell, Helena; Beverly Miller, Troy; Jennifer Bossert, Sylvania. Congrats to all!

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, 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.

"Grate" Treats & Eats

By: Chris Timko-Grate

I have started washing and putting my summer and light weight clothes away for the next five months, and pulling out my winter clothes, sweaters, long sleeve shirts and heavy coats! I am not quite ready for what's ahead weather wise, but it gives me a chance to do some heavy cleaning and to get some closets and drawers gone through and reorganized. I then pack up what I no longer wear and donate to some area center needing donations. I am hoping it will put me in the mood to clean out some other areas of the house!

With the Christmas Holiday coming I decided to share dessert recipes this month. I don't know about your family, but ours love desserts, and we all try to find something new, even though we have our favorites, something new is always welcome!

Enjoy and have a safe and healthy holiday!

Cherries-In-the-Snow

1 8ounce angel food cake (can find this in most grocery bakeries)

8 ounces cream cheese, softened

½ cup sugar

¾ cup milk

8 ounces whipped topping

1 (21oz) can cherry pie filling

½ teaspoon almond extract

Remove brown crust from cake; tear cake into bite-size pieces. Beat cream cheese and sugar in mixer bowl until cream creamy. Add milk; mix well.

Fold in whipped topping. Fold in cake pieces. Swirl mixture of pie filling and almond extract into cake mixture. Spoon into 9x13 inch dish or crystal bowl. Chill covered for up to 2 days.

Chocolate Cherry Bars

1 (2-layer) package devil's food cake mixture

1 (21oz) can cherry pie filling

1 teaspoon almond extract

2 eggs beaten

1 cup sugar

1/3 cup milk

5 tablespoons margarine

1 cup chocolate chips

Combine cake mix, pie filling, almond extract, and eggs in bowl; mix well. Spoon into greased jelly roll pan or 9x13-inch baking pan. Bake at 350 degrees for 20 to 30 minutes or until wooden pick inserted in center comes out clean. Bring sugar, milk and margarine to a boil in saucepan. Boil for 1 minute, stirring until smooth. Pour over warm baked layer. Let stand until cool. Cut into bars.

Have wonderful and safe Holiday!

Quote for the month: Success is getting what you want. Happiness is liking what you get! H Jackson Brown Jr.

Any questions or your favorite recipes, contact me at

Chris.Timko-Grate@roadrunner.com

OTTO AND URBAN
FLOWERS "4th Generation Florists"

We grow our own Poinsettias!

Holiday gifts
Wreaths • Centerpieces
Grave Blankets
Wire Services



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

118 W. 6th St. Port Clinton
419-734-4456

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

12 MONTHS FREE CREDIT

SNYDER'S
FLOORCOVERING
OUTLET

214 STATE ST., BETTSVILLE
419-986-5599

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

A Letter from the New Dog Warden.....

Here comes that time of year again. Yes, Christmas is right around the corner, but that's not what I'm referring to. It's time to renew your dog's license. The #1 most important thing you can do for your dog to protect them in case they become lost.

Since becoming Chief Dog Warden in February this year, we have already had 375 dogs come through this kennel. Out of those 375 dogs, 199 were reclaimed by their owner and 146 were adopted out. Of those dogs adopted out, 97 dogs came in as strays and were never reclaimed by their owner. If those 97 dogs would have been licensed and wearing their dog license, we could have returned them to their owners instead of finding them new homes. It really is that simple.

The State of Ohio requires you to license your dog on an annual basis. Not only that, but the law also requires you to have the license displayed on your dog's collar. Aside from the law though, your annual dog license is the absolute fastest way to get your dog home as quickly as possible. For instance, the Dog Warden's office receives a call of a loose dog. We respond

to the address given, collect the dog, and check the tag. The tag comes back as being registered to you, so we give you a call and if you're home, we return your dog to you.

Microchips are a wonderful idea in case your dog would slip its' collar or bolt through the door right after a bath without his/her collar on. In cases like this, the microchip is what reunites the dog to its owner. The issue we have discovered with the microchips is that a lot of people don't complete the registration, so when we call in a microchip number trying to locate an owner, we end up tracing the dog back to the vet's office, or the rescue/shelter the dog was adopted from. This task can be very time consuming and requires us to return to the office to try to track down the owner.

When we must return to the office to track down this information, we need to place the lost dog one of our kennels to be held until we can locate the dog's owner. Although we make every effort to make them as comfortable as possible, a ken-

nel environment can still be an extremely stressful and scary situation for your dog.

We continue to encourage microchipping your pets, but it is MUCH more important to license them with the county dog license. This license will ensure a much better chance of being reunited with your beloved dog if he/she would get lost. It also buys them a free ride home if the Dog Warden's office is called to pick up a wandering stray.

Here in Sandusky County the Dog Warden's office offers 3 different options for you to choose from. You can continue to purchase a dog license every year for \$18. You can buy a 3 year dog license for \$54 or for \$180, you can purchase a permanent dog license that is valid for the life of the dog.

For our small dog owners who have suggested smaller dog licenses for the small dogs in Sandusky County, we can now offer you an option to purchase a smaller sized dog license. The small licenses are only available in limited quantity and are only available for the 3 year license. You

can only purchase the smaller sized dog license at the Dog Warden's office.

Licenses go on sale starting December 1st, 2017. The deadline to purchase your dog license is January 31st, 2018. Every dog over 3 months of age should be licensed. The licenses are also available in Fremont at the Auditor's office, the Dog Warden's office, Chud's, Fremont Animal Hospital, the Sandusky County Humane Society, and Westview Veterinary Hospital. In Bellevue, they are available at York Animal Hospital, and the Bellevue Animal Hospital. In Clyde, licenses can be purchased at Discount Drug Mart, First Financial Bank or Groomer's Corner. In Lindsey, they are available at the Lindsey Market. Gibsonburg has them available at the Gibsonburg Marathon Station and Woodville has licenses available at True Value Hardware.

Licenses can also be purchased online at: www.doglicenses.us/OH/Sandusky. Please be responsible and license your dog.
Kelly Askins, Chief Dog Warden, Sandusky County

License Me!

My license helps everyone know I'm a member of the family and I'm loved.

Ohio Law requires all dog owners to buy a dog tag for their dog.

Tags are on sale for \$18 from Dec. 1, 2017 until Jan. 31, 2018. Late tag price is \$36. Every dog over 3 months of age needs to have a dog license.

Tags are available: In Fremont: The Auditor's Office, The Dog Warden's Office, Chud's, Fremont Animal Hospital, Humane Society, Westview Veterinary Hospital. In Bellevue: York Animal Hospital, Bellevue Animal Hospital. In Clyde: Discount Drug Mart, First Financial Bank, Groomer's Corner. In Lindsey: Lindsey Market. In Gibsonburg: Gibsonburg Marathon. In Woodville: True Value Hardware.

Tags can also be purchased online at: www.doglicenses.us/OH/Sandusky. A fee of \$2.25 per dog will be charged for online. A writing fee of 75¢ will be charged at all locations, except the Auditor's Office & the Dog Warden's Office, where no fee is charged.

New for 2020, smaller sized tags are available for the smaller sized dogs. You can only purchase these tags at the Dog Warden's Office. Note that in order to get the smaller tag, you must purchase a 3 year license.





Holidays in 1943

Most everyone is thinking about Christmas and choosing special gifts that will bring good cheer and smiles to the faces of those they love. But in 1943, few Americans were planning special gifts. They were making sacrifices for the armed forces fighting overseas. Those sacrifices extended throughout the holidays! Americans knew that every bit of metal, rubber, food, and chemicals were needed for the war effort. Although they willingly did without, the government helped them along by issuing orders that banned sliced bread, belts wider than two inches, whipped cream, vests, and on and on.

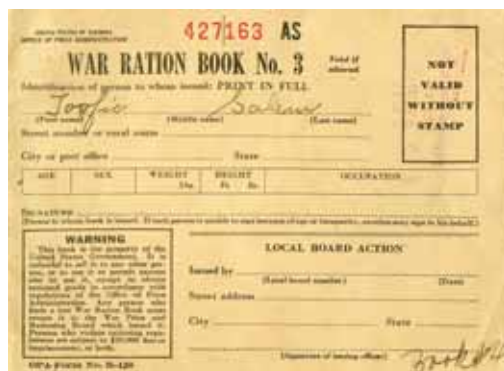
Nearly everyone was working more hours and making higher wages, but there was less to buy. Often the shelves were nearly empty. Shortages were everywhere. There were few turkeys and cranberries to be had. They were even fewer radios, alarm clocks, tricycles, toasters, and rubber boots. Despite the top hit in 1943, "I'll Be Home for Christmas," Americans still had to work hard and use their creativity to fill the holidays with joyous spirit, especially for the little ones.

Every bit of metal and rubber had been scavenged to build ships, Jeeps, and planes. A destroyer required 900 tons of metal. The few remaining toy companies that hadn't converted to war time production used wood, cardboard, and the new substance known as plastic to create toys that once were produced from metal and rubber. So much paper was used in packing war material that even books were in short supply.

To prevent hoarding and the skyrocketing prices that occurred in WWI, the government initiated a strict rationing system. Every man, woman, and child received a monthly ration book like the one pictured nearby. It regulated the kinds and amounts of foods and the dates they were available. Red stamps covered items like meats, fat, oils, and sugar. Blue stamps covered many canned, bottled, and frozen goods, including ketchup, soups, and baby food. According to a survey in the "Wall Street Journal", it was butter that Americans missed most. Oleo margarine was used by many. It was a package of lard with a red capsule to blend in and make the oleo resemble butter.

Gas, tires, clothes, and shoes were also rationed. Those Americans who grew tired of counting points, using coupons and doing with less turned to the black market. At the top of their list were gas, sugar, and oil. But for the most part, Americans remained united in their efforts to help those making the greatest sacrifice of all. The saying, "Use it up, wear it out, make it do, or do without" became a motto to live by.

When victory was declared, Americans celebrated as they had never celebrated before, but rationing continued on through 1946. This Holiday Season, we can be thankful for our brave service men and women, our nation's abundance, our spirit of giving, and that the rationing that died 70 some years ago has never returned!



At this writing we have only fourteen more days until we flip the calendar once more and find the top of the page says December. Can't be, we think to ourselves, as we shake our heads and wonder, "Where does the time go?" We have had two very special events to celebrate; a time to be thankful for our many blessings as we celebrated Thanksgiving Day. And this month the birth of the Christ Child in Bethlehem on Christmas day.

Do you remember when at the beginning of this year, I shared my decision to cut back my luncheons and dinners and other Old Garden House activities beginning in 2018? My plan was to take every other month off----well, forget that plan! This year I paid attention to the slow months and how I felt about the lack of activity. I knew that I would not be happy with that plan year round. I love what I do and the house just comes alive with people in it. My quest are so friendly, caring and grateful. I am sure that I would miss not having them and the activity they create in my home, as often as I do now.

My health continues to be strong, as does my energy level, patience and stamina. So... for 2018 This Is My Plan.

I will be off January then business as usual in February, March, and April; off May, then work June, July and August; off September, then work October, November and December.

We will begin this pattern over again for 2019. We will make changes if and when they become necessary as time goes by.

Please note that anything already scheduled on my calendar for 2018 will happen regardless of what month it is scheduled into. Also, the Four Season Dinners (held for the public on the first day of each new season) and the nine Tea at Two events that we do March through November will be held in those months as well, on the last Tuesday of the month. The 4th grade class

visits in the spring and fall will happen as usual regardless of what month they fall into. Also, friends if you are celebrating an anniversary, a wedding or something special that you had planned to celebrate here at the Old Garden House but had not yet gotten it on my calendar, please ask me anyway, even if the date falls on an "off month". There are exceptions to all rules---especially if the rule breaker is the one who made the rule in the first place!

I enrolled in a couple of one night classes at Terra State this fall. One entitled "essential Oils 101 took place on October 25. It will be helpful in designing new fragrances for my potpourri and combinations for sore muscle rubs. It was interesting. Next month, I plan to attend a session titled "Getting Paid to Talk". No doubt it won't make an orator out of me, and perhaps I'll never have the opportunity to use what I have learned, but the Terra flyer says, "this class is lots of fun, realistic and a great first step for anyone interested in the voice-over field". So, "nothing ventured, nothing gained," as the old saying goes. We'll see.

The front porch is done! Yeah! It is beautiful and credit to our family who gave their time, skills and energy to make it happen. I'll admit it...I've wiped a few tears away as I look at it. I fully understand their busy schedules and the precious time and love they gave to me in preserving the life of this old house we call "Home".

Have a joyous Christmas as you celebrate with loved ones. From all of us, to all of you; Happy New Year and remember, LIFE IS GOOD. See you in 2018!

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.

100th Anniversary Celebration
Is Your Heart Set On A Vette?

\$100 PER TICKET
DRAWING:
FEBRUARY 14, 2018

OTHER PRIZES:
2nd Prize: \$2,018
3rd Prize: \$1,918
4th Prize: \$1,500
5th Prize: \$1,000

Early Bird Drawings!
Nov. 14 - \$1,000
Dec. 14 - \$750
Jan. 15 - \$500

**\$100,000 GRAND PRIZE OR
A NEW CORVETTE PLUS \$40,000**

100th Anniversary Celebration
Is Your Heart Set On A Vette?

www.VetteRaffle.com
Additional Info: 800.850.5528

Name: _____
Address: _____
City/State/Zip: _____
Phone (Day): _____
(Email): _____

Mail to: The Bellevue Hospital Foundation
1400 West Main Street
Bellevue, Ohio 44811-8004

The Bellevue Hospital Foundation
Car raffle
In cooperation with Steiner Chevrolet-Buick

Method of Payment:
☐ Check - Payable to:
The Bellevue Hospital Foundation
☐ MasterCard ☐ Visa ☐ Discover
☐ On-line @ **www.VetteRaffle.com**

Acct. #: _____
Exp. Date: _____ 3 Digit Code: _____
Cardholder Name: _____
(From Back of Card)

Number of Tickets
@ \$100 Each: _____

Total Enclosed: \$ _____

1917-2017

Only 2,018 Tickets to be sold!

Helen Marketti's Music Corner

Rock & Roll Scavenger Hunt



While some people may collect stamps, postcards or salt and peppershakers, John Markulin of Cleveland collects autographs of famous rock stars. He refers to it as his rock and roll scavenger hunt. It all began quite innocently in 2002. John attended a launch party at the Rock & Roll Hall of Fame for the book release of "Rock & Roll and the Cleveland Connection" (Kent State University Press) written by author, Deanna Adams.

"My wife and I attended the book launch party. There were some area bands playing for the event. I purchased a copy of the book and asked Michael Stanley for his autograph. His was the first autograph I secured. After that, I asked a few other musicians who were there to autograph the book," explains John. "Later that evening, my wife and I went out to dinner. I remember flipping through the pages and looking at the autographs. While it wasn't my intention to start collecting autographs I started thinking it might be fun to use this book and start getting more signatures."

He continues, "My original goal was to start getting autographs of people who were mentioned in the book. It first started that I would get autographs from Cleveland area musicians such as The Raspberries. Seventy percent of the autographs are Cleveland related. I would try and get the autograph of anyone that Dee mentioned in the book." The autograph collecting was born in 2002 and still going strong. As of this moment, John has accumulated 1,101 signatures! This was over a time of 15 years and he is still planning to add to his collection.



John & Pat Benetar

One of his goals has branched out to start collecting 100 autographs of Rock & Roll Hall of Fame inductees. He now has 83 out of 100 so far with his most recent prized signature being that of Smokey Robinson who performed at the Hard Rock Rocksino. "My wife wrote to one of the managers at the Rocksino and explained the book, autographs and so forth. He made sure Smokey signed the book," said John. "I have witnessed about 96% worth of the artist actually autographing the book in front of me but I do get a little nervous when the book leaves my hands. If it's an artist I won't be able to meet in person and someone else will get the autograph for me, I always worry if I will get the book back. Thankfully, I always do." (laughs)

John keeps a constant eye on concert venues and show schedules. He checks to see if there will be a meet and greet with the artist or some other media event. If that does not work then he has learned to befriend security guards, technicians and management. There is usually someone available to bring the book backstage or to the tour bus. John admits he is not successful on every autograph request. He will sometimes notice an artist and their entourage leaving the back door of a venue to get on the tour bus or the person is not available. It hap-

pens and John takes it in stride and tells himself better luck next time.

"Sometimes it's easier to get autographs if the artist is traveling solo or is coming to the area for a specific event. I will travel if it's a venue within reasonable driving distance," he said. "I have been to 99 cities and going for 100. I have traveled mostly throughout Ohio but have also been to Michigan and Pennsylvania too for a show and an autograph."

John has quite an organized system for keeping track of these prized signatures. "I have 5 spiral notebooks that I have kept since I started. I have written the date, venue and whose autograph I got on that particular day. I also have them numbered to keep track of where they are on the list," explains John. "I have 6 scrapbooks. In the scrapbooks, I have written the date, name of the artist along with any ticket stubs, articles, ads or programs. I write a brief synopsis of the show. I have definitely kept track of these autographs and shows since day one. I have no plans of selling my book of autographs on e-bay or anything similar.



John with Don Felder

It's not for sale. I do this for my own enjoyment."

"Some artists are surprised they are mentioned in the book and consider it an honor," said John. "I love meeting the artists. It's a great opportunity to thank them for their contribution to music. There are two key things to remember when requesting an autograph. I call them the two "P's". One is patience and the other is politeness. So far, it has worked well for the most part. It's a hobby that I enjoy."

Picture Framing

Custom Picture Framing
Frames, Glass, Mats

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

Color Haven Paint & Supply LLC
105 N Stone, Fremont
419-332-6952
colorhaven.net

8080 Main Street,
Old Fort
419-992-4666
Mon-Fri 7:30am-6pm
Sat 8am-5pm
Sun 10am-4pm

OLD FORT COUNTRY MARKET

Christmas Open House

December 2nd,
9am-1pm

Stop in and taste some of our familiar favorites and new goodies for the holidays. Orders will be taken for your holiday party needs, with lots of fun had by all.

As the
2017 Holiday Season approaches
our thoughts turn gratefully to those
who have made our progress possible.

Thank you for our 39th Christmas
in Downtown Fremont.

We are looking forward to assisting you with your
Holiday Gift Shopping and Decorating.

Lyndi Amster
Owner

thingamajig

419-334-4459

For your shopping convenience we will be open
7 days a week Thanksgiving thru Christmas.

In Your Own Backyard

Fremont Tree and Beautification Commission is now taking nominations for their annual Christmas/ Holiday Lawn Judging. Please call all Rick at 419-307-8924 or Bev at 419-334-9981 with your information or any questions. Judging will take place on December 17.

DECK THE HALLS: The Fremont Area Women's Connection, Anjulina's Catering from 11 am to 1 pm at 2270 W. Hayes Avenue, Fremont, on Tuesday, Dec. 12, cost \$12. Be sure and wear your favorite holiday sweater for our Ugly Sweater Contest. Our Feature will be Charlotte Urban from Otto and Urban Florists, showing us Holiday Decorating Ideas. Speaker, Jackie Drake, Shreve, OH, will share Adventure, Mystery and a love story, as "A Book Lover Sharing Her Story". For reservation: luncheon and free child care, please call by December 7, Donna at 419-680-2251 or email Carrol at: fawcluncheon@gmail.com

Trinity United Methodist Church will host their annual Christmas Concert on December 17th at 7 PM. As in the past, a variety of music will be presented by vocal and instrumental performers. New this year will be a Spaghetti Dinner preceding the

concert. Serving will take place between 5-6:30 pm in the church Fellowship Hall. The menu will include spaghetti with meat sauce, salad, garlic bread, dessert and beverage. The cost is \$7 for adults and \$3 for children 10 and under. The public is invited to this dinner and concert. The church is located at the corner of Court and Wayne Streets in Fremont. A reception will follow the concert.

"Gala of Hope" Holiday Craft & Vendor Show, Sat., Dec. 2, 10-3 at Fremont Rec Center. Proceeds benefit Sandusky County Relay for Life and Toys for Tots. Bring new, unwrapped toy to receive prize tickets. Bake sale, raffles, 50/50, Lunch Concession, photos with Santa 12 to 2 p.m. **FREE ADMISSION**

Dec. 10: Ohio Oval Series slot car race at Fastraxxx, 2201 Commerce Dr. in Fremont. Racing GT cars on the large and fast oval, opens at 8 AM.

Dec. 18: Buckeye Retro Series at Fastraxxx, 2201 Commerce Dr. in Fremont. Retro slot car regional race on the fast and famous restored American raceway. Doors open at 8 AM.

December 9th - Annual Cookie & Candy Sale with Vendor Fair on Saturday from 9 AM - 2 PM at GS United Methodist Church on Broadway Street in Green Springs. Let our elves do the baking for you. Vendor tables will have Christmas & specialty gifts. Kids of all ages! We still have the \$1 table for you to shop & wrap your gifts as well. All proceeds go toward mission projects. Call 419-639-2100.

The women of Fremont First Presbyterian Church, 120 S. Park in Fremont, invite the public to their "Christmas Cookies and More" on Saturday, December 9th from 10 a.m. to 2 p.m. The ladies will offer homemade Christmas cookies, buckeyes, gently used Christmas decorations, and Precious Moments figurines. Shoppers may enjoy delicious homemade soups and hot holiday beverages while shopping. Proceeds go to local missions.

In the style of Irving Berlin's 1942 film, "Holiday Inn," starring Bing Crosby and Fred Astaire, where every holiday prompts a celebration, Bellevue Society for the Arts' Holiday Innkeeper Cabaret Troupe is proud to announce December 8's "Where Are You, Christmas?" Cabaret at 7 p.m. The event

features an array of funny, romantic, and traditional Christmas and Holiday-themed songs performed by some new and familiar BSA personalities. Each Cabaret is accompanied by a meal or an appetizer and dessert bar. The December 8 menu will feature cube steak, baked potato, peas, rolls with butter, and a festive dessert. Cabaret performances are by reservation only and are limited to 100 in attendance. Tickets are \$20 each. Reservations must be made in advance by calling 419-484-2787.

Clyde Eagles Women's Auxiliary Presents the Annual Christmas Craft Show. Sunday, Dec. 3, 10-3 pm, lunch served 11-2pm, Crafts, Baked goods and Specialty presents, 1120 South Main St, Clyde.

Breakfast with Santa, Dec. 17, 9-12pm. Children \$5, Adults \$7. All you can eat breakfast, Clyde Eagles, 1120 S. Main St, Clyde

The North Coast Concert Band will have their free winter/Christmas concert on December 3 at 3:00pm at the Port Clinton High School.



SMOKEY'S
TAP
LLC, EST 2015

Hours 11pm-9pm with bar open later on the weekends
Closed Tuesdays
205 Washington St,
Republic Ohio
419-585-4027

NOW OFFERING CARRY OUT!
In House Smoked Pork & Brisket, Homemade Pies, Soups, Salads, BBQ Sauce

Breakfast starting at 8am, Sat & Sun

Saturday Nights: Rib Special

10% OFF Not good on daily specials or alcohol. Good for dine in only and cannot be used in conjunction with other coupons or specials. Expires 12/31/2017



PROMEDICA MEMORIAL HOSPITAL

Browse-n-Buy Gift Shop
715 S. Taft Avenue
419-332-7321 ext 323304

Visit our temporary gift shop on the 1st floor in the Chestnut Café

Bring this ad and receive 25% off of 1 item

ANYTIME THROUGHOUT OUR TEMPORARY RELOCATION



Pinnacle Hearing

at Eden Springs, Green Springs
419-939-3186



Aaron Burks, Au. D.
Doctor of Audiology

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



CALICO CAT
Antiques & Collectibles
Collection of Old & New Items

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

We may just have those hard to find items or gift for that special person on your holiday list!

The Calico Cat will be taking a "nap", closed the month of January. Reopening Feb. 1st at 3pm

Shop Tues, Wed, Fri 10-3, Thurs. 3-7
115 S. Main Street, Clyde
Next to Main St. Cafe
419-547-2701



CLYDE ST. MARY'S
615 Vine St., Clyde

ALL PAPER BINGO - NO SMOKING BINGO
\$500 BONANZA in 56#
The last Tuesday of the month drawing for \$100.00

TUESDAYS
Doors Open 5:30 pm
Games 7:00 pm
Free Coffee
Progressive Lucky Number

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

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

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



LEGENDS
Sports Pub & Grille

1068 W. McPherson Hwy, Clyde in The Discount Drug Mart Plaza

\$2.00 OFF
Save an additional \$2 off our already special prices on each order

Tuesday
ALL DAY
AYCE Boneless Wings
~~\$10.99~~
\$8.99
w/coupon

Thursday
ALL DAY
FULL SLAB of our famous "fall off the bone" Ribs & Fries
~~\$14.99!~~
\$12.99 w/coupon

Dog Groomer/Another Bird in the Hand?/December Contest



Robin Arnold



Gena Husman

Some of the wildest-looking animals here don't live outdoors or in the chicken coop—some of them live inside our house. Every three months for the past eight years we've taken our two little rescue dogs—a Pekingese with thick hair and a terrier mix with horrible hair—to the groomer.

Recently, our groomer called and left a message saying that she was requiring all of her clients to have their dogs vaccinated for dog flu. We're careful to keep our dogs' yearly vaccinations up to date and their heart worm test done, but we weren't planning on a flu vaccine for them. They never leave the property except to go to the groomer or for their yearly visit to the vet. This fall already, both dogs had been treated with prednisone, antibiotics and a topical flea medication for a nasty bout of grass allergies and fleas—on top of their yearly vaccines. Dolly was suffering with diarrhea from her heart worm medicine. We didn't want to add more chemicals to their poor little bodies so we checked with our vet who wasn't exactly pushing the flu vaccine and decided we'd try trimming our dogs ourselves. Ha!

The mailman delivered our new dog clippers two days later. Between us, Robin was the only one with grooming experience—sort of. She had once trimmed her family dog when she was in Junior High School (she and a friend had borrowed a book from the library and followed it step-by-step. She can still recall the look of shock and disbelief on her mom's and grandmother's faces when they pulled into the driveway after a shopping trip and spotted the dog standing on the porch.).

So, armed with our new clippers, we went in search of Babs, the terrier with horrible hair, who was already long overdue for a trim. The first couple of hours that first day were devoted to getting a feel for the clippers and how much hair to take off and where to take it off from. The second day was devoted to trying to even it all up. Surprisingly, Babs was very cooperative. At the end of the second day, overlooking a few uneven spots, a ratty-looking tail and a Mohawk where it shouldn't be, Babs survived and still likes us. We haven't tackled Dolly, the Pekingese with the thick hair, yet. Lately, she's been spending a lot of time in hiding.

Grooming your own dog at home is not a project to be undertaken lightly. We have a healthy respect for the brave, patient individuals who make our best friends look pretty and smell good.

Could you tell the difference in weight between a chickadee and a nuthatch in your hand without looking? Robin can. She

was standing under one of the trees over by the barn when Scruffy, the chickadee, flew in for a treat. She turned her head to watch him fly off with his sunflower seed. As she stood with her hand out waiting for him to return, she felt another bird in her hand picking through the seeds. She thought it felt heavier than Scruffy and when she turned to look, she found it was a little white-breasted nuthatch. It must have seen Scruffy and thought it was ok. That was a first for Robin—and probably for the nuthatch!

This year we decided to revive our contest. The giveaway prize is an 8x10 print of Robin's original Cardinal watercolor, which is pictured in this article. You can enter by email—just send your name and address to muskrat55@yahoo.com. Type "Cardinal contest" in the subject line. Or by mail to: Robin Arnold, 5530 W. Fremont Rd, Port Clinton, OH 43452—send name, address and phone number. All entries must be received by Dec.18, 2017. We will place all entries in a hat and Robin and I will draw the winner on Dec.19th. Winner will be notified either by phone or email. Good luck!

Happy Holidays!







The UPS Store



Holidays MADE Easy

Get ahead of the holidays

Ask about printing your cards & calendars today.



Get ahead of the holidays

We offer a wide range of printed holiday products like customized greeting cards, calendars and more. Stop by your neighborhood The UPS Store® location today.



In The Marco's Pizza Plaza
1907 W State St
Fremont, OH 43420
(419) 333-8460

Holiday Hours:
Mon-Fri 08:00 AM-06:30 PM
Sat 08:30 AM-02:00 PM
Sun Closed

Copyright © 2017 The UPS Store, Inc. MS410_17260917

\$1 OFF SHIPPING
when you ship 1 package

\$2 OFF SHIPPING
when you ship 2 packages

UPS® SHIPPING

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2016 The UPS Store, Inc. 12/31/2017

The UPS Store® 

\$2 OFF PACKING
when we pack 1 package

\$5 OFF PACKING
when we pack 2 packages

PACKING SERVICE
(with \$10 minimum purchase)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2016 The UPS Store, Inc. 12/31/2017

The UPS Store® 

20% OFF
HOLIDAY PRINTING

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2016 The UPS Store, Inc. 12/31/2017

The UPS Store® 

Mandy Mueller Raises Puppies that Enrich People's Lives

by Robert Morton, M.Ed., Ed.S.



Robert Morton

Quiche is a 7-month old Golden Retriever who will, someday soon, make a big difference in someone's life. She is being trained by Sandusky County resident Mandy Mueller, a volunteer "Puppy Raiser" for Canine Companions. Founded in 1975, Canine Companions is a non-profit organization that provides highly trained assistance dogs for the ongoing support to people with disabilities.

Canine Companions also recognizes the brave men and women returning home from combat with disabling injuries who experience a litany of new challenges when trying to transition back to civilian life. Their exciting new pilot program in California places service dogs with veterans suffering from PTSD. Maybe, when Quiche is fully trained, she may help a veteran who is dealing with difficult emotions that are bottled up inside.

These new PTSD assistance dogs are being trained in nightmare interruption, turning on lights, retrieving items, and comforting PTSD-stricken veterans in crowded public situations that might provoke their anxiety. They hope to expand this project to include paramedics, police officers, firemen and other first responders who also suffer from PTSD.

Mandy Mueller explained the details as to how these amazing canines are trained. She teaches Quiche social skills, manners and 30 vital commands. For example, "Under!" instructs her to crawl under a chair, table or pew in a restaurant, church or at any public meeting so people don't trip over her. "Up!" tells her to hold her front paws up vertically, like on a wall, for she will be further trained

to use her nose to flip on a light switch or activate an automated door opener for a disabled person.

Canine Companions is the oldest and largest provider of assistance dogs in the world, currently raising and training 1,316 puppies with over 3,000 active volunteers nationwide. Mandy Mueller will keep Quiche until she is 18 months of age. During that time, Quiche enjoys a safe home, healthy diet, and much socialization and love. Their time together is vital to the development of a future assistance dog and she submits monthly reports on Quiche's progress to Canine Companions.

Labrador Retrievers, Golden Retrievers and a cross of the two are bred to be assistance dogs. Volunteers nurture the newborn puppies for eight weeks, then volunteer "Puppy Raisers" spend the next 14-18 months providing basic obedience training, socialization and special care.

For example, Mandy attends Canine Companions approved obedience classes, pays for Quiche's puppy food, medical and transportation expenses, provides a kennel or crate for sleeping indoors, and exposes her to everyday life experiences and socialization opportunities such as public events and medical appointments. She always keeps her on a leash unless she's in a securely fenced area and generally supervises the young Golden Retriever throughout the day.

It's all worth it! These remarkable dogs make life easier for so many in need. They may retrieve a dropped phone, pull a wheelchair along, open doors, alert a deaf person to important sounds, wake someone up on time, comfort a child in a medical setting or prisoner in the criminal justice system, or enable children

with disabilities to do something they never had the courage to do.

If you'd like to donate to or learn more about Canine Companions, contact Mandy Mueller at (smmueller22@gmail.com) or Staicey Scholtz, President of the Northern Ohio Chapter at (ylw-labs2@gmail.com).

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found at amazon.com - books.



1. What was the signal for American personnel to get ready for evacuation from Saigon at the end of the Vietnam War?
2. What movie is this quote from: "Greed, for lack of a better word, is good."
3. How did the Wright Brothers decide who would make the first motorized flight at Kitty Hawk: they let the oldest brother go first, they arm wrestled, they flipped a coin, or Orville had the key, so he got to go first?
4. Which of the three main "animal clubs" in the U.S. - the Eagles, the Elks, and the Moose - is the oldest?
5. Which of Santa's reindeer are named for weather phenomena?

Booking Holiday Parties, Receptions, Events, Meetings

Seating for 300 in banquet hall

Restaurant & Bar area also available

Let's eat at
Byrons
BBQ Restaurant

Fremont Quality Inn
State Route 53 North
Fremont
567-201-6682

The Grund Drug Co.
"Our Family Serving Yours Since 1861"

Happy Holidays!

Stop in for a great selection of gifts, Holiday & Everyday Cards!

Fremont's only locally owned pharmacy & downtown post office is located at
227 S. Front Street, Fremont OH 419-332-5585
Mon-Fri 9am-7pm Saturdays 9am-5pm

DQ
SOMETHING DIFFERENT

Still open and waiting for you!

New
OREO COOKIE
Hot Cocoa
BLIZZARD® TREAT

Candy Cane Chill BLIZZARD® TREAT

Festive Favorites!

DQ

1312 Oak Harbor Rd. - Fremont

SOMETHING DIFFERENT **dairyqueen.com**

The Poinsettia

by Viola Purdy,

Sandusky and Ottawa County Master Gardener Volunteer

Its the time of year when, in almost every store, you will see poinsettias on display for sale. No flower says Christmas like the poinsettia!

Some Interesting Facts

- Poinsettias are part of the Spurge family. Botanically it is Euphorbia pulcherrima
- Are not poisonous, however they do produce a milky sap that can cause irritation. Pets can get vomiting and diarrhea. The leaves taste awful.
- December 12th is Poinsettia Day. Named after the death of Joel Roberts Poinsett in 1851. He brought the poinsettia from Mexico where it was considered a perennial weed that grew to 10-15 feet tall.
- California now produces 70 percent of the Poinsettias in the US, amounting to an economy contribution of most of the 250 million dollar in retail sales.
- They do not tolerate frost.
- The showy color of the poinsettia is not the flower. They are leaves(bracts) that change color due to a process of photoperiodism. This requires complete darkness for 12 hours for 5 days at least. They then need bright light for good color.
- The flower is the small yellow centers.
- There are more than 100 varieties now available. Once only available in red, they now come in pink, white, yellow, purple, salmon and multicolor.
- The "Prestige Red" is still the most popular.



1. Choose a plant with green leaves to soil line.
2. Choose bracts that are completely colored. Be sure there are no yellow or dropping leaves.
3. Plant should be 2 1/2 times the diameter of the container. They should be full and balanced on all sides.
4. Should not be on display in sleeves or crowded together. This causes premature leaf loss.
5. Be sure to check undersides of leaves for white flies or aphids.
6. Check the flowers in the center. If they are partially green or red tipped, the plant will last longer.
7. When you take it home, have it covered if the temperature is below 50 degrees.

Caring for your Poinsettia

- With care it should retain its beauty for 6-8 weeks and sometimes for months.
- Low temperatures, even for a few minutes, can damage the bracts and leaves.
- Place in bright indirect light away from registers and doors.
- Ideally daytime temperature should be 60-70 degrees with slightly cooler temps at night to prolong the life of the plant.
- Punch holes in the foil to allow drainage and check daily. If soil is dry water.
- If you keep it past holiday season, fertilize with a houseplant fertilizer monthly. Do not fertilize while in bloom.

Have a nice Holiday season and enjoy your Poinsettia!

Selecting a Poinsettia

"God is Still Active Today"

Sara Tanner, a Fremont resident and now published author, wrote God is Still Active Today. It is a book about her personal journey to Cameroon, Africa to set up a mission with native pastors running it. She lived as an African with an African pastor, his wife, and 6 girls. The book tells about that experience with all the mistakes and illnesses encountered while living there. It is a fascinating and funny account of someone trying to do mission work while not knowing the language nor culture. The mission became successful but you will see how God used her to do it.

The book is on sale at Grund Drug Co., Fremont, Ohio and on Amazon. All proceeds from the book go to SNAP Ministries, Inc. which is the name of the mission in Cameroon. SNAP stands for Supporting Native African Pastors.

Here is what two of the endorsers have said:

Praise for "God is Still Active Today"

This is a well-written, very readable book which documents the spiritual journey of its author while at the same time defines important lessons learned while doing foreign mission efforts. It candidly relates the successes as well as the stumbling that occurred during the startup efforts in Cameroon. Sara Tanner does an excellent job of capturing the important facts yet not missing the emotion and personal aspect of such endeavors.

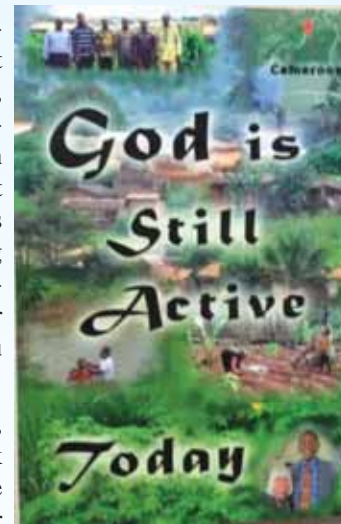
Ultimately she captured how God's direction, His will, and His Blessing served to assure the ultimate success of the mission effort, and how God continues to guide them. You will not be disappointed when you read it.

C.J. Hindman, MD
Physician, Teacher, Author
Brigadier General USAF (R)

This touching story is a true mix of human frailty on the one hand, and divine power on the other hand. The author constantly underlines both God's sovereignty and man's responsibility.

The 'what I learned' sections at the end of each chapter offer a beautiful summary of spiritual lessons to be reflected on by the reader.

Gilles Despins, ThD, PhD, DMm (candidate)
Advising Professor
Tyndale Theological Seminary



Announcing our New Office Location. 567 Bartson Road!

From our family to yours, Have a Blessed Christmas Season



Kurt D. Harrison, D.O.

Care Provided:

- Complete Women's Healthcare
- Heavy periods
- Gynecological Issues and Surgery
- Infertility
- Birth Control Options
- Relief of Menopausal Symptoms

Women's
HEALTH SPECIALISTS

Your Hometown
Healthcare Provider

Phone: 419.333.9026 • www.OhioBabyDoctor.com • Like us on Facebook





Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Watch your step in the upcoming month. You may be tempted to push back if you feel your freedoms have been infringed upon. Avoid making major decisions or purchases as you may be misled by false information.

TAURUS (April 20-May 20): Kind and sympathetic people may help you reach long term goals, but might not be good advisors for finances. The second half of the month ahead will be better than the first half for decision making and major purchases.

GEMINI (May 21-June 20): In the upcoming month handle extra tasks and responsibilities with good grace. With a holiday on the calendar you might be treated like a "go-fer" or end up at someone's beck and call. Make the best of it.

CANCER (June 21-July 22): As this month unfolds you may realize that family connections make up the fabric of your life. Despite some irritations you may be made aware that loved ones help you weave all the little details of life into a viable whole.

LEO (July 23-Aug. 22): Patience will prop you up. Take your time about starting something new. Put your powerful business ideas and financial plans on the back burner. You are too focused on work to enjoy a social outing.

VIRGO (Aug. 23-Sept. 22): Hit refresh. The familiar way of doing things may need a revision so that you can continue to thrive and grow in the future. In the month to come your energy levels may ebb and flow, so you must not take on new duties.

LIBRA (Sept. 23-Oct. 22): If you push too hard for too long something might break down. There may be a tendency to put your own wants and needs ahead of those of others. Relax, be considerate and recharge your energies.

SCORPIO (Oct. 23-Nov. 21): Remain attentive. Duck and get out of the way if a ladder is falling and threatens to hit you in the head. However, as the month unfolds, find ways to integrate your belief system into creative or financially stabilizing activities.

SAGITTARIUS (Nov. 22-Dec. 21): When the outcome of a game is certain, everyone wants to call it quits. Dissatisfaction with your routines might

disrupt the month ahead. You could be tempted to stir up excitement with someone who is true blue.

CAPRICORN (Dec. 22-Jan. 19): Fortify your boundaries but keep a door propped open. Family dinners and restful hours sure to be on your schedule but you may be restless unless you have something physical to do.

AQUARIUS (Jan. 20-Feb. 18): Dig in and do it right the first time. Small details that have previously escaped your notice can come to your attention. Don't make impulsive purchases but do focus on things of long term value.

PISCES (Feb. 19-March 20): Find opportunities for quiet introspection.. Your nerves might be on edge and you may react badly if someone pushes your buttons. Some time on your own might help you retain your equilibrium.



Happy Holidays from Jenesis Salon

The gift of beauty keeps on giving.

15% off ALL PRODUCTS with coupon

GIFT CERTIFICATE SALE

Buy \$50, get \$10 free
Buy \$100, get \$25 free on services only

Refer a friend and receive a \$10.00 gift card!

419.860.5622

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

Sandusky County Positive People's December Power Packed Luncheon

"Ernie Berry - Overcoming Adversity with a Positive Attitude"

On Tuesday, December 19, Sandusky County Positive People is holding their winter Power Packed Luncheon at Vanguard Career Center's Café, 1306 Cedar St. in Fremont. "Overcoming Adversity with a Positive Attitude", presented by Ernie Berry, is the topic. By his mid-twenties, Ernie had achieved great success and accomplished many of his goals in spite of much adversity. It's his belief that his conditions and lot in life are motivators for his success. As a motivational speaker, Ernie uses his story to encourage others to live life to the fullest. He is an author and has been legally blind since birth. The Sandusky County Positive People Power Packed Luncheon, which is scheduled from 11:45 a.m. – 1:00 p.m., is open to the public. Reservations are required by December 11 since seating is limited. Cost for the meal and speaker is \$15.00. To make a reservation, please call 419-332-1940 or email GearyJ@fnblifetime.com. Reservations can also be mailed to Sandusky County Positive People, 1409 E. State St., PMB 120, Fremont, OH 43420. Make checks payable to SCPP. Additional information can be found at www.scppohio.org.



Answers

1. Armed Forces Radio began broadcasting the song "White Christmas."
2. "Wall Street."
3. They flipped a coin.
4. The Elks were founded in 1868, the Moose in 1888, and the Eagles in 1898.
5. Donner, which means "thunder" in German, and Blitzen, which means "lightning."

YOU'RE LOOKING FOR PEACE OF MIND. WE CAN HELP WITH THAT.



Having a safe, comfortable place with highly trained medical staff nearby and activities to keep you engaged can go a long way in reducing the amount of time you spend worrying. That's why we're here.

Schedule your visit today.

ASSISTED LIVING AND SO MUCH MORE

1247 North River Road
Fremont, OH 43420
419-332-0357
valleyviewwhc.com • [t](#) [w](#) [f](#)

✦ A Trilogy Senior Living Community



Valley View
Health Campus

Liberty Center

Fremont residents, Rick and Barb came to the Liberty Center after completing an inpatient drug rehab program. They went to rehab willingly to break their almost yearlong use of prescription opiates and heroin. Both began taking prescription opiate medication as prescribed by their doctors due to serious back injuries. As is all too common, they became dependent on the medications and then needed more and more to reduce the pain. After a while their doctors realized they were becoming addicted and stopped writing the prescriptions. Without any assistance for the addiction or pain they turned to heroin, a decision they both deeply regret.

Over the next 10 months heroin took them down a dark road they never thought possible. They did things to get the heroin that they never thought possible. They stole, lied, and put their children in dangerous situations. Rick and Barb had two beautiful girls ages four and two years old. Due to their addiction, Children's Services had to step in and place the children with a relative with the stipulation that Rick and Barb could not even have visitation until they completed Children's Services initial requirements.

Rick and Barb were connected to No Bars, TASC and Firelands Counseling and Recovery to help them continue living clean and sober. They were drug tested several times a week and always tested negative. After a few weeks they began receiving the Vivatrol shot which

reduces opiate cravings and prevents the client from achieving a "high" if they do use again. Rick and Barb chose to take the Vivitrol because they wanted to do everything possible to ensure their success in staying clean and sober.

While at the shelter Rick and Barb worked with our case manager to form goals for work and housing along with paying off some old bills. They also had to clear up some legal issues stemming from their past addiction. Within their first week at the shelter they both secured jobs working 30 to 35 hours weekly. Within six weeks they found an apartment and secured temporary rental assistance through WSOS.

They have now been clean and sober for over a year. They are still living in their apartment and paying the full rent themselves. They are working and doing well.



Find us on Facebook
JackiesWreathsandThings

PROFILES by ALISA
Anti-Aging Studio
419-680-1486

Let us all remember the reason for this season, the birth of our Savior, JESUS CHRIST
Wishing everyone a MERRY Christmas and a Wonderful New Year love & happiness to you all!

profilesbyalisa@yahoo.com

The Liberty Center provides up to 60 days of safe shelter, case management, domestic violence advocacy, life skills classes, nutritious meals, laundry facility, and referrals. The shelter strives to provide an environment for its residents that is encouraging and empowering. Case management is provided to each resident, assisting them to become self-sufficient by helping them to form a plan of action, with job and housing

searches, and referrals to other appropriate services and agencies.

For additional information about our services, volunteer opportunities, or donations please contact The Liberty Center, 1421 E. State St., Fremont OH 43420, or call (419) 332-8777. The Liberty Center is a United Way funded agency.

A Big Thank You to Everyone that Made Our 14th Annual Whiskers 'n Whine Gala a Success!

Thank you to our Sponsors!

Siamese Cat: \$150

Dr. Sharon Dorman
Habitec Security

Great Dane \$500

Cece & Ron Boucher
Westview Veterinary Hospital
Commercial Glazing Systems

Cocker Spaniel \$300

Joanne Darr/Dairy Queen
Croghan Colonial Bank
Dave Zimmerman Contractor, LLC
Buck & Laura Baumann

Mastiff \$1000

Mary Hillman
Joanne & Pete McDowell
Gary & Donna Morykwas
Dorothy E. Wagner

Thank you to our Auction & Food Donors!

Doris Amidon
Andy Capogrosso
Laura Baumann
Cecilia & Ron Boucher
Jennifer Brooks
Joanne Darr
Chris Haas
Rich Harman
Joni Hasselbach
Joy & Jerry Hassen
Nancy Haley
Marge & Ken Hirt
Mary Hillman
Donna & Steve Hoffman
Teresa Joseph
Radelle Karg
Ann Mayle
Pete & Joanne McDowell
Steve McDowell
Jamie Meade
Gary & Donna Morykwas
Janese Reid
Nancy Stearns



Special thanks to:
Let's Eat at Byrons,
Quality Inn, Fred
Wolf, Auctioneer,
The UPS Store and
Brad Kepler

Scarlett Sterling
Joy Taylor
Annette Dudley Wright
Teresa Wright
Benchmark Prints
Canine Bliss
Hall's Wine R We
Jackie's Wreaths & Things
Lee's Chicken
Let's Eat at Bryon's
Marco's Pizza
Miller Boat Line
Old Fort Market
Otto & Urban
Pizza Hut
Profiles by Alisa
Quality Inn
Root's Poultry
Shear Delight
Smokey's
Top Flight Kennel
Wendy's
Whirpool

Dear Cathy,

I have two cats, Foxy and Florence, ages 8; they are brother and sister. They had a bit of a rough start. Their mother was killed by a car before they opened their eyes. But a kind soul took them to a veterinary clinic where they were bottle-fed and then spayed and neutered at the appropriate time. They got their "forever home" with me.

Foxy is a reasonably mellow gent; Florence, however, is a nasty cat. She craves attention, but when I stroke her, she will lash out with an unsheathed paw, and sometimes draw blood. If I am sleeping and have a hand resting on the pillow, she will bite my fingers. I have worn slippers to bed for the past eight years because she comes under the covers and bites my toes.

I am wondering why one sibling would be a nice fellow while the other would be a little (ahem...!) "witch." - Nancy, Queens Village, NY

Dear Nancy,

Whether pets or people, two siblings, born from the same parents, and raised virtually in the same way, can turn out very differently. That's because kittens' personalities are determined more through play with their littermates or other kittens than through their upbringing. Florence is just a more dominant personality, but it's not acceptable that she bites you and draws blood when you pet her.

Cat behaviors can be more challenging to change than dog behaviors, but there are steps you can take to reduce her aggressive behavior.

First, know her touch tolerance level. Some cats find petting overstimulating, and can only handle a few strokes before lashing out. Determine how many strokes

she can handle before she strikes, and stop petting her short of that limit.

Second, don't use your hands to play with her. Use wire and feather toys that enable you to keep some distance. She needs to learn body parts are not for play.

Next, you can wear slippers to bed, but it's important to set boundaries for her. Even though she thinks she is playing, she needs to know when the action is getting too rough. The quickest way to show your displeasure is to make a quick "hissing" sound when she lashes out. Cats hiss to tell others to back off, so she will know what this means.

Finally, use plug-in feline pheromones around the house to calm her. If none of these things reduces her triggers, then talk to your veterinarian about behavioral medicine that can reduce her aggressive tendencies.

Dear Cathy,

I have a 10-year-old Maltese/Shih Tzu mix, in relatively good health. About a year ago, my veterinarian put him on a

senior diet because of a slightly raised creatinine level, which now is back to normal. He was not pleased about the new food, and I had to try eight different brands. He has always been a little bit of a fussy eater, but now every day is torture getting him to eat. He doesn't like food at all. It has gotten so bad that it takes me almost two hours of coaxing to get him to eat. The vet wants to see him put on a little weight.

Last year, he had his four front teeth extracted due to decay. This year when they were cleaned, everything looked good. Do you think I should request any further testing from my vet? I am at a loss for what to do. - Karen, Brookhaven Hamlet, Long Island

Dear Karen,

While it's not unusual for older dogs to eat less or change their eating habits as they get older, you should absolutely rule out other health problems with your veterinarian first. Dogs sometimes associate any pain or discomfort they feel with the food they are eating, and will avoid it if they think it's the cause of the problem.

Of course, the food may be part of the problem if he has an intolerance for some of the ingredients. If your vet approves, maybe you can switch proteins, from chicken or beef to salmon or bison. Or maybe you can feed him a limited-ingredient diet that will have fewer things that could trouble his stomach, if that is what's causing the issue.

Lastly, ask your veterinarian if you can add something to make his food more enticing, like boiled chicken, canned pumpkin (without the sugars), or Forti-Flora, which is a probiotic made by Purina Pro Plan that can help restore intestinal health and, because it's tasty, may improve his appetite.

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

Welcome to our Veterinary Hospital

We treat your pet like our own!

Ryan Zimmerman, DVM




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

Going away?
Think of us for pet boarding!

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




**24-Hour
Emergency Service Available**

3032 Napoleon Rd • Fremont

419-332-5871 • westviewvethospital.com

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

Pet Portal
LOG IN
Payment Info
Get a Portal
or FREE
CONNECT
Portal
LOG IN

Mary's Pampered Pets



Grooming Dogs & Cats
Mary Miller, CMG

*"Let me pamper your pet
when you can't."*

**Merry
Christmas!**

**Certified Master
Groomer**

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

The Local Thyme

I know I have said this before, but I always like getting recommendations from friends about good restaurants to try. We met some friends at a fun little bar and grill in Whitehouse, Ohio. It's not too far from Maumee off of Rt. 24. The Local Thyme restaurant features bar food with a twist, they turn ordinary dishes into their own flavorful creations.



For an appetizer we started with the sausage sampler, consisting of the housemade sausage, fried pork belly, cheese, crackers, their own pickled onions, and relish. It was enough for four for \$7.99. Another shareable is the Big Thyme pretzel, which is as big as a dinner plate and served with three different dipping sauces.

The large chicken wings are smoked, not fried, and the chicken chunks are fresh cut, all served with a variety of homemade sauces. Monday is wing night. A pound of wings with handcut fries is \$7.49.

The large burgers are made from fresh hand pressed beef, served with fries or another delicious side. I had the Big Thyme Burger, which had melted cheddar cheese, grilled onions, special sauce, and pickles with their homemade cole slaw for \$8.99. It was pretty tasty.

Tuesday night is Italian night, and Wednesday night is taco night. The tacos are made with the housemade smoked pork, cabbage salad, queso cheese, and avocado dressing. Sounds great! The dinner selections consist of Ribs, Perch, Chicken and Pasta. They also make a large variety of homemade pizzas.

For some live entertainment, a local band plays every Friday and Saturday night. There are lots of photos and info at their website.

The "Bitter-Sweet" Reflection

By Dr. Paul Silcox

It's amazing how fast 2017 has come and gone! It has definitely been bittersweet. Bitter in getting deeper into the realization that I'm never going to see my son again. There have been many times over the past few years that there could be a month or two, or even three, that I wouldn't see him.

But now, it has been a whole year and the sense of it being a permanent, never, ever to be changed, sets in. And it hurts. There hasn't been a single day that has gone by since November 12, 2016, that I haven't thought about him.

But when you face something in life that you absolutely cannot change, you have some choices to make. You can let it eat you alive and destroy you; or grieve naturally, thoroughly and understand that even though the pain will never go away, there is still a lot of living to do and it can be "nearly full" and "almost complete".

I recently had a sign out in front of my office that said, "When you're at the end of your rope, tie a knot and hang on" That has been good description of the bitter part of 2017. I frequently have to get a new grip on that rope.

Now for the sweet part. One of the satisfactions of being in my early 60's is that my beautiful daughter and her husband have blessed me with a drop dead gorgeous granddaughter. Those of you that have seen pictures of her know exactly what I mean. Those of you that haven't, well, this proud grandpa will be more than happy to show you one! Much to my delight, my daughter informed me recently that she is expecting again and this time it is a boy.

But no matter what we reflect of the bitter or the sweet, there is one thing that I remember and I hope you do too. Long ago it was recorded, "For unto us a child is born" and THAT is the reason for the season. I wish you all a Merry CHRISTmas.

SILCOX ACUPUNCTURE & CHIROPRACTIC



Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

New and Old Patients Welcome

Walk In's Welcome



Where a race becomes an event

2201 Commerce Drive
Fremont, OH
419-937-4108

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

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

Chris Earnhart/ Owner

See us on Facebook

Classifieds

SERVICES

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

Donna's Sewing: Alterations: Pants, \$6 per pair; zippers; curtains; dresses; re-enactment clothing; tailoring. Quick turnaround. Call 419-332-1654. 922 Carbon Street in Fremont.

FOR SALE

Large selection of live edge slabs, large and small. Kiln dried. Walnut, cherry, elm, cottonwood, ash, butternut spalted maple. Also kiln dried cherry lumber. Call or text Greg 567 342 2384.



SKI LODGE WINERY
CLYDE, OHIO

We are a Picnic Winery.
Outside foods welcome!

505 N. Main St.
Nestled in the heart of Downtown Clyde
844-819-7491



SATURDAY NIGHT BINGO!

Doors Open at 4pm Early Birds at 6:30pm
YMCA - 1000 North Street, Fremont 419-332-9622

<p>More FUN added</p> <p>Patriot Progressive Game Win up to \$3000</p> <p>Joker's Wild Bonanza Win up to \$1000</p> <p>Four admission prizes of \$25 given nightly</p>	<ul style="list-style-type: none"> - \$100 every game (with 100 players) - \$1000 progressive jackpot - Triple Jackpot Keno - Handicap Accessible - Homemade refreshments - Lucky numbers - All PAPER - Lots of instants
---	---

Happy Holidays From Everyone At

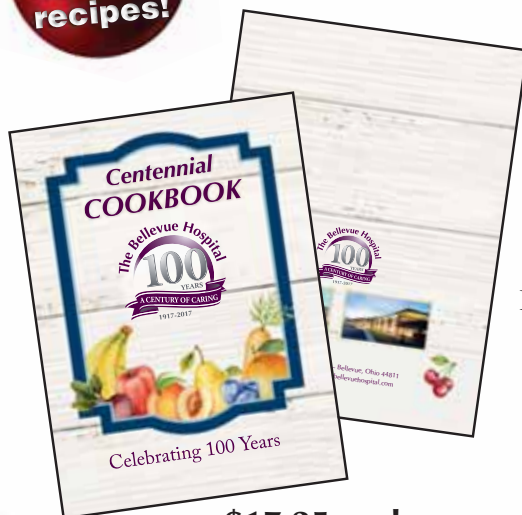


Elmwood Communities

Fremont ■ Tiffin ■ New Bremen

The best gifts give back!

Over
300
recipes!



Give the Best! The Bellevue Hospital's Centennial Cookbook

*All proceeds benefit
The Bellevue Hospital Foundation's
Women Mammography Fund and
the Wellness and Walking Trail*

Easy to purchase:

- www.tbhfoundation.com
- The Bellevue Hospital's Gift Shop
- Use the order form to the right

419.483.4040, Ext. 4408

\$17.25 each (plus tax)

Name: _____

Phone: _____

Number of books @ \$17.25 ea. Subtotal \$ _____

Tax 7.25% (\$1.25 per book OH residents) \$ _____

I will:

☐ Pick-up at The Bellevue Hospital Gift Shop (No S/H)

☐ Please ship to:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

_____ # of books ship X \$7.00 ea. = \$ _____

Total \$ _____

Checks are payable to: **The Bellevue Hospital Foundation**

Mail order form and payment to:

The Bellevue Hospital Foundation

1400 W. Main Street • Bellevue, OH 44811

The Bellevue Hospital Foundation

32nd Annual

Lights of Love

Each Light is \$5

Proceeds will benefit the Foundation.

*Purchase Lights by
Friday, December 15, 2017.*

*All those recognized and the
contributors will be listed
on the Hospital and
Foundation websites.*

My Lights of Love 2017

☐ In Honor OR ☐ In Memory

Name: _____

☐ In Honor OR ☐ In Memory

Name: _____

☐ In Honor OR ☐ In Memory

Name: _____

☐ In Honor OR ☐ In Memory

Name: _____

_____ Lights of Love @ \$5.00 each \$ _____

TOTAL ENCLOSED: \$ _____

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____

☐ Cash ☐ Check (payable to TBH Foundation)

☐ Credit Card: ☐ Visa ☐ Mastercard ☐ Discover

Credit Card Information: ACCT #: _____

Exp. Date: _____ 3-Digit Code: _____

Cardholder Name: _____

Signature: _____

Mail to: The Bellevue Hospital Foundation
1400 West Main Street • Bellevue, Ohio 44811

Or buy online: www.tbhfoundation.com