

2000les Lifestyles



Free

Vol. 19 Issue 12

December 2018

Merry Christmas



IT'S BEEN A *Great Year at CHS!*

HIGHLIGHTS FROM 2018 INCLUDE:

- Addition of OB/GYN care at our main campus
- Addition of ten new providers to our staff
- Expansion of Dental services
- Partnership with OSU College of Dentistry
- Complete renovation of the Fostoria office
- Expanded Behavioral Health Services to include Chemical Dependency Counseling
- Development of new programs and partnerships across the region

THANK YOU!

As 2018 draws to a close, the staff at CHS would like to extend our best wishes and sincere thanks to our patients, friends and partners throughout the region. We are grateful for your support and for the privilege to serve you.

***Best wishes for a healthy,
happy holiday!***



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Lifestyles 2000

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Camp Fire News and Notes

Camp Fire Sandusky County is ringing in this Joyous season with exciting news! Camp Fire was recently recognized for our transparency with a 2018 Gold Seal on our GuideStar Nonprofit Profile. GuideStar is the world's largest source of information on nonprofit organizations. More than eight million visitors per year and a network of 200+ partners use GuideStar data to grow support for nonprofits. In order to get the 2018 Gold Seal we shared important information with the public using our profile on www.guidestar.org. Now our community members and potential donors can find in-depth information about our goals, strategies, capabilities, and progress.



We're shining a spotlight on the difference we help make in the world and you can also help us by helping with our 2019 annual appeal! We are asking you to help support our fifth layer of our s'more this holiday season! The fifth layer is the chocolate and marshmallow combination which sticks to the fingers and the hearts of youth who attend our programs, to the friends gained through camp, to the skills youth gain all year long and to the lasting impact and connection we see as youth develop growth mindsets. Donate now through our website www.campfiresc.org/donate or through FB.

Want to spread the joy of our programs to youth as a gift for the holidays? You're in luck because this year we are opening registration for our 2019 summer camps starting now, register for camps in December of 2018 and lock in our lowest rates of the year by getting 2018 prices for 2019 camps, or just buy a gift certificate valid for any camp or program. Show the children in your life the joys you experienced at Camp Fire by giving them the gift of camp this holiday season!

We are also overjoyed to announce the expansion of our before and after school programming. Starting January 4, 2019, we will be offering before and after school with bussing to all Fremont City Elementary School Buildings. We have immediate openings for both before and after school care, as well as any of the days that Fremont City Schools are out of school. Contact our Camp Director, Julie Young jyoung@campfiresc.org, for further info.

Hosting your holiday party!? If your business or family is in need of a location to host your holiday party, Camp Fire has various options and available dates, to allow you to host at our facility, contact Megan Wonderly for further information, mwonderly@campfiresc.org.

For more information please follow us on Facebook at [Facebook.com/campfiresc](https://www.facebook.com/campfiresc), visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

Camp Fire would like to wish you and yours a safe and happy holiday season!

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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. Press releases must be submitted as Word documents only. No PDF files please. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Merry Christmas, here's wishing each of you a healthy and happy holiday season.



"In Your Own Backyard" this month has lots of good info on church events, craft shows and community theatre events in December.

We look forward to Celebrating 20 Years in 2019 with all of you!

God bless you and yours this holiday season. See you in January.

Joanne



There were only 116 correct entries in November, the correct answer was Bellevue Hospital Vette Raffle, or Is Your Heart Set on a Vette.

Find Pete Winners

Winners are: Kimberly Andrews, Jamie Ruffing, Bellevue; Shirley Swaisgood, Helena; Mary Moomaw, Attica; Pat Otermat, Paige Hagen, Jeff Covert, Mary Lynn Posey, Dan Minich, Carolyn Link, Bakari Scott, Fremont; Sharon Fry, Theresa Chagnon, Clyde; Diane Stetler, Jessica Anderson, Brock Miller, Green Springs. Congrats!

Find Pete Prizes

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

Find Pete Contest Rules

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

Out to Lunch

By Lynn Urban



South Main Cafe

There is a great little cafe and coffee shop in the original "Old Dime Store" on South Main Street in Clyde that is owned by a lovely woman named Beth. When you walk into the building and cross the creaky wooden floors, it takes you back in time. Beth has put her heart and soul into this restaurant along with many long hours.

Beth is originally from Clyde, but has traveled and lived in different parts of Europe where she has picked up her cooking talents and wonderful recipes. She has brought that European cafe style back to Clyde. Her dishes are all made from scratch with the freshest ingredients. She also uses only butter, no margarine or oil, therefore you won't find any fried food served here.

The menu is small and posted on her chalk board on the bar with a variety of lunch options. Along with daily specials, homemade soups and fresh salads, she has a limited amount of sandwiches, such as a burger, grilled cheese, and maybe a BLT. The sandwiches are all served with chips. The breakfasts are just as good, consisting of breakfast sandwiches, burritos, and three egg omelets, big enough for two. She also buys specialty breads for breakfast and her sandwiches.

For example, my lunch special consisted of two delicious sweet banana peppers stuffed with ground beef and rice covered with a rich tomato sauce and a small serving of cottage cheese, for \$6.75. This is the kind of daily lunch special you can expect. This is also a coffee shop, serving hot chocolate, latte's, mocha's and other specialty coffees.

She not only makes great meals, she bakes. There are always homebaked cookies, pies, and cinnamon rolls on hand.

You can like "South Main Cafe" on facebook to get the daily specials and menu, but get there early, because hours are 7am-2pm Monday through Friday, and 8am-1pm on Saturday.

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In Your Own Backyard

Second Annual Gala of Hope Craft Show, Sat., Dec. 1 from 9:30-3 at Fremont Rec Center. Benefits Relay for Life Sandusky County. Photos with Santa, Bake Sale and Raffles. Free entry. Toys for Tots donations in Wendt Key truck.

North Coast Concert Band will be performing: a Christmas concert on Sunday December 2nd at 3PM at the Port Clinton High School Performing Arts Center auditorium. Conductor and Music Director John Kustec. Admission is free.

December 8th - Annual Cookie & Candy Sale with Vendor Fair on Saturday from 9 AM - 2 PM at GS United Methodist Church on Broadway St. in Green Springs. "We can brag that our elves make over 40 different kinds of cookies and candies to help lessen the stress of the holiday season". There are 7 vendors this year to help with your Christmas & specialty gifts. We have the \$1 table for everyone to find a gift. All proceeds go toward local mission projects. Call 419-639-2100

Blue Christmas Service: LIFT (Living in Faith Together) will be hosting a service at St. John's Lutheran Church, 212 N. Clover St., Fremont on Sun., Dec. 9th at 4 pm. This service is for those who are living with loss or grief and desire a service to help bring comfort and peace. During the service, there will be an opportunity to light a candle in remembrance of a loved one. All are welcome to attend. A reception and time of fellowship will follow. Pastor Matt Wheeler and LIFT Director of Discipleship and Outreach, Pam Kensler will lead the service with assistance from St. John's GriefShare leaders.

Trinity United Methodist Church, 204 N. Wayne Street, Fremont will offer a "Taste of the Season" dinner on Dec. 9 at 5:45 pm in Fellowship Hall. The \$10 dinner will precede the Annual Holiday Concert

at 7 pm featuring the Fremont Ross High School Orchestra. The concert is free and open to the public with a free will offering to be donated locally. Reservations for dinner are requested by calling Terri at 419 332 8167 or Donna at 419 332 3095.

Bellevue Society for the Arts presents the Holiday comedy, Making God Laugh, Dec. 1, & 7 at 7:30 p.m., and Dec. 2 & Dec. 8 at 2 p.m. in The Hirt Theater at 205 Maple Street, Bellevue. Making God Laugh takes place in four scenes, each 10 years apart, set at various holidays. Starting in 1980, the newly-launched kids — a priest, an aspiring actress, and a former star football player — all return home, where we learn of their plans and dreams as they embark on their adult lives.

Fremont Community Theatre proudly presents the Joys of the Holidays, a celebration of all things festive! We have two quartets, soloist, musicians, magicians, skits, a ballet tribute to the Nutcracker, tap dancers, bagpipes, Elvis College, ventriloquism, and a comedy duo. This one of a kind show runs only one weekend so be sure to reserve your seats now by calling 419-332-0695. Get your holiday season started off right by enjoying a night of family-friendly holiday fun. Box office will open 30 minutes before the show and show dates are: Dec. 7, 7:30pm, 8, 7:30pm, 9, 2pm. Ticket prices are: \$15 for adults/\$12 for Military & Seniors/ \$5 for Students and Children (12th Grade & under)

Fremont Tree and Beautification Commission is taking nominations for their annual Christmas/Holiday Decorating Contest. Please call Rick at 419 307 8924 or Bev at 419 334 9981 with your nominations or questions. Judging takes place on December 16.

December 1 is Downtown Fremont Open House at local business with extended

hours; Ice creations, chalk goblin and 3 movies being shown at Paramount Cinema all for FREE prior to the Holly Jolly Terra State Holiday Parade at 6pm from Roger Young over State Street to the north side of Front Street. Santa in the House in December on Friday's from 5-7pm and Saturday's from 1-3pm. Santa's mailbox is on the corner of Croghan and Front Streets until December 18th for a direct access to the North Pole. No stamp required, but return address is necessary for a letter from Santa to be mailed back.

December 31: 2nd Annual New Year's Eve Celebration in Downtown Fremont. Children's event taking place at the Fremont Rec Department from 10 am - 12 pm; Food, drinks, games, crafts, and a televised "Noon-Year's Eve" ball drop! Later that day, Downtown Fremont will then transform into Time Square as locals and visitors alike ring in 2019. Dinner, drinks, Live Music, DJ, Stand Up Comedy, and Fireworks to take you well into the evening! FREE continuous-loop shuttle transportation provided to multiple events throughout the evening.

A New Master Gardener Class is forming in Sandusky And Ottawa County, beginning on March 6, 2019. If interested please call the Sandusky/ Ottawa County Extension Office at 419-334-6340. Cost is \$175.. Please call if interested even if there appears to be a schedule conflict as we are attempting to work with this.

Fremont Area Women's Connection: monthly luncheon, Anjulina's catering, 2270 W. Hayes Ave., Tuesday, Dec. 11, 11-1 pm. Doors open at 10:30 am as we celebrate "The Most Wonderful Time of the Year". The program will include seasonal songs provided by a few members of the Terra Choral Society who will also lead some group singing. The guest speaker is Kathleen Sly from Richland, Michigan

sharing her story of "A Humpty Dumpty Life". Reservations and free child care, call Donna at 419 680 2251 or email Carrol atfawcluncheon@gmail.com by Dec. 7. Any cancellation needs to be reported to Donna or Carrol.

Birchard Library: Storytimes for 3-5 Year Olds Tuesdays at 9:30 am, or Wednesdays at 10:30 am Storytimes for Birth to 36 Months Tues. at 10:30 am or Wednesdays at 9:30 am Family Storytimes Tues. at 6:30 pm. Family Escape Room: Save Christmas! Dec. 14,15 and 17. Santa's List is missing! Kids in grades K-6th and their families can sign up for a 30 minute time slot, follow the clues, and find the list. Call the Youth Services desk at 419-334-7101, ext: 209 to sign up.

LEGO Challenge Thursday, December 20, 4:30 – 6 pm. K – 6th graders can drop in and build LEGO creations on their own or as part of a team. We provide the Legos. Holiday Happenings December 26-January 4, 2019.

Clyde Holiday Toy & Coat Giveaway, Thurs, Dec. 6, 13, 20th, 9-11 and 4-6 at the EMS building at 803 McPherson Hwy.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Life is too short to take some things too seriously but not long enough to take people for granted. The family gatherings you attend in the weeks to come will help you put things into perspective.

TAURUS (April 20-May 20): This may be a good time to tighten bonds of affection. Enlist the support of intimate friends who have the know-how to make your dreams come true. You may benefit from someone's support.

GEMINI (May 21-June 20): Aim for a worthy target. Focus on your goals. Sheer determination may get you somewhere, but you are too discriminating to be satisfied with anything less than perfect.

CANCER (June 21-July 22): Focus on creative ideas, hobbies, or holiday entertaining in the weeks ahead. You have plenty of energy and few distractions to prevent you from making the most of the upcoming holiday.

LEO (July 23-Aug. 22): Share a crust with those you trust. As this month unfolds you may look forward to spending more time with family and friends. You may earn recognition for your talents and skills.

VIRGO (Aug. 23-Sept. 22): Be precise and to the point. Aimless woolgathering and mental wandering will accomplish nothing worthwhile. In the upcoming weeks, focus on clear and lucid interpersonal communication.

LIBRA (Sept. 23-Oct. 22): Friendship is great, but love is better. In the weeks ahead, you may be involved in social activities, but also aware of your commitments. Achieve financial stability by being loyal and reliable.

SCORPIO (Oct. 23-Nov. 21): Act on the best of intentions in the upcoming weeks. You may be more popular than usual. Friends and acquaintances can point out ways to make your fondest dreams come true.

SAGITTARIUS (Nov. 22-Dec. 21): Every calculated risk is at the mercy of the unexpected. You might feel that you must act just for the sake of doing something. Hold off until the middle of the month when results are more dependable.

CAPRICORN (Dec. 22-Jan. 19): Keep up your end of a commitment and no one will let you down. In the weeks ahead, you might feel there is too much work to do to take a day off, but you will be glad you did.

AQUARIUS (Jan. 20-Feb. 18): Separate true needs from wants. Stick to what you know is right for you in the weeks ahead. You shouldn't spend your money on something that isn't on your long-term game plan.

PISCES (Feb. 19-March 20): You may have more energy than usual. This might be a great time to get tasks completed that require intense physical activity or to take the lead within your circle of friends and family.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

As I write this column for the December issue of LIFESTYLES, my pen is willing but my mind says, "Wait a minute, it can't be time to think about December and Christmas already"! However, one look at the calendar and a walk to the mailbox with the cold wind blowing, says, "yes, it is Ms. Grace, get with the program, will ya"!

So, I'll go outside and put my tender perennials to bed under a blanket of leaves, remove the pump from the water garden and put it in its place in the basement for winter storage, sit on the porch swing a couple more times before the snow flies and look forward to spring and summer when life in the garden begins once again.

Yesterday I worked at my polling place as an election official, I've done this for many years. In the early years, it was a special day for me. My mother-in-law would come and help my husband get the children off to catch the bus on time. Then she would stay with the pre-school age young ones until he came home from work. In these days poll workers hand counted the ballots and tallied results. It took many hours after the polls closed. It was a very long day for the workers. However, I enjoyed the change of pace and a different kind of responsibility. But, by Wednesday morning I was ready once again, for ... "Don't forget your lunch money".---"Have you got your permission slip we signed for your class field trip"?--"yes, your friend can come over to play on Saturday"--- "Don't forget to bring your spelling words home so we can study for your test on Friday, and most of all---"Love you, have a good day at school, we'll see you when you get home". Precious days! Precious memories! Precious Children!

Here are some Old Garden House news and notes: Every day in December from the 1st to the 21st is taken for either a noon lunch or an evening dinner. The 22nd through the 31st is saved for time to spend with my family and friends. Also, several of my servers

have experienced life changing events with lunches, dinners and other events. If you would be interested in working for/with me in this capacity, please give me a call at 419-332-7427. Experience is helpful but not required, age 16 and older with no maximum age limit. With the busy Christmas season fast approaching, we have to add to our serving staff soon.

As 2018 comes to a close, I would like to thank all the readers of this column who so kindly tell me they enjoy reading it each month. I appreciate hearing that, as I enjoy writing it each month. I especially want to thank my good friend, Janet Stayancho who types and e-mails it for me. I appreciate the opportunity to write for LIFESTYLES that Pete and Joanne have extended to me with its first issue in 1999. So, It's thank you all around as we approach the 19th year of being together—what a team? The readers, the writers, the typist and the publishers. Thank you LIFESTYLES!

This team puts the meaning in the words LIFE IS GOOD. Have a Blessed Christmas.

See you next year!

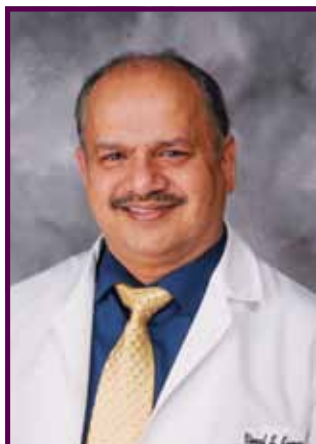
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Mousebusters/ Birds/ Another Contest



Robin Arnold



Gena Husman

Who do you call when you hear the rustling in the wall...the munching and the crunching in the crawl (crawl space, that is)? The "Mousebusters"—that's who!

Yes, we're at it again—the mice came back to haunt us through a tiny hole in the screen in one of the vents in the crawl space...a hole I never even saw, but ole "eagle-eye" Robin spotted right away and swore it was a major high-way for rodents into our house. "No way," I said. "That little hole?"

Turns out, she was right. They came and brought all their friends and relatives. Belatedly, I cut a piece of screen to plug the opening, and we sprinkled peppermint essential oil randomly around the foundation—it's a proven rodent repellent and it does work. We've even used it in our cars. We could stop more mice from coming in...but what about the ones that were already in the crawl space?

We've always prided ourselves on our "no kill" policy but mice can carry disease and cause a lot of damage. A few years back, we tried the "catch and release" method to get rid of the mice that were living in our crawl space—or were clever enough to get up into the house. It took a while, but eventually, we got rid of them all and remained relatively mouse-free—until now. This time we abandoned our "no-kill" policy, but selected electronic traps that kill instantly and humanely. Within one week's time we rid ourselves of ten mice—nine were eliminated from the crawl space, and one got caught sneaking into the house through the furnace vent in the kitchen. It's amazing how many mice found "that little hole!" But, for now at least, we seem to have gotten rid of the rodents.

If you are interested, we used a "Rat Zapper," which we ordered online from Amazon, in the crawl space, and two Victor M250S Electronic Mouse Traps, purchased locally, which we placed near two furnace vents inside the house. The traps aren't cheap, but to us they were well worth the price. Use of these traps eliminates having to touch any of the dead mice.

Bird watch: Activity at our bird feeders has increased since the weather has gotten colder. We've seen several gold finches and pine siskins hanging out at the niger seed feeder, and more blue jays, chickadees and cardinals visiting the black oil sunflower seed feeders. Keep watch for red-breasted nuthatches at your feeders this fall and winter. This looks like a major "irruption" year for them according to the Audubon headline: "Red-breasted Nuthatches Are Invading the Northeast this Fall." Apparently, there is a shortage of spruce cones in Canada and they are migrating further south than usual in search of food. (Hint: they love suet, peanut butter, and black oil sunflower seeds which they store in

the bark of pine trees.) We have at least one red-breasted nuthatch that visits our suet feeder several times a day... and there may be more. Robin had a face-to-face with one at the back feeder that almost ate from her hand. Also, a friend of ours has already spotted a snowy owl in the area. Sadly, there has been no sign of Scruffy, the chickadee, or his friend Pip this fall.

And in the chicken yard, we have gradually let the three young Salmon Faverolle chicks interact with the other four chickens and now they are members of the flock. By the time you read this they will be 12 weeks old and growing fast.

This year we decided to run our contest again. There will be two winners selected—each will receive an 8x10 print of Robin's original Deer watercolor, which is pictured in this article. You can enter by email—just send your name and address to muskrat55@yahoo.com. Type "Deer 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 Monday, Dec.17, 2018. We will place all entries in a hat and Robin and I will draw the winner on Dec.18th. Winners will be notified either by phone or email. Good luck!

Best wishes for a safe and Happy Holiday Season! (We love to hear stories from other people and we welcome comments and questions. We can be reached at: muskrat55@yahoo.com (Robin) or g_husman@yahoo.com (Gena))



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Cyndi Anster
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"Grate" Treats & Eats

By: Chris Timko-Grate

As we head into December we are getting ready for the holidays, the cleaning, shopping, decorating, baking, and the traveling! The best part of all the hustle and bustle is the time we spend with the family and all the goodies everyone brings. If you are like me most of the time I know what's going to be there and love eating it all, my only problem is by the time I get to the table for a second helping its gone! But there are always desserts and we all take home people bags. This month since we are going to have plenty of the sweet things I am going to share two soups that will warm you up on these cold nights.

Enjoy and have a safe and fun holiday!

Hearty Cabbage Soup:

1 pound ground beef
1 or 2 large onions, chopped
2 cloves garlic, minced
½ cup diced celery
1 green pepper, chopped
2 Tbsp oil
1 (28 oz) can tomatoes
2 51/2 oz cans tomato paste
2 cups raw diced potatoes
2 cups diced carrots
4 cups beef stock
Salt and pepper to taste
6-7 cups coarsely chopped cabbage

Saute beef, onions, garlic, celery and green pepper in oil. Add remaining ingredients except the cabbage. Simmer uncovered one hour. Add the cabbage and simmer another hour, adding more broth, up to three cups if necessary.

Corn Sausage Chowder:

5 potatoes(washed but not peeled), cubed
One onion (peeled but not washed), diced
1 small package of frozen corn (canned will work too)
1 package of smoked sausage (remove skin if there is skin) and cut up bite size
Milk about ½ gallon
Water
Salt and pepper to taste (it is better if you put in the soup and not on the tongue!
Pepper to taste (ditto)
3 Tbsp or a glob of butter

In a large pan put the cubed potatoes, diced onion, and sausage. Shake in some salt and pepper. Put in just enough water to cover the ingredients and boil until potatoes are done. Do not pour off the water, it is very flavorful.

Add milk to near top of the pan. Put in butter, taste to see if it needs more salt and pepper and bring back to a small boil, then turn down. Remember milk scorches so hang close while bringing back to a boil. Enjoy on a chilly Winter day!

Any questions, comments, and your recipes contact me at Chris Timko-Grate @roadrunner .com

Quote for this month: Good manners: the noise you don't make when eating soup. Bennet Cerf

How to keep "Bambi" from ruining your garden

By: Viola Purdy

Sandusky and Ottawa County Master Gardener

Today as I was checking on the Countryside Community Gardens, there was signs of deer damage. So I decided that I needed to do some research. Keep in mind, these critters learn quickly, so try rotating a few different methods for best results.

Add these plants.

This spring, consider surrounding your garden with a thick layer of plants that have a strong aroma, like lavender or marigolds. Deer are reluctant to walk through lavender as the smell stays on their legs making it hard for them to sense predators. And the unusual smell also interferes with their ability to find food and assess their environment. Deer dislike the astringent smell marigolds gives off. They don't smell good enough to eat, the more plants, the better (and the prettier). In addition to circling your garden, add a few rows. Feel free to mix in other fragrant herbs, like mint, oregano, or catnip as well.

Sprinkle some soap.

Cube bright green Irish Spring Original soap and skewer it into the ground around new plants.(just above the budding plants), deterring deer from munching, and allowing early plants to mature. Use a long-grain grater and shave the soap around seedlings before they appear. The best part, soap lasts for about a month. It only disintegrates when it rains, doesn't affect plants, and also helps dehydrate any aphids or bugs that may be lurking in the soil. The tal-low in the soap helps keep deer away, so you don't have to go with Irish Spring, but steer clear of bars contain-

ing coconut oil, which may actually attract them.

Make this invisible fence.

Maybe the most obvious way to manage deer is to fence off your garden, a few rows of clear fishing wire can help keep the deer away from your garden.

Stake the perimeter of the garden with a tall piece of wood (about 5 feet high), then starting 2 to 3 inches from the ground string a row of fishing line. Repeat this three more times, placing the rows of fishing wire about a foot apart. The deer can't see the cords, so they won't attempt to jump over either.

Spray something smelly.

Another way to deter deer from munching on your garden is spraying an unappealing scent.

In a gallon jug, mix 1 cup of milk, 1 egg, and 1 tablespoon of dish soap and fills the rest with water. Keep out in the sun during the day to get the aroma flowing before spraying.

Make some noise.

Triggering the deer's main defense against prey, by stringing up CDs around your garden, you're creating a motion that deer are not used to, and they will spook. Hang up pie tins and aluminum cans create both an unusual visual and sound.

Try Deeroff: Rutgers University ranked Deeroff number 1 out of 35 repellents tested. Now labeled for rabbits and squirrels.



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Jill on Money

By Jill Schlesinger

Reduce your tax liability and more year-end moves

Before you get sucked into the holiday hoopla, it's time for another annual tradition: year-end money moves. While this year could be different for you because of the Tax Cuts and Jobs Act, some advice holds up regardless of whether your income tax bracket is higher or lower than it was last year.

Standard deduction does not mean do nothing: If you are among the near 90% of taxpayers who are expected to claim the standard deduction in 2018 due to expanded limits (\$12,000 for individuals, \$24,000 for married filing jointly and \$18,000 for head of household), you may think that there is nothing you should do. Not so.

The best way to reduce your tax liability for the calendar year is to maximize your retirement plan contributions. If your cash flow allows, contact your HR department to see if you can increase your contributions before the end of the year. If you are self-employed or have made some extra money from a part time job or as a contractor, you may want to establish your own retirement plan. Most, with the exception of a SEP-IRA, must be established (though not funded) by Dec. 31.

Be charitable: Another change that may occur from the switch to the standard deduction is that you will no longer receive a deduction for your charitable contributions. One way to take advantage of the new law is to give larger, lump-sum gifts, which represent present and future contributions. This "bundling" or "bunching" of charitable gifts could bring you back into the itemized category, helping you do good, while also recapturing the tax benefit.

Use the bull: If you itemize and have a taxable investment account, use the multi-year bull market to your advantage. You can gift highly appreciated securities to qualified charities and by doing so, write off the current market value (not just what you paid for them) and escape taxes on the accumulated gains.

Embrace the losers: You can still sell investments with losses in taxable accounts, which can be used to offset gains during the year. If you have more losses than gains, you can deduct up to \$3,000 against ordinary income; and if you have more than \$3,000, you can carry over that amount to future years. Don't be stubborn, just because you think the investment is "coming back"...just sell it and move on.

Take required minimum distributions: You must withdraw money from retirement accounts after you turn 70 1/2, unless you are still working. Failure to do so results in a 50 percent penalty on the amount you should have taken. If you have multiple IRAs, you only need to take one RMD based on your age and the total value of the accounts. But, if you also have a 401(k) or 403(b), you need to take the RMD from each account individually. (Consult IRS.gov for more specifics.)

If you don't need your RMD, then consider a qualified charitable distribution, which allows you to direct some or all of your RMD to the charity of your choice. You don't get to count a QCD toward your charitable deduction, but you avoid being taxed on the money.

Tax advantage of the gift tax exclusion: You can give up to \$15,000 (\$30,000 with a spouse) to as many people as you wish in 2018, free of gift or estate tax. You may want to use the money to fund 529 education accounts.

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

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Obedience training can help with excessive barking

Dear Cathy,

We have a 10-year-old pit bull who is an excessive barker. People do not visit because the dog never stops barking. The dog is fine with my wife, but if I come into the room where my wife is, the dog barks her head off. We tried giving her commands, but it takes a while before she obeys. Are there any devices that can aid in training her? She's been this way all her life, but it seems to have gotten worse. - Emilio

Dear Emilio,

Even though your dog has barked all her life, she should be examined by a veterinarian since changes in behavior may indicate a health problem. Assuming you've already gone to the veterinarian and she has a clean bill of health, here are a few things you can do to reduce her barking.

Dogs (and people) have trouble doing two things at once, so use obedience training to get her to stop barking. Train her to "sit" or "come," so that when she starts barking, you can call her to you and ask her to "sit." Only give her the treat after she sits, so she doesn't associate the treat with barking. If your commands don't interrupt her barking, then shake a can of coins or use a Pet Corrector (compressed air), available at pet stores and online, to interrupt the barking before giving your commands.

No matter what, always ask her to "sit." Sitting helps to reset a dog's mind and behavior and helps them focus on what you want them to do next. Once she is sitting, give her a treat. Then give her a toy to play

with, like a stuffed animal or a Kong or puzzle toy filled with treats, so her mind gets busy doing something else. Busy minds don't bark. You also can train her to retrieve a ball, since a few minutes of fetch can distract and settle her too. There are ultrasonic dog barking devices on the market for the home or dog collar, which work as interrupters too. When a dog barks, these devices make a sound only a dog can hear that is intended to interrupt the dog's barking. However, when the device is removed from the home or the dog (only use one device at a time), dogs will sometimes revert to old behaviors. So, only use the device temporarily while you are obedience training your dog. That's the only way to ensure that the new non-barking behavior sticks.

Dear Cathy,

Our 10-year-old rescue, Buddy, a poodle bichon, recently began to lick both

fore ankles, just above the paws. He has licked his white fur turning it into an ugly, angry pink, and the skin looks raw. We have checked him for parasites and found nothing. He has been to the groomer and bathed, but it persists. I am wondering if it is from boredom or anxiety or if he has doggy eczema. I have loosely wrapped the areas to dissuade his licking. Do you have any ideas as to the cause or cure? - Carol

Dear Carol,

Dogs lick for many reasons, and you are right that anxiety and boredom can be the culprit, so introduce more toys and daily walks into his schedule.

Also, take Buddy to the veterinarian for a skin exam. Once a dog's skin is "angry pink" and "raw," there is a chance for a secondary infection in addition to the itchy discomfort. Your vet can prescribe oral medications and a skin topical to make Buddy feel better.

After the skin heals, you can spray Bitter Apple (available at pet stores and online) on the area that your dog keeps licking as a preventative. Your vet may also recommend a change in diet since food allergies can cause itchy skin too. There are a lot of reduced ingredient dog foods for dogs with food allergies available at major pet stores. Introduce new foods slowly to avoid stomach upset.

(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.)

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Wonderful Time Of The Year?

By Dr. Paul Silcox

For many, the period of time between Thanksgiving and the New Year causes people great celebration and fond memories of years gone by and excitement as we see the children and look forward with hope for the years into the future.

For others though, the thought of the holidays is not looking forward to them with excitement. And it's because of the hole that is left in their emotional heart due to the loss of a loved one. It hurts for many reasons, but for those of us that have lost a family member due to the drug crisis that is continuing to take place in Ohio, that hurt knows no bounds.

When that hurt begins to build up and there is no release or mechanism for a person to be able to express their thoughts and feelings, or have a listening ear, depression often sets in. There are several support groups for various reasons here in Sandusky County such as cancer and diabetes. But until recently, there wasn't a support group for Sandusky County residents that needed help in coping with the effects of addiction.

Family & Friends Affected by Addiction will meet at the Sandusky County Health Department on Countryside Drive, on the second and fourth Thursdays of every month. The next meeting will be on Tuesday, December 13th at 7 PM.

The purpose of the Family & Friends Affected by Addiction is to provide an open forum for a person to express their feelings regarding family members that may still be involved in drug activities or the heartache that comes at the loss of a loved one from this epidemic that is ravaging our country. Resources will be available to point people in the right direction if they need additional help.

Last week marked two years since my son Joe died from an overdose of heroin laced with Fentanyl. It still hurts tremendously. Recently I read, "When hearts break, they don't heal all at once." Remember, a cut or burn wound heals in stages. A wounded heart is no different other than it may take longer.

In the mean time, I hope and pray that your Holiday memories will be filled with recounting the blessings you have experienced. And as you recall loved ones gone, you will focus on fond memories of them to warm your heart this Christmas Season.

Reiki Circle is Back


Patricia Zilles, Reiki Master Practitioner/Teacher

The Reiki Circle meeting will be on the first Tuesday of each month, so mark your calendar on Tuesday, December 4, from 6-PM-8PM, meet in Conference Room AB at The Bellevue Hospital.

We will begin our December meeting introducing terms used with Reiki. I will begin with Four Noble Truths Dukkha a term found in ancient Indian literature.. It is also a concept about the nature of life that includes the "unpleasant", "suffering," "pain," "sorrow", "distress", "grief" or "misery." Dukkha is simply the pain and dissatisfaction we all experience in life. We experience anxiety, stress, regret, pain, resentment, discomfort, etc. Nobody is free from the dis-ease of life.

The purpose of Reiki is to bring your body and mind into the state of relaxation as you listen to the stirrings within. Visualize putting the energy pattern right into the higher vibration emanating from your heart chakra. Then let it go! Be patient – you will see results as problems solve themselves or you will receive clear guidance on action steps needed for resolution.

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