

2000 Lifestyles

Free

Vol. 15 Issue 2

February 2013



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The Bellevue Hospital recognizes National Organ Donor Day on February 14.

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***"She discovered she wasn't too
old to donate.
And she saved my life."***

**Organ Recipient, Brian
holding a picture of Mary, Organ Donor.**

In 2002, Brian was diagnosed with NASH, Nonalcoholic Steatohepatitis or "silent" liver disease. In 2007, his condition worsened, and Brian realized he would need a liver transplant to survive. He was put on a transplant list in 2008, and after only three weeks, received a liver transplant at the Cleveland Clinic. He received a healthy liver from Mary, a 72-year-old female donor, proving you're never too old to give the gift of life.

Brian is a registered donor himself, and speaks to others about the benefits of donation. "I thank God every day for donors," Brian says. ***"You can't take your organs with you. Why not give of yourself to help save a life?"***



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Project Read Empowering Adults through Increased Literacy

Literacy has had many different meanings throughout history. At times literacy was the ability to sign your name. Now, as reading and writing demands continue to increase, literacy is becoming more complex. Whether we realize it or not, studies estimate that approximately 10% of adults in Sandusky County are functionally illiterate.* This means that they lack the skills to manage daily reading and writing demands in our increasingly complex society.

As a response to this staggering statistic, Project Read provides training, materials and support to a network of volunteer tutors from the community who work with adult students one-on-one to increase their skills with their interests in mind. Our goal is to help those adults who struggle with reading to become stronger readers, increase independence, and strengthen our community. Not only do tutors work on reading skills, but they also help with basic math and practical skills tailored to each individual student's needs and situation. Project Read is a non-profit, community-based organization that is centered on empowering adults through increased literacy.

By increasing literacy, we hope to touch people's lives in many areas including their health, the local economy through employment, and the lives of children affected by illiteracy. So far this year, Project Read has added 11 new tutors to our network who are diligently working with community members to make Sandusky County literate. However, we cannot continue to offer support to these services without the generous donation of time from our volunteers. If you are interested in working with our organization, or if you would like more information, please call (419) 334-6901 or visit us on the web: www.vsetc.org/projectread

We proudly receive funding from the United Way of Sandusky County and the Library Literacy Coalition.

* <http://www.pbs.org/newshour/interactive/patchworknation/oh/sandusky-county/>



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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.

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome to February, and the thought that spring cannot be far off!

Be sure to check out our youngest reader on page eight-enjoy.



I spent five days in January in Hermosa Beach, California, with my youngest son Ryan, and his son Kayden. That was my first trip out in five years, so it was a really nice visit. The weather was a wonderful 75 degrees...then I flew into Detroit to a chilling five degrees!

Enjoy the month, celebrate with someone you love on the 14th (some ideas inside), and stay warm.

God bless,
Joanne



January was a bit slow for Find Pete "lookers", we received 81 in our email and another 50 or so by snail mail. Of that, most of you got it right, the answer was Snyder's Floor Covering, although many of you complained it was a bit difficult!

Find Pete Winners

Winners are: Rita Myers, Ethella Cook, Steve Rich, Angie Wammes, Lisa Smith, Fremont; Marla Marsh, Gibsonburg; Sarah Strause, Herman Studer, Bellevue; Roberta Setzler, Donna Lloyd, Beverly Mendoza, Clyde; Amy Conrad, Risingsun; Holly Wolpert, Helena; Nancy Pries, Elmore; Mrs. Randy Simmons, Sandusky.

Find Pete Prizes

"Find Pete" prizes for Feb. include gift certificates from The Perfect Ten, Jenesis Salon, Dairy Queen West, Rally's, Old Fort Market, Calico Cat and Legends. You may request a specific prize.

Find Pete Contest Rules

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

SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR FEBRUARY:

Sandusky County Park District announces events for February: Call 419-334-4495 to register for events.

Bird Feeder Banding, Feb 2, 24, 8am, Park Office, 1970 Countryside Place, Fremont. Join Tom Kashmer, in observing frequent bird feeder visitors in the winter. Travel to private property around the marshes of Sandusky Bay. In indoor comfort, view a 'window on wildlife' and learn about bird banding research as you watch the process up close. The facility is accessible and all ages are welcome. Time may vary based on weather conditions. Registration required.



Yo-Yo Quilting, Sat, Feb, 2, 10:30am-12:30pm, Creek Bend Farm, 654 S. Main, Lindsey. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Puddle Jumpers: Valentines for the Birds, Thurs, Feb 7, 10 am, Creek Bend Farm, 654 S. Main, Lindsey. Ages 5 and under will learn about birds in our backyards and make a valentine to take home for our feathered friends.

Meet Me at the Cabin: Grandma's Recipes, Thurs, Feb 7, 4pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Bring your favorite recipe that your Grandma

made as we prepare Naturalist Linda's favorite recipe. Learn basic wood cook stove techniques. Dress in layers as cabin can be chilly or cozy warm. Registration required. .

Nature Discoveries, Mon, Feb 11, 10am-Noon, Wolf Creek Canoe Launch, 2409 S. S.R. 53, Fremont. Look for winter homes of many animals: mammals, insects and birds to name a few. Dress for the weather. Open to ages 10 and up. Registration required.

Yo-Yo Quilting, Thurs, Feb 14, 10am-Noon, White Star Cabin, 5013 C. R. 65, Gibsonburg. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. Registration required.

HIKE for the Health of It, Mon, Feb 18, 4:00pm, Blue Heron Reserve, 2134 C.R. 260, Vickery, no registration needed, just show up and walk with Naturalist Linda.

Yo-Yo Quilting, Thurs, Feb 28, 4:30-6:30pm, Park Office, 1970 Countryside Place, Fremont. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. Registration required.

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In your own back yard

The Fremont Area Women's Connection invites you to our February Luncheon at Anjulina's Catering, 2270 W. Hayes Avenue, Tuesday February 12, Luncheon 11:00 am – 12:30 pm, cost \$12.00 (incl) (A complimentary nursery is available by reservation). The Feature is Monica Church, Assistant Director of Heartbeat, Fremont. The Speaker is Chris Bassett, Washington, MI. Chris is a three time cancer survivor. Her talk is entitled "Help, I Need Somebody!" For luncheon and free child care, please call by February 7th. Donna at 419-680-2251 or Email Carrol at fawcluncheon@gmail.com

Upcoming events at Mt Carmel UMC, 4997 CR 183, Clyde. Feb. 23, Bean and Cornbread supper from 5pm-7pm, donation only. March 23, Craft Show, 9am-3pm. Call Sharon Baxter @ 419 547 0106 for more info.

Girl's Day Out Charity Events welcomes Heartbeat, Sunday Feb 24th. Come to the Fremont VFW, Quarter auction starts at 2pm, doors open to public at 1:30pm.. \$5 admission includes 2 paddles, additional paddles, \$1 each. Bring your friends, rolled quarters and your appetite. Taking donations for Food Pantry. Everyone is welcome! For more infor contact Tammy Duncan 419-680-0832.

Singing Valentines will be delivered in the surrounding area on Thurs., Feb.14th from 9a.m.-5p.m. This will be the 14th year that barbershop quartets from the Fostoria Lake Plains Barbershop Chorus will be singing to men, women, cancer survivors and others. A Singing Valentine is a love song and a personalized valentine card delivered by a barbershop quartet for \$25. Also available are homemade candy for an additional \$5, and a single rose in a vase for \$5. The candy is made by members of the Angels of Hope Survivors team of the Fostoria Relay for Life. To purchase a Singing Valentine, call Maury Carlo at 419-934-2631 or e-mail olrac@gilis.cc by Feb.13th. You can download an order form at: www.lakeplainschorus.org.

Proceeds go to the Seneca County Relay for Life to help the American Cancer Society reach its goals of HOPE for the future, PROGRESS toward a cure, and ANSWERS

to questions about cancer through its cancer control programs of research, education, advocacy and service.

Are you looking for a special night out with your sweetheart for Valentine's Day? Pontifex is having a fundraiser called "Hearts Abound" on Thurs., Feb.14 beginning at 6p.m. When you arrive your sweetheart will be greeted with a flower and your photo will be taken. Dinner will be spaghetti and meatballs, with a salad, and garlic bread, you both will be given sweets. During dinner you will be romanced by live music from Rick and Amber, for an hour and a half. Dancing is welcomed. We want to treat you extra special by showing the movie "The Vow" on the big screen. And of course you can't have a movie without popcorn, which we will provide. By the time you're ready to leave your photo will be ready. The "Hearts Abound" evening is our gift to you for only \$25.00. To make a reservation call, 419-333-9667. Must be paid for by Feb. 10.

Come join us Saturday, February 2nd for our next Crafting for a Cause, from 9:30 to 3:30 p.m. in the dining hall of Grace Lutheran Church. Freewill donations will go towards My Brother's Keeper. We will have a guest presenter, Danylle, from Close to My Heart. Her session will start at 11 a.m. and will include making a spring themed greeting card. Proceeds from each order will go towards My Brother's Keeper. Please bring your adhesive runners.

It's almost here! Washington Elementary Chili Festival, Sat., February 23rd, 5-8:30pm! This is an evening filled with Great Food, tons of Kids Games, Face Painting, Cake Walk & Prizes for the entire family! The Chili Festival will feature our 7th Annual Themed Basket Raffle. All baskets will be on display in the Gymnasium when the doors open at 5pm. Bring your appetite and enjoy our Famous Chili, Root's Chicken sandwich, slice of Papa Murphy's Pizza & much more! Don't forget a long time tradition of the Chili Festival...25¢ BINGO! Try your luck to win a huge bag loaded with goodies! We will be welcoming Jon "THE BIG NUT" Peters as our celebrity caller! Shake off those winter blues and join us for an awesome night out with the family! Sponsored by the Washington P.T.O.

Classifieds

MISC.

Save Happy Valentine's Day with Dust Free Cleaning! References, \$12 per hour, 4 hour minimum, insured; call 419-603-6667.

Do something special for yourself or a family member in the "new year"! Gabel Music Studio will do a free piano lesson demo for any age. Group or individual lessons are available. Call 419-332-8725

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HELP WANTED


Clyde-Green Springs Schools Transportation Dept is in need of substitute bus drivers, \$12.50 per hr with a 2 hr minimum. Training is provided. If you are interested please call 419-547-0588 for an application.



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The Bellevue Hospital Welcomes

Dr. Hala Bunni



Hala Bunni, M.D. has joined the Family of The Bellevue Hospital as an obstetrician/gynecologist. Dr. Bunni was born in Great Britain and raised in Canada. She now resides locally and in her spare time enjoys cooking, entertaining guests, trying new foods, traveling, snorkeling, and most of all, shopping!

Education:
University of Western Ontario, London, Ontario, Canada • American University of the Caribbean School of Medicine, St. Marten, Netherlands Antilles

Residency:
OB/GYN Residency • Franklin Square Hospital, Baltimore, MD

Hala Bunni, M.D., OB/GYN

1005 W. McPherson Hwy. • Clyde, Ohio 43410

419.547.4285

Dr. Bunni is a member of The Bellevue Hospital's Medical Staff.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Are zebras black with white stripes or white with black stripes? Did you know that the opposite sides of six-sided dice always add up to 7? The answer is—zebras are black with white stripes. They have black skin even under the white stripes; and yes the opposite sides of six-sided dice do always add up to seven. “So, Now You Know”, that’s the name of a book that claims to be a “Compendium of completely useless information.” The cover describes the authors, Harry Bright and Harlan Biscoe as “a couple of guys with an insatiable appetite for puzzling questions, unlikely answers and curious trivia.” In short, they are two guys with way too much time on their hands. I like those strange questions, unlikely answers and trivia too. So when I saw it in a used book exchange, I couldn’t resist picking it up. Other interesting pieces of trivia I learned are: If the DNA in all your cells were laid out in a single strand, it would stretch from the earth to the moon more than 246,000 times; The introduction of the traffic light predated the invention of the automobile; On average, in any given hour there are 61,000 people airborne over the United States; The hottest place on earth is the air around a lightning strike which can reach as much as 54,000 degrees Fahrenheit, (five times hotter than the surface of the sun); Disease spread by fleas have killed more people than all of the wars ever fought combined. So, now we all know a few more bits of ‘useless information’, fun isn’t it.

I found one piece of sobering information that tied in with the thoughts I shared with you in my column last month. I’m

concerned about what children are being exposed to in today’s world and how it affects the adults they grow up to be. We seem not to be aware of the effect that violence has on us and on our growing children. The book said, “A report introduced in the United States Senate, states that a child will have witnessed 8,000 murders and 100,000 other acts of violence on television before completing elementary school!” Please note that this book was copyrighted in 2004, 9 years ago, and also that the numbers do not include the violence in video and computer games on the movies—a very frightening reality.

It’s almost time for the Home and Garden Show again. Dates are Friday through Sunday, March 8, 9, and 10. It will be held at the Rec. Center on St. Joseph Street in Fremont. The Old Garden House will have a booth again this year. We are finalizing our plans and hope you stop by to visit with us.

In the meantime, shovel snow if it comes again, take your Valentine out to dinner, give your kids a hug and a compliment, bake some heart-shaped cookies and call a friend to share the news that LIFE IS GOOD!

Ms. Grace

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

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Campfire News & Notes

The Shoestring Players will present two performances of a murder mystery entitled “Couples Retreat” on February 9th at 7p.m. and Sunday, Feb. 10th at 2p.m. at Camp Fire, Misty Meadows. The plot takes place at a counseling camp, where partners facing stressed relationships try to work out their issues. Tensions grow when one guest turns up dead. Once hoping to save their relationships, suddenly the survivors find themselves more concerned with saving their own necks! Alcohol permitted – BYOB. Ticket price of \$12.00 includes light refreshments. Seating is limited; for ticket availability, contact Camp Fire at 419-332-8641.



Friday, Mar. 8 Camp Fire will host a wine and fundraising event, “Uncork the Fun” from 7p.m.-9p.m. where an array of unique items will be raffled off in ticket type drawings. Ticket price of \$15.00 includes light refreshments and bottled water or soda. Tickets are available for purchase at Wendt Key Team Realty or Camp Fire. Ticket sales end Feb. 28.

Youth members pause to honor our nation’s veterans during the month of February by taking part in Camp Fire’s National project, Salute to Veterans. The purpose of the project is to help children learn about veterans, develop a sense of caring for others, and giving service to others. It encourages youth to pay tribute and express appreciation, increase community awareness of the role of the VA medical centers, and urge citizens to visit hospitalized veterans and become involved as volunteers. As part of the project, members will create Valentine cards which will be delivered to veterans.

March 18 is the kick-off date for Camp Fire’s spring product sale. Members will offer area residents the opportunity to support Camp Fire with the sale of chocolates and bedding plants. The sale will run through April 12.

Until next month,

Cheryl

Parkview Care Center's Spaghetti Dinner

Includes: Spaghetti, Vegetable, Garlic Bread and Dessert

\$5.00 donation (\$3.00 for Senior Citizens)

Donations benefit The Alzheimer's Association of Northwest Ohio

Monday, February 18th

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Or

*Deliveries will be made to any location
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Helen Marketti's Music Corner



“Hollywood, Remains to Be Seen”

It is a topic that generates interest whether we admit it or not. There are many among us who are fascinated with cemeteries, the architecture of tombstones, perhaps a thought of how the person lived and how they passed away. It seems to be more magnified if one is in Hollywood. Many cemeteries are the final resting places of famous “residents”.

In his book, “Hollywood, Remains to Be Seen” (Cumberland House), Mark Masek has taken that interest and has let us travel from the comfort of our own home to the places where the rich, the famous, the troubled and the lost have been laid to rest. Throughout his book, we are taken on a journey of where, when and how of our favorite celebrities.

“I’m originally from the Chicago area but would visit California at least once a year when I was in high school and college,”



explains Mark. “In addition to visiting all of the regular attractions, another thing we did was visit Hollywood cemeteries because it was free admission. Plus it also provided an opportunity to pay respects to the people who were in your living room every week on television. Visiting their gravesites allows you to show your respect for people who entertained you as you were growing up and their movies were a part of your life. The first celebrity grave I visited was Marilyn Monroe.”

Mark thought of writing the book as a helpful guide for readers and fans to know where their favorite icons are resting. “People often feel a connection to a celebrity and want to see where they are resting and pay respects as you would to a close friend or family member,” said Mark. “When people visit the sites in Hollywood, they are respectful. There are not any incidents of anyone vandalizing gravesites or anything like that. I think it just depends on the celebrity and what kind of fans they attract.”

Two of the most visited Hollywood celebrities are Marilyn Monroe and silent screen film star, Rudolph Valentino. Valentino has been gone for 87 years and still draws hundreds of fans to his grave every year. “He was one of the earliest of idol worship,” explains Mark. “There were some women who killed themselves when they learned

he had died. There was a reported woman in black who visited his grave every year on the anniversary of his death. He died at the age of 31 so that is how his image is remembered. Marilyn Monroe died when she was 36. She has now been gone longer than she was alive. The 50th anniversary of her passing was in 2012. Celebrities who have died young are frozen in time. We never get to see them age and I think that is what makes many of them so popular even today. People like Elvis Presley, James Dean, Marilyn Monroe and Rudolph Valentino are in the upper echelon of those who died young and we will never see them play character roles or guest spots on television because they didn’t live long enough for that to happen.”

The resting places themselves say a lot about a celebrity. We see monuments with pillars, fountains and grandiose landscaping, as is the case with father and son actors, Douglas Fairbanks Sr. and Jr. and singer, Al Jolson. You will also find the basic and the simple, as is the case with Frank Sinatra and dancing legend, Fred Astaire. “I think how they are laid to rest says something about their character as people and how they wanted to be remembered,” said Mark. “Many celebrities did leave specific instructions with how they wanted things to be. I do know that Al Jolson was directly involved with how he wanted his resting place and for Douglas Fairbanks,



his is the largest and the most expensive for that time.” (Douglas Fairbanks, Sr. passed away at age 56 in 1939.)

As for famous musicians, “Michael Jackson might surpass Marilyn Monroe with visiting fans if they had access to his resting place,” said Mark. “He is resting inside a private mausoleum. Fans still come around and leave mementos outside of the door but no one can pay respects to him directly. Other musicians of popularity out here are Johnny and Dee Dee Ramone of The Ramones. Although Elvis Presley is buried on his property at Graceland, he indeed draws large crowds year round. For many, seeing his resting place is like a religious experience.”

“You would be surprised how many people DO like to visit cemeteries,” said Mark. “Cemeteries are quiet, peaceful, calming and restorative places. They are not scary or evil as some people’s misconceptions. As for celebrity gravesites, I think it reminds us of our own mortality and everyone is human. Cemeteries are like libraries. Every grave and every person has a story whether they are a celebrity or not and they all deserve respect.”

For more information on Mark Masek, his books, current projects and more, please visit: www.cemeteryguide.com

You may also find, “Hollywood Remains to Be Seen” on Facebook.



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THE WINNERS AND LOSERS OF 2012

Between the presidential election, Washington gridlock over the fiscal cliff and plenty of market gyrations in between, 2012 was a long year. Here are the year's financial winners and losers, as I see them:

Winners

Diversified investors: Once again, the wisdom of a diversified investment portfolio paid handsome returns. U.S. stocks, as measured by the S&P 500 index, rose 13.4 percent for the year, while the broad U.S. government bond market provided a return of 2 percent. Investors in a fund like Vanguard Balanced (60 percent stocks, 40 percent bonds) enjoyed a return of 8 percent in 2012.

Bond investors: Experts have been predicting the end of the bond bull market for the past three years, but it hasn't happened yet. The yield on the 10-year Treasury finished 2012 at 1.76 percent, down from 2011's 1.88 percent and 2010's 3.3 percent. Although the 2 percent return of the broad market pales in comparison to the corporate high risk or "junk" bond yields of 16 percent, bond investors have been amply rewarded for holding steady.

Apple investors: I'm not a fan of investing in individual stocks, but Apple stock has been an incredible performer. The stock reached an all-time closing high of \$702.10 on September 19 before dropping like a stone in the fourth quarter and ending the year at \$532.17. Yes, the stock closed out the year down 24 percent from that high water mark, but do not lose sight of the fact that the company's performance rose 31.4 percent during 2012 and a staggering 166.3 percent over the past 5 years.

Consumers: The Consumer Financial Protection Bureau (CFPB), the first new federal regulatory agency for Wall Street since the aftermath of the Depression, found its voice in 2012. The CFPB consolidated most federal consumer financial protection authority in one place to become a national watchdog whose sole focus is the consumer. The bureau created many helpful consumer-facing tools.

Borrowers: Every time I thought mortgage rates bottomed, the market surprised. Throughout 2012, mortgage rates drifted lower and lower, which helped kick-start the recovery in housing and lower monthly payments for borrowers. While it's still tough to qualify for a mortgage loan, those who do may see some extra cash to help fund other financial obligations.

Losers

Savers: To boost the economy, the Federal Reserve has kept short- and long-term inter-

est rates at historic lows. Unfortunately, savers have suffered, as five-year CD rates average a paltry 1.35 percent and many savings and money market accounts pay less than 0.5 percent.

IPO investors: The Facebook initial public offering was a great lesson in why ordinary investors should steer clear of these risky endeavors. The May 18 IPO price of \$38 dollars a share meant the company was valued at \$104 billion dollars, the biggest-ever valuation by an American company at the time of its offering and the second-largest U.S. IPO ever behind Visa. Facebook stock rose to a high of \$45 that day before sinking to a low of \$17.55 in September and then recovering to \$26.62 at year's end, a loss of 30 percent for those early investors who bought at the IPO price.

J.P. Morgan Chase and the "London Whale": A "flawed, complex, poorly reviewed, poorly executed and poorly monitored" derivatives trading strategy executed by the bank's Chief Investment Office, a London-based unit that manages risk for the firm, cost J.P. Morgan Chase \$6.2 billion. It was an uncharacteristic black eye for JPM and its charismatic CEO, Jamie Dimon.

Europe: The euro zone went to the brink and back in 2012, as leaders worked to avoid a spreading debt crisis. Authorities essentially bought time to resolve the crisis but still have not figured out a solution to an unbalanced union.

U.S. Congress: Congressional sausage-making was on display for all to see after the presidential election. Despite knowing about the so-called "fiscal cliff" for nearly a year and a half, lawmakers missed the technical deadline of midnight on December 31 to come up with a plan. By the end of New Year's Day, the Senate and House had both approved a bill to raise taxes on all workers (the payroll tax cut was allowed to expire) and wealthy Americans and to delay decisions on government spending cuts for two months.

While some of these winning and losing trends will continue in 2013, things never stay the same so keep an eye out for new ones in the new year!

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

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Auxiliary of Memorial Hospital accepting scholarship applications

The Auxiliary of Memorial Hospital is currently accepting applications for its health education scholarships. These scholarships are for individuals pursuing careers in nursing and the allied health professions, such as medical technology, pharmacy, physical therapy, radiology and others. In 2012, the Auxiliary of Memorial Hospital awarded nearly \$30,000 in health education scholarships.

Scholarship applicant criteria includes graduating high school seniors, or other persons out of school seeking to further his or her education in these fields. Applicants must be residents of Sandusky County or be employed by, or an immediate family member of an employee of, Memorial Hospital. Employees living outside of Sandusky County must have five continuous years of full and/or part-time employment at the hospital. Please note pre-med, pre-dental and pre-optometry student do not qualify for these scholarships.

Scholarship applications, including two reference forms, are due by March 25, 2013. All necessary scholarship forms are available online as downloadable PDFs. For more information, or to download the scholarship forms and instructions, visit memorialhcs.org/auxiliary.



Karleigh says: "I found Pete!"

Karleigh is the great grand daughter of Bob & Joyce Wickert. She lives in Lindsey with parents Brandon & Angie Roach; grandparents are Tony & Kelle Roach of Fremont.

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"Grate" Treats & Eats

By: Chris Timko-Grate

Here we are in February, the beginning of the second month of the year already. Coming up is Valentine's Day and I'm going to share with you some desserts for you to make and share with your sweetie and family.

For me Valentine's Day is opening day at the Country Club, so I am back to work full time. I have really enjoyed January and the time off, even though I had to go in and take care of phone calls and clear out my 2012 files, update the menus, and all the other details that have to be done while we are closed.

Just being at home this past month has given me the time to go through the extra boxes from the move, go through Christmas decorations we can't use anymore and get my office organized. Plus most important we got to entertain a lot and spend time with family and friends in our new home. Cooking, eating and visiting with family and friends can't get any better. Well maybe it can because as I write this I'm making calls to get in touch with my old Crow's Nest bunch to meet up for lunch and get caught up with everyone's families and what everyone is doing now. One thing I do know is at that gathering there will be lots of laughter and new stories.

My Crow's Nest crew was the best any owner would want, you had that core that we could get through anything and get it done no matter what, and I loved them and still do. I'm building that at the Club with a core crew that was left when I got there that ended up staying and adding a couple of talented team players. They are a bunch of people who will go the extra mile to get things done and for that I am grateful.

The recipes this month are easy ones to make for company or for your family. So enjoy the recipes and love the ones around you and extra love to the ones who make your life easier.

Individual Tiramisu

One and one-quarter pounds ladyfingers (48 to 56)

Two cups strong coffee

Three quarter cups liquid eggs

Three-quarter cups sugar

Three pounds ricotta cheese, skimmed

One teaspoon cocoa powder

In 8oz individual soufflé cups (8) line each cup with ladyfingers (approximately 6 to 7). Pour one quarter cup of coffee in each soufflé, set aside. In a blender or food processor puree liquid eggs and ricotta cheese until smooth. Divide between cheese mixture between cups and chill for at least two hours, sprinkle with cocoa powder just before serving.

Cherry Kiwi Tarts

One 8 ounce package of cream cheese, softened

One-quarter cup orange marmalade

One-half cup confectioners' sugar

Twelve single serve graham cracker tart shells

One can (20oz) cherry pie filling

Three kiwi fruit, peeled and sliced

One small or can of whipped cream

One-quarter cup hot fudge

In a medium bowl with electric mixer beat cream cheese, marmalade, and sugar for two minutes, or until well mixed. Spoon mixture evenly into tart shells, feel each about one quarter inch full. Top with cherry pie filling and garnish with kiwi fruit, then chill for about one hour or longer. Just before serving top with a spoon of whipped cream, and drizzle with hot fudge.

NOTE: Joanne received several emails last month regarding the chicken recipe, the word cup was missing for those of you waiting to try that dish!

Comments, questions, suggestions, and recipes to share, contact me at ChrisTimkoGrate@roadrunner.com or ctimkgrate@midohio.twcbc.com

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Out to Lunch

By Lynn Urban



Bulldog Diner

Everyone needs to experience the new Toledo Hollywood Casino just once, if even just a walk through, if you're not a gambler. It's impressive, and so are the restaurants, if you want to pay the price. But this isn't about the casino.

We got a tip from a reliable neighbor about a little restaurant about two blocks away in downtown Rossford, right on the main street is the Bulldog Diner, named after the Rossford High School Bulldogs. A true diner, featuring homemade blue plate specials and soups. It's a different menu everyday.

When you walk into the diner, you immediately check out the chalk board for the daily soup and dinner specials. These change everyday, and all are made from scratch. Some of the favorites include pot pies, meat loaf, cabbage rolls, roast beef, pulled pork, and liver and onions occasionally. These specials Monday through Thursday are \$8.00 and \$6.00 for Senior citizens. The weekend meals include prime rib, \$13.00, \$15.00 and \$18.00 steaks, BBQ ribs, and Perch on Fridays. We were told the ribs were wonderful, so that's what we ordered. The sauce is sweet and delicious and the meat fell right off the bone. For \$10.00, you got salad, potato and bread.

You can also enjoy you favorite cocktail from the connecting bar next to the restaurant. You just have to go through the door, get your drink, and bring it into the restaurant as they don't have a liquor license. The bar and restaurant are owned by the same people.

While you're there, the owner usually steps out of the kitchen to check on everyone's dinners and to make sure everyone is happy. He suggests that if you'd like to know what the specials are going to be that week, you call ahead. The number is 419-662-7760.

But no matter what he's making, I think you would be pleased.

The lunch menu includes several sandwiches and burgers ranging from \$7.00 to \$9.00, salads, and soups. And of course every diner has a great breakfast. You can get a full egg, meat, and home fries breakfast for \$5.50. Also pancakes, French toast, and omelets, all at reasonable prices.

That's what I'm going back for the next time, maybe before a few rounds at the slots.

The hours are Monday through Thursday, 7am-8pm. Friday and Saturday 7am-9pm, and Sunday 7am-3pm.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Couch potatoes need to be buttered up. Accept an invitation or get out with the crowd. Physical exercise, whether for work or for pleasure, will make your life a bit brighter.

TAURUS (April 20-May 20): Conquer envy by concentrating on contentment. The happiest people in the world don't necessarily have it all; they just make the best of what they have. Count your blessings.

GEMINI (May 21-June 20): Make team work a priority. Soothe ruffled feathers and persuade others to cooperate in work-intensive enterprises. Emphasis is on friendly flirtation and smooth talking salesmanship.

CANCER (June 21-July 22): Don't get discouraged if you have not reached your goals. If, for instance, you've gained weight, remember it took more than one day to gain it - and you'll need more than one day to lose it.

LEO (July 23-Aug. 22): Life doesn't come with a remote control. You have to get up and change it yourself. It is tempting to rest on your laurels, but you will accomplish much more if you get up and get at it.

VIRGO (Aug. 23-Sept. 22): Call the shots. You can only build muscles by using them, so build up a business, career or store of knowledge. By using self-discipline and organizational skills, you can reach your goals.

LIBRA (Sept. 23-Oct. 22): Getting ahead in life is like riding a bicycle.

To remain balanced, you have to keep moving. You might find that a mate or partner offers a sterling example of focused ambition.

SCORPIO (Oct. 23-Nov. 21): You possess the leadership abilities to make a positive difference. Inspiring orator Winston Churchill said, "Success is not final, failure is not fatal: It is the courage to continue that counts."

SAGITTARIUS (Nov. 22-Dec. 21): It is not enough to forgive others. You must learn to forgive yourself first. It is quite possible that you will be able to find permanent relief from at least one old trouble.

CAPRICORN (Dec. 22-Jan. 19): Supercharge your organizational abilities. Your street smarts get a boost and you will have ample opportunities to show them off. Be sure to set up a tight schedule and prioritize.

AQUARIUS (Jan. 20-Feb. 18): If you search, the answers will be found. Get advice or information from an expert in the field for best results. Repetitive tasks may add up to large achievements.

PISCES (Feb. 19-March 20): You can use a yardstick to measure ambitions and success, but you can't measure generosity or sincerity. You can power up your creativity without losing sight of compassion and sympathy.

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TBH'S HOME HEALTH CARE AGENCY IS HONORED

The Bellevue Hospital's (TBH) Home Health Agency Ranked Among the Top 25 Percent of Home Health Providers in the Country

TBH's Home Health has been named to the 2012 HomeCare Elite, a compilation of the top-performing home health agencies in the United States. This annual review identifies the top 25 percent of agencies and further highlights the top 100 and top 500 agencies overall. Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

"The 2012 HomeCare Elite winners exemplify a commitment to providing patient-centered care and serving as leaders in the home health community. Their success offers data-driven proof of being well-managed and high quality care providers to hospital, managed care organizations, ACO's, and other potential referral partners across the healthcare continuum," said Susan L. Henricks, President and COO of National Research Corporation, the parent company of OCS HomeCare. "We congratulate TBH's Home Health Care Agency on being one of the top home care agencies in the country."

Carrie Drown, director of TBH's Home Health Care Agency, gives credit to the Home Health employees for helping the company to rank as one of the HomeCare Elite. She noted, "It is because of the hard

work of our dedicated employees that this award was made possible. Our staff has consistently delivered quality care to all of our patients, and we will continue to proudly serve our local communities."

The 2012 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2012 HomeCare Elite is brought to the industry by OCS HomeCare, the leading provider of healthcare information, and DecisionHealth, publisher of home care's most respected independent newsletter, Home Health Line. The entire list of the 2012 HomeCare Elite agencies can be viewed by visiting the OCS web site at www.nationalresearch.com.

For more information on The Bellevue Hospital's Home Health Agency, contact Carrie Drown at 419.547.6419.

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Home treatment options for corns and calluses

DEAR MAYO CLINIC: What's the difference between a corn and a callus? Do they do any harm other than looking unsightly? Can you offer any at-home treatments that work?

ANSWER: Corns and calluses result from pressure or friction on skin, causing the skin to protect itself by thickening and hardening. They most often develop on the feet and toes or hands and fingers.

Preventing or treating corns and calluses is usually fairly easy. However, extra care and caution is warranted if you're more at risk of foot sores and their complications because of diabetes or another condition that causes poor circulation. Then, even minor skin injuries can lead to sores that are difficult to heal and can lead to infection.

Corns and calluses develop in the same way, but the result is different. Calluses usually develop on the heel or bottom of the foot, on your palms, or on your knees. They often appear as a thick, rough layer of skin and can be an inch or more in diameter. Calluses are rarely painful.

\Corns are smaller - usually about a quarter-inch to a half-inch in diameter - and have a hard center surrounded by inflamed skin. They typically develop on the tops and sides of toes. Corns can be painful when pushed and may cause a dull ache.

\Poorly fitting shoes are a common cause of both corns and calluses. They can also develop if you have a type of foot deformity, such as a bunion or hammertoe, which causes a bone protrusion from your foot to rub on the inside of your shoe. Wearing shoes or sandals without socks can also lead to friction on your feet. Calluses on your hands can result from the repeated pressure of using tools on the job, around the house or in the garden.

Although they can be unsightly, corns and calluses generally need treatment only if they cause discomfort. If you are at increased risk of complications because of diabetes or poor circulation, talk to your doctor before attempting to treat corns or calluses on your own.

If you have no underlying health problem, steps you can take to prevent or treat a corn or callus include:

1. Wearing comfortable shoes and socks. Corns and calluses can be prevented or will often go away when you eliminate the rubbing and friction that causes them. Wear well-fitting, cushioned shoes until the corn or callus disappears. Choose socks that fit properly and are made of a polyester-cotton blend, which wick moisture away better than all-cotton socks do.
2. Wearing non-medicated corn or callus pads. These cushion and protect skin from friction, allowing time for corns and calluses to diminish in size. Be careful using over-the-counter liquid corn removers or medicated corn pads, which contain salicylic acid and can irritate healthy skin and lead to infection.
3. Gradually rubbing it away. After bathing, gently rub off a layer of thickened skin with a washcloth or pumice stone. Don't remove all of the toughened skin at once. Rubbing away a corn or callus may take a week or longer. Don't try to

cut or shave down a corn or callus, as this may lead to an infection.

4. Moisturizing your skin. Apply moisturizer to hands and feet to help keep your skin soft.

If you have corns or calluses that are painful or inflamed - or recur or persist despite home care - see your doctor or a foot care specialist, who may suggest medical treatments that can provide relief. - Steven Kavros, D.P.M., Orthopedic Surgery, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN\)m Mayo.edu](mailto:medicaledge(AT)SIGN)m Mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.)

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Memorial Hospital Golden Threads hosting 2013 Trip Preview Program

On February 14 at 1 p.m., Memorial Hospital's Golden Threads is hosting a 2013 Golden Threads trip preview program at the Moose Lodge on Hayes Ave. in Fremont. The preview program will feature information about all of the Golden Threads hosted pleasure trips planned for 2013.



According to Annette Overmyer, manager of the Golden Threads program, "Each year, Golden Threads hosts a variety of affordable trips, including weekend excursions, overnight bus trips, casino trips and more," she said. "People who attend the preview party can get a jump start on their 2013 vacation planning."

A variety of desserts and refreshments will be available for attendees. Doors open at 12:30 p.m. Reservations are required for preview party. Contact the Golden Threads Office at 419.334.6613 to make your reservation or for more information.

Individual income tax rates for 2013

Changes in the tax rates for 2013

Taxable income*		Ordinary Income	Capital gains and dividends	Medicare tax	
Single	Joint			Earned income**	Investment Income
\$0+	\$0+	10%	0%	2.9%	0%
\$8,950+	\$17,900+	15%			
\$36,250+	\$72,500+	25%			
\$87,850+	\$146,400+	28%			
\$183,250+	\$223,050+	33%	15%	3.8%	3.8%
\$200,000+ (AGI)	\$250,000+ (AGI)				
\$398,350+	\$398,350+	35%			
\$400,000+	\$450,000+	39.6%	20%		

*Based on estimated 2013 inflation adjustments. Amounts refer to taxable income except where noted.

** Combined rate includes 1.45% employer contribution.



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HOSPICE MEMORIAL HOSPITAL MEMORIAL HEALTH CARE SYSTEM

As the patient laid in his hospital bed with his eyes closed, she took his vital signs. There was a calmness to her, despite the fact that we all knew the end was near. Even though his eyes were closed and he was resting, she gently stroked his hair as she listened to his heart and lungs. It was clear to see that even though she knew she could not make him get better and that he would pass away soon, she still cared for him, showing compassion. There were no walls up to protect her from the hurt that she will feel once he is gone. Hospice nurse Mary Klausz cares for all of her patients with the same tender compassion.

Hospice of Memorial Hospital has been serving Sandusky and Ottawa Counties and the surrounding areas for 28 years. This year Mary is retiring after 27 years of service to our community. It is quite uncommon for someone to be a hospice nurse for 27 years, let alone being a hospice nurse with the same agency for 27 years. The feeling that Mary gets when she knows that a patient is well cared for is why she has been a nurse all of this time. "My reward for hospice nursing is that I did the best I can for the patient and their family. That's what keeps me coming back," says Klausz.

Hospice is a special type of care that is focused on keeping the patient comfortable once the patient and physician have decided that illness can no longer be treated or cured. Hospice helps the family care for the patient in a variety of settings. It neither hastens nor postpones death and Hospice of Memorial Hospital provides a special way of caring that gives terminally ill patients choices to determine how they will live the rest of their life. Hospice staff members help manage pain and symptoms as well as provide emotional and spiritual support so patients can make the most of their end-of-life. Hospice

of Memorial Hospital is committed to enhance quality of life by supporting our patients and families physically, emotionally and spiritually. The hospice team creates an individual plan of care for every hospice patient – specific to their needs and desires.

Mary decided to become a hospice nurse after her close friend was cared for by hospice. During her friend's illness, she told Mary that she was meant to do this kind of work. It was then that Mary found her calling as a hospice nurse.

In shadowing her for a day, it was clear to see that Mary continues to serve her patients with the same passion that she had when she first started 27 years ago. I asked her to describe to me a normal day as a hospice nurse. She laughed and said, "There is no 'normal' day since every day is filled with a different challenge or experience."

At Mary's first patient she found that they were having a really bad day. "You have to read the situation, the patient, and the family each time you enter the home because circumstances, like the patient's health status and family dynamics change," Klausz commented. When a patient is having a

bad day, making sure that their needs are met is the first priority. During this visit, Mary wore many hats. She provided nursing support, as well as spiritual and emotional support. She continued, "It is very important that you provide whatever support possible to make sure that the patient and family feel comfortable." Mary would not leave her patient until she knew that they were feeling comfortable and that the family was confident in caring for their loved one. She asked many questions like, "Is there anything you feel that you still need to do?" She asked the caregiver, "Do you feel well-supported by Hospice? Do you feel confident in caring for your husband?" Mary also expressed the importance of respite for the patient's caregiver. She told the patient's wife, "It is important for you to get out once in a while. Even if you just get out for an hour to go to the store, or church, you need to do that for yourself." Mary sat at the kitchen table with the patient's wife and just listened. "Supporting the family is just as important as supporting the patient," claimed Mary. She asked the patient and his spouse if there was anything that Hospice could do to make them more comfortable. The caregiver responded by saying, "I don't know what we would do without the support of the Hospice staff. You all make this whole transition so much easier."

As Mary arrives at her next patient's home, she finds that they are having a really good day. The patient was able to go for a short walk outside and then go out to lunch with his family. "It is so nice to have your patient have a good day. It's difficult knowing that



they will likely never get better, but to know that they had good days towards the end makes me love the work that I do," says Klausz. Mary carefully checked the patient over to make sure that all was in order. She sat and talked with the patient and really had a connection. It was obvious that Mary puts her heart and soul into being a hospice nurse. She stated, "You can't just come in here and do the clinical part of the job. A Hospice nurse has to invest a bit of themselves in the care that they give. You're in the patient's life to help them cope with the transition from this world to the next so you need to make it count."

As Mary is leaving, she gets a call from the Hospice office informing her that her next patient is having pain. Mary assesses her patient and she finds out that they are having a little bit of pain and uncomfortable side effects from other medications. Mary explained, "With a situation like this, you have to think about the medications the patient is already on and make choices of

Giving Comfort, cont'd on page 13

Mary's Pampered Pets

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Mary Miller, CMG



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new medications that will help, but not give side effects. If I know a medication gives side effects, I have to know how to instruct the patient to lessen their effects.” Mary made many phone calls to the Hospice office, the patient’s primary physician, and the pharmacy to order the new medications. She had to get a volunteer set up to pick up and drop off the medications to the patient. “It’s important to help set up the medications for the patient so they know what to take and when,” says Klausz. After she got the new medications set up, she suggested to the patient different foods to eat that would help with decreasing her chances of experiencing side effects. She explained to the patient that she would have to make these small changes to her routine so she will feel better sooner. Mary also explained to the patient what she may feel or experience with this medication change. She expressed to the patient and family that their comfort is the biggest priority in Hospice’s care. This was a long visit, but Mary did not rush. She took her time, explaining details of medications, listening to the concerns of the patient, and offering support and encouragement. She did not leave until all of the patient’s questions were answered and that they were confident in their new medication regimen.

After this long day of seeing patients, I asked Mary how she has been able to be a Hospice nurse for so many years. She explained, “It is exhausting how you have to change your tactics and support methods, but the hugs from the patients and their families and kind words make you want to get up the next morning and do it again. It’s about making a difference in that patient’s journey home.”

Even after her retirement, Mary’s legacy will continue within Hospice of Memorial Hospital. Not only has she been an integral part in training each and every hospice nurse that served on our team but she will continue her service to our patients as a Hospice volunteer. “We wouldn’t be able to do it without all of our team members. The social workers, spiritual nurse, nursing assistants, and volunteers. We all work together and are there for each other. We share the same goal to provide the best care possible to our patients and their families.”

She shared her love for Hospice of Memorial Hospital when she said, “Hospice of Memorial Hospital provides the best care to our patients. We have been serving our community for 28 years. I have seen Hospice of Memorial Hospital change in the time that I have worked with them, and I know firsthand that the care of our patients is the highest priority for this hospice.”

The nurses at Hospice of Memorial Hospital have a combined total of over 195 years serving in hospice. All of the staff lives in the communities that they serve. Because of the longevity of the staff, it is obvious that they love the work that they do. Like Mary, the other nurses, invest a part of themselves in the care that they provide to the members of the community.

Hospice of Memorial Hospital is your Hometown Hospice and has been serving Sandusky and Ottawa Counties and the surrounding areas for over 28 years. Hospice of Memorial Hospital is committed to enhancing quality of life by supporting patients and families physically, emotionally and spiritually. Its team of health care professionals creates an individual plan of care for every hospice patient – specific to their needs and desires, and supports that patient as well as his or her primary caregiver throughout the end of life process.

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The Bellevue Hospital is giving smokers and those addicted to tobacco a chance to “Kick Their Butts” during upcoming Tobacco Cessation Classes.

The classes will be held beginning Monday, Feb. 4 in Conference Rooms A&B from 5-6:30 p.m. Classes are free, but registration is required and seating is limited. There will be a total of six classes. Other meeting dates include Feb. 14, Feb. 21, Feb. 25, March 5, and March 21.

The classes will be taught by Terry Webb, RRT, Certified Smoking Cessation Counselor, and the program is funded through a Healthy Ohio Tobacco Use Prevention and Cessation Grant from the Healthy Ohio initiative and the Ohio Department of Health. Participants are eligible for free nicotine replacement therapy patches through the sponsoring grant.

Those who attend all six sessions are eligible to receive a free \$25 gas card.

Registration is free and open to the public and can be made by phoning the hospital’s Cardiopulmonary Department at 419.483.4040, Ext. 4244 during normal business hours.

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Left untreated, celiac disease can result in serious complications

DEAR MAYO CLINIC: What are the early symptoms of celiac disease? What causes this disease?

ANSWER: Celiac disease is a digestive disorder triggered by gluten, a protein found in foods that contain wheat, barley or rye. When people who have celiac disease eat gluten, the result is a reaction in their small intestine that can lead to symptoms such as diarrhea, abdominal pain, bloating and weight loss. Early diagnosis of celiac disease is important because if left untreated the disorder can result in serious complications.

Celiac disease is an immune disorder. The immune system mistakenly targets 'friends,' like foods or even healthy organs and tissue. When a person has celiac disease, the body's immune system overreacts in response to gluten, damaging the small intestine and reducing its ability to absorb nutrients.

The underlying cause of celiac disease appears to be based, in part, on a person's genetic makeup. Research has found that celiac disease tends to run in families, and some gene types increase a person's risk for developing the disease. There's more involved than just genetics, though. Most people who have the gene types that put them at risk for celiac disease never develop the disorder, while others begin having symptoms early in life, and still others are not affected until their 60s or older. Conditions that put a person's immune system on high alert may activate the disease. For example, some research suggests that certain infections, particularly gastroenteritis, could spark the immune system response associated with celiac disease. The disease is more common in children delivered by cesarean section. Pregnancy also may play a role. Some women develop the disease several months after giving birth.

When celiac disease begins, the most common symptoms are diarrhea, abdominal pain or bloating, especially after meals. People with celiac disease may lose weight because their bodies are not able to absorb enough nutrients from food.

Over time, a range of problems may develop as a result of the body's reaction to gluten - from skin rashes and lactose intolerance to infertility, bone weakness and nerve damage. These can often happen even in the absence of digestive symptoms.

If you have symptoms of celiac disease, see your doctor to have them evaluated before changing your diet. Diagnosing the disease typically involves a blood test and a biopsy of tissue from the small intestine to check for damage. In a few cases, genetic testing may also be helpful.

Celiac disease has no cure but can be managed by avoiding all sources of gluten. Once gluten is eliminated from your diet, your small intestine can begin to heal. The earlier the disease is found, the less time healing takes. For example, most children diagnosed with celiac disease heal completely within six months when gluten is removed from their diets.

Full healing can take longer for adults, sometimes up to a year or two. People who have symptoms for quite a while may take longer to heal, and some never completely recover. In addition, certain advanced complications of the disease may not be reversible, including infertility and severe bone loss. For most people with celiac disease, however, symptoms ease significantly once they start to avoid gluten.

Completely eliminating gluten from your diet can be challenging because gluten is found in many common foods, including bread, pasta, cookies and pizza crusts, just to name a few. But those who have celiac disease need to completely eliminate gluten from their diet, because even small amounts can continue to damage the small intestine.

Fortunately, as awareness about celiac disease has increased, more gluten-free items are available in many grocery stores. If you have been diagnosed with celiac disease, consult with a dietitian who can help you plan a healthy gluten-free diet. - Joseph Murray, M.D., Gastroenterology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGNmayo.edu](mailto:medicaledge(AT)SIGNmayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.)

(c) 2013 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH.

Up to \$50,000 will be awarded to area medical students via Memorial Hospital Foundation's loan program

The Memorial Hospital Foundation has up to \$50,000 available for area medical students through the Medical School Student Loan program. The loan program provides funding to students in medical school, or their residency who will commit to being on staff at Memorial Hospital for at least five years.



To be eligible for the loan program, applicants must meet one of the following criteria:

- Be a resident or former resident, or child or spouse of a resident or former resident of Sandusky County or a county contiguous to Sandusky County;
- Be a resident or former resident, or child or spouse of a resident or former resident of Lucas County
- Be a child of active medical staff;
- Be a child of a hospital employee with greater than five-years consecutive service.

According local physician and previous loan recipient Heather Haynes, M.D. the purpose of the loan program is to secure more dedicated, locally connected physicians to the area.

"We have plenty of local students who have gone on to medical school. This scholarship's purpose is to provide them with an added incentive to return to the area to practice," said Dr. Haynes, who is also a Memorial Hospital Foundation board member and chair of the student loan committee.

Students who join and serve Memorial Hospital's medical staff will have the loan forgiven over a 5-year period. Recipients who do not complete their course of study, or choose not to practice at Memorial Hospital will be responsible for the re-payment of the loan with interest.

For more information on the Memorial Hospital Foundation Medical Student Loan Program, please visit the Memorial Hospital Website at memorialhcs.org/foundation or contact Chasity O'Neill, Memorial Hospital Director of Marketing and Development at 419.334.6667.



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Being a Victim Advocate

April 21-27, 2013 is designated as National Crime Victims' Rights week. This week marks a time for all to think about the ones who have been hurt by crime. Although this is not something that we constantly think about, we read about it in the newspapers and see it on the news daily.

The Sandusky County Prosecuting Attorney's Crime Victim Assistance program is staffed by Deb Well and Jake Streacker. Our mission is to actively provide information, as well as emotional and practical assistance, to victims of all crimes of violence. This office assists victims in all felony cases, juvenile court, and both county courts.

Our judges and their staff are very supportive of our program and they understand the importance of victim involvement. Our law enforcement agencies are also supportive and work very well with the victims of crime by responding sensitively and professionally to each of the calls that they receive involving a battered or abused person. Our prosecutors are very victim-oriented. Because each case brings a new set of circumstances, they carefully tailor prosecution to best suit our victims. The prosecutors take time to meet with the victims to keep their best interests at the forefront of the case.

Our role with the victims is to help them through the different phases of a criminal case and ensure that they are afforded the basic rights to which they are entitled. Under the Ohio Constitution, victims have the right to attend criminal proceedings, apply for compensation, participate in criminal proceedings, be informed of legal proceedings, and be protected from intimidation and harassment. They also have the right to restitution from the offender, the right to prompt return of personal property seized as evidence and the right to a speedy trial.

1st Annual Crime Victims Benefit Golf Outing

On Friday, April 26th, 2013 we will be holding a charity golf outing at Sycamore Hills Golf Club in Fremont to benefit the Crime Victim Assistance Office. The format will be an 18-hole, four-player team scramble. The cost to enter is \$60 if paid by Friday, March 1 or \$65 if paid by Friday, April 5. This includes cart rental, drink tickets and a chicken or steak dinner following the tournament.

Donors may sponsor a hole for a donation of \$100 or more. Alternatively, businesses may donate items or gift certificates to be given out as door prizes. If you would like to participate or contribute, please contact our office at one of the phone numbers and we will send you the forms. Reply to Deb Well 419-334-6119 or Jake Streacker 419-334-6418. Sandusky County Crime Victim Assistance, 108 S. Park Ave., Fremont, OH 43420

Sandusky County YMCA hosts Gala Reverse Raffle and Silent Auction

The Sandusky County YMCA's eleventh annual Gala is scheduled for Saturday, February 23rd. Since the first event in 2002, this reverse raffle and silent auction event has been successful in raising funds to help continue community-strengthening YMCA programs, making possible programs such as Youth Swimming Lessons, Youth Soccer, Basketball, Football, T-Ball, and more. This fundraiser also benefits the YMCA's extended-hour Child Care program – a very necessary community service.

The Gala is the YMCA's major fundraising event for the year. Prize payout totals \$8,000 with 250 tickets sold. Up to 500 residents attend the dinner, raffle, and silent auction. This event is February 23, 2013 from 5-9 pm at Ole Zim's Wagon Shed in Gibsonburg, Ohio. You must be 21 to purchase a ticket and attend, and there are no tickets sold at the door. The \$85 ticket donation includes two all-you-can-eat family-style meals with refreshments and a night of fun including the silent auction, 50/50 drawings, side boards, and a raffle for a 50" HDTV.

"We are grateful to this year's event sponsors," reports Lisa

Shuey, Development Director at the YMCA. "These corporations are supporting our youth as well as our community, and showing their commitment to social responsibility. Thanks to Gold Event Sponsors Fremont Federal Credit Union and Baumann Auto Group; and Silver Event Sponsors Parker Investment & Insurance Services, Weickert Insurance Agency, and Memorial Hospital. We are so happy to have such tremendous support because we know that together we can make an immeasurable difference in our community."

For information about attending or donating an auction item, please contact Lisa Shuey, Lisa@FrYMCA.org, 419.332.9622.

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Video View

By Jay Bobbin

"HOTEL TRANSYLVANIA": Where do monsters go to get rest and relaxation? Check the title again, since this animated comedy-fantasy finds Dracula (voice of Adam Sandler) operating the site. With his daughter (voice of Selena Gomez) celebrating her birthday, he's happy to have such fearsome friends as Frankenstein and the Invisible Man (voices of Kevin James and David Spade) visiting ... but the joyous occasion is threatened when a human (voice of Andy Samberg) crashes the party. Steve Buscemi, Fran Drescher, Molly Shannon and Cee Lo Green also are in the voice cast. DVD extras: audio commentary by director Genndy Tartakovsky, producer Michelle Murdocca and visual effects supervisor Daniel Kramer; deleted scenes; "Goodnight Mr. Fool" minimovie; music video. *** (PG: AS) (Also on Blu-ray)

"PARANORMAL ACTIVITY 4": Get out the video cameras to monitor evil again. Another family experiences supernatural terror in this installment of the cost-effective franchise, which moves forward in time from the initial tale but still retains familiar elements for those familiar with the preceding films. Original co-star Katie Featherston appears again as a linking factor between the stories, and Henry Joost and Ariel Schulman ("Catfish") return from the series' third film as directors. *** (R and unrated versions: AS, P, V) (Also on Blu-ray)

"THE COLD LIGHT OF DAY": If your father is played by Bruce Willis, and he's supposedly a worker drone, chances are good he's keeping some big secrets. That's what the character played by the screen's soon-to-be Superman, Henry Cavill, finds out in this well-cast but too-familiar melodrama. During a vacation in Spain, the Wall Street employee played by Cavill is distraught when relatives are kidnapped, forcing him to turn to his father for any possible help. And Dad turns out to be much more resourceful than expected. Sigourney Weaver and Caroline Goodall ("Schindler's List") also appear. (PG-13: AS, P, V) ** (Also on Blu-ray)

"SEVEN PSYCHOPATHS": One psychopath usually is enough for any movie, and it's actually a budding screenplay within the film that inspires

the title of this offbeat action-comedy. Along with two friends (Sam Rockwell, Christopher Walken), the aspiring writer (Colin Farrell) makes ends meet by kidnapping dogs ... but when the trio preys upon the pet of a mobster (Woody Harrelson), there may be a lot more to add to the script than was intended. Abbie Cornish, Harry Dean Stanton, Gabourey Sidibe and Olga Kurylenko ("Quantum of Solace") also appear. DVD extras: six "making-of" documentaries. *** (R: AS, N, P, GV) (Also on Blu-ray)

"ALEX CROSS" (Feb. 5): Tyler Perry assumes the role of novelist James Patterson's psychology-driven detective, who considers a job switch while on a serial murder case. (PG-13: AS, N, P, V)

"CLOUD ATLAS" (Feb. 5): Several stories of different eras suggest that all people are connected through time and space; stars including Tom Hanks, Halle Berry and Hugh Grant have multiple roles. (R: AS, N, P, V)

"HERE COMES THE BOOM" (Feb. 5): A teacher (Kevin James) decides to raise the funds to keep his school's extracurricular programs by becoming a Mixed Martial Arts fighter. (PG: AS, P, V)

"BULLY" (Feb. 12): The headline-generating documentary examines various aspects of bullying. (PG-13: AS, P)

"THE PERKS OF BEING A WALLFLOWER" (Feb. 12): A student (Logan Lerman) gets some big life lessons through his friendship with older stepsiblings (Emma Watson, Ezra Miller). (PG-13: AS, P)

"THE SESSIONS" (Feb. 12): A sex surrogate (Helen Hunt) is hired to help a journalist (John Hawkes) who has lived virtually his entire life in an iron lung. (R: AS, N, P)

"SILENT HILL: REVELATION" (Feb. 12): A teenager (Adelaide Clemens) tries to find and rescue her missing father by entering an alternate reality. (R: AS, N, P, V)

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

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Memorial Hospital Foundation to host Cookin' Men February 9



Dr. Scott Farrell

On February 9 at 7 p.m. the community is invited to the 2013 Memorial Hospital Foundation Cookin' Men fundraiser. Building on the success of last year's Cookin' Men, the 2013

event promises to again bring the community together for a good cause. This year, money raised at the event will benefit the Memorial Hospital Foundation Women's Health Fund.

Not your typical fundraiser, approximately 30 local men will don their chef hats for the event, each preparing their own special delicacy for those in attendance to sample.

Second-year Cookin' Men chef, and local OB/GYN specialist Scott Farrell, M.D., is excited to again participate at the event.

"I believe there is great value in holding a benefit for an important cause like women's health," said Dr. Farrell, who will prepare his patented pâté this year. Dr. Farrell has been a physician in Fremont for more than 30 years.

According to Chasity O'Neill, director of marketing and development at Memorial Hospital. "Most of the Cookin' Men chefs are not employed as chefs, but the food they prepare is really top notch."

In addition to Dr. Farrell, many other local leaders will be gourmands for

the night, including Bishop Hoffman Superintendent Tim Cullen, Co-owner of Grund Drug Vince Militello and Sandusky County Sheriff Kyle Overmyer.

As exciting as sampling the many dishes at Cookin' Men will be, Dr. Farrell, who truly enjoys the culinary arts, is just as energized by supporting the cause. "Providing quality women's health care is a fundamental responsibility of a community hospital," he added. "To be able to cook for this cause is a tremendous honor."

Reservations are required for Cookin' Men, which the Memorial Hospital Foundation is hosting in the Heights Banquet Hall at the American Legion on Buckland Ave. in Fremont. Reservations are now on sale for \$50 each; for additional information, visit memorialhcs.org/cookin-men or call the Memorial Hospital Foundation at 419.334.6667.

**Send a
Hug to a Senior**

Thursday, February 14, 2013

In honor of Valentine's Day, Valley View Healthcare Center will be delivering FREE flowers and candy to the senior citizens of Fremont on February 14.

All orders must be placed NO LATER THAN February 11, 2013, by calling Valley View Monday-Friday from 9 a.m. - 4 p.m. Quantities are limited!

We will deliver all orders within city limits. Other orders can be picked up at Valley View on February 10, between 9 a.m. and 3 p.m.



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Secrets to succeeding at New Year's resolutions

Q. Seems like January is always a good time to evaluate my habits and attempt to set up better goals. I'd like to work on everything from keeping my desk cleaner to not saying snarky things in meetings. Seems by February every year, all my good intentions have faded. How can I actually succeed at keeping my New Year's resolutions?

A. What I tell clients is to start by evaluating whether their goals belong to them or whether their resolutions fall into the category of "things good people should do." You will never get truly motivated to do what will make other people happy with you.

Most human beings are deeply oppositional. If you decide to swear off donuts, you may instead find yourself irrationally making your local donut shop your new hangout.

The following tips will help inspire your authentic desire for change, navigate your oppositional side, and improve your long-term well being: Don't overwhelm yourself with a long list of goals.

Time-travel into 2014 and look at the video of what you have changed. As you watch the video, ask yourself what changes jump out as important to you. Let the 2014 video guide the list of goals you write down.

Instead of writing what you will stop - "No donuts!" - write down what you will do instead, such as "Yogurt for breakfast." You are more likely to implement a "do" than to refrain from a "don't."

Look at people you admire. What do they do that you do not? What do you imagine is on their list of New Year's resolutions?

Time-travel to your gravestone. What do you want written on it? Make sure the goals you write down contribute to this gravestone.

To be effective, New Year's resolutions need to be premised on the idea that you are valuable enough to take care of. If you are last on your list, then you'll always have a long list of goals that you admire as each year ends without any change.

Any change requires discomfort, thinking outside the box, and a willingness to admit where you'll end up if you

don't change. Your work and personal life are a lot like one of those science fiction movies about someone who goes back in time and gets a second chance. Only in your movie, most of your chances are still available.

To motivate yourself, ask how much money you'd pay to go back and make better choices on mistakes you've already made. Now stop and consider that you could avoid many future mistakes if you'd just give yourself permission to get in the driver's seat in your life.

Once you start reaping the satisfaction of achieving some of your cherished goals, let yourself enter each day looking for the tiniest changes you could add. Perhaps you take the stairs not the elevator; perhaps you speak up one more time in a meeting; or perhaps you say no to a waste of time.

No single moment will change your life, but each moment is an opening where you can blossom or wither on your vine. What will you choose right now?

The last word(s)

Q. I was just passed over for a big promotion and am devastated by not being chosen. Will I jeopardize my job if I make it clear my boss made a mistake?

A. Yes, complaining about being passed over will confirm your boss's decision. Instead, let your future achievements make it clear the next promotion should be yours!

(Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)

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Good-by, Magnus; Good Luck

The season changed and so did Magnus, the Canada goose with "angel wing" that was staying on our pond. By late December, snow piled up and the pond froze over except for a small spot that we managed to keep open for him. We shoveled snow off a few patches on the pond bank so he could get some grass to eat—he'd begun to ignore the cracked corn and bird seed we put out for him. The ducks spent more time in the coop than out with him—their feet freeze in the snow—and we think he was lonesome for their company. Sometimes he would walk into the coop to see everybody; other times he would lie on the ramp just outside the coop door. He paced

around the pond, and up and down the driveway, shaking his head in agitation. Finally, one day early in January, listening to an inner voice that only he could hear, Magnus walked up over the dike and headed across the marsh towards the back where he could hear several other geese gathering. We'd left that day to see the rufous hummingbird that was hanging out at the Black Swamp Bird Observatory (in January, yet!) so we weren't home when he took off on his journey. It never crossed either of our minds that he would leave on his own like that—and, I'm not sure we could've/would've tried to stop him. By law, it was illegal to confine him, even though he was handicapped and unable to protect himself. We only knew he'd gone when we couldn't find him at feeding time and Robin saw the goose footprints leading up onto the dike. She followed them across the marsh to where they went down into the ditch at the back of our property. The geese he went in search of were probably a mile away—near the Muddy Creek Bay area. He has about a 50-50 chance to survive since he can't fly; and once he reaches the flock—if he does—we wonder what his reception will be, and what he will do when they fly up to the fields each day to eat and he can't fly with them.

We're disappointed in the system that let Magnus—and us—down. The wildlife rehab center could take a blue heron or a swan and try to rehabilitate either of them but, by law, they had to kill a Canada goose because of "overpopulation." True, he probably never would have been able to leave there—but only because he couldn't fly—not because he was sick, injured, in pain or otherwise incapacitated. He could have lived his life here under our care but that would have been illegal. (Funny thing about that—we could have gotten a license to blow his head off and that would have been OK...but we couldn't spend OUR time and OUR money to offer him a home.) In the 1960s Canada

geese were almost wiped out because of overhunting. It seems a shame that when a species becomes familiar, its life isn't worth as much, and it's regarded as a nuisance.

Robin and I have since wondered if we did the right thing by letting Magnus stay here...

would he now be better off if we'd let the rehab center euthanize him? It seemed a shame at the time because he was perfectly healthy otherwise. He was sweet and intelligent, and he'd come up to us when he'd see us outside. He seemed to like the other animals—especially his duck "family."

On the morning of January 5, 2013, he kept trying to get the ducks to come out of the coop—he'd walk to the door, shake his head, and grunt at them. It was cold and they didn't want to come out. He heard the geese and he went looking for them.



To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

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

Sapphire Needs Your Help!

Sapphire was found wandering in Clyde in mid-January. The person who found her brought her to the shelter because her rear leg appeared to be broken.

Upon examination the vet not only discovered the leg was broken, but had healed. She had surgery in late January, the vet, after trying to save the leg, made the choice to remove it, otherwise she would have had to be put down.

Because she is under a year old we chose to save her life, however, the Humane Society can use help paying her surgery expense. If you would like to help, send your check to the HSSC, 2520 Port Clinton Road, Fremont, 43420. Please mention Sapphire in the memo. We will send you a receipt as a tax deductible expense.



Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE



Please join us in 2013
and support your local shelter!

To become a member choose from the
following pledge levels:

- \$15 Senior Citizen (60 yrs. plus)
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*Please, we need your help to continue to
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The Humane Society Shelter,
2520 Port Clinton Rd, Fremont, OH 43420
419-334-4517
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Pet World

By Steve Dale

Q: Avi, our 7-month-old kitten, has battled disease his entire life. We adopted him from an overcrowded shelter when he was 2 months old, and at that time we treated a urinary tract infection. For an entire month (in August), he had a fever, and his temperature often hit 104.9. I thought he might die.

We offered an experimental diet with seaweed, kiwi, liver, beef, turkey, milk, vitamins and dry cat food, and he improved. Now, he has uveitis (inflammation of the middle layer of the eye) and he's tested positive for the Corona virus. Can you tell me where to order Polyphenyl Immunostimulant? Do you believe our cat has FIP (feline infectious peritonitis)? His appetite remains good. - L.B.

A: FIP is caused by a mutation of the corona virus, which occurs in some cats, but decidedly not all cats with the corona virus. Actually, the corona virus is benign in most cats.

Dr. Sandra Wright, a veterinary internal medicine specialist in Seattle, WA, notes that dry FIP is especially challenging to diagnose. While there's no blood test available to determine if a cat has FIP a complete blood panel may indicate another explanation for what's going on. Possible symptoms of dry FIP include uveitis and a persistent fever. However, fevers caused by FIP don't typically respond to antibiotics unless there's a secondary infection, which makes this all the more complex. FIP also doesn't respond to any known "experimental diets."

Wright notes that while toxoplasmosis is rare in cats, this possibility should be ruled out, as should a possible upper respiratory viral infection.

Sadly, FIP has always been considered fatal. However, Dr. Al Legendre has seen limited success at treating cats with dry FIP with a drug called Polyphenyl

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**They say you can't buy love,
but you can surely adopt it!**

True love can be found at the Humane Society.
Come adopt your Valentine today.

Adult cats over age 2 are \$25 in Feb.

Fully Vetted includes spay or neuter, shots, worming, feline leuk testing and flea treatment.

Upcoming Shelter Happenings

SPAGHETTI DINNER

Sunday, March 10th (snow date March 17th) • 11:30am-2pm
American Legion, Buckland Avenue, Fremont
Tickets are available at the shelter

HSSC MEETING

Feb. 4th, 6:30pm at Rec Center

2520 Port Clinton Road, Fremont 419-334-4517
www.hs-sc.org



The Humane Society of Sandusky County Spaghetti Dinner

Sunday, March 10th (snow date March 17th)

11:30am-2pm

American Legion, Buckland Avenue, Fremont

Door: Adults \$10, kids 10 & under \$5

Pre sale: Adults \$9 & Kids \$4

Dine in or carryout

Spaghetti, salad, bread, drink & chocolate fountain!

Ticket locations: HSSC animal shelter, Jenesis Salon,
Mint Condition

MOM'S SUPPORT GROUP TO MEET

The meeting of the monthly support group designed for new mothers and their babies will be held on Thursday, Feb. 7 from 10:30-11:30 a.m. the East Conference Room at The Bellevue Hospital (TBH).

The support group, sponsored by The Family Birthing Center, is called M.O.M.S., Mothers Offering Mutual Support. The group is free and open to all new mothers, and is co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.

M.O.M.S. offers useful information and programs. Experienced mothers will also share what they have learned with the newer mothers of the group. Discussion will include such topics as feeding/nursing issues, and sleeping habits. Mothers are encouraged to bring their babies, suggestions and questions. Please bring quiet toys to keep your children occupied.

To register or for further information call in Bellevue, 419-483-4040, Clyde, 419-547-0074, or Fremont, Old Fort, Green Springs and Republic, 419-639-2065. Dial or ask for the Family Birthing Center at Extension 4363.

For a listing of all of the hospital's educational classes and health screenings, visit the web site at www.bellevuehospital.com

ACTIVE PARENTING CLASS TO BE OFFERED AT THE BELLEVUE HOSPITAL

Did you ever wonder if there is a better way to handle those daily parenting problems? If so, the Huron County General Health District and The Bellevue Hospital (TBH) may have the answer for you.

"Active Parenting," an informative three-week program, will be held at The Bellevue Hospital. Co-sponsored by the Huron County General Health District, Active Parenting will show you ways to raise responsible, cooperative children who are able to resist negative peer pressure.

The classes are free and open to the public (residents of Huron County only) for parents of children ages 5-12. Classes will be held Monday, Feb. 25, Monday, March 4, and Monday, March 11, all from 6-8 p.m. in Conference Rooms A&B at TBH.

The classes are also recommended for grandparents, babysitters, and daycare workers. Also, babysitting will be available at TBH from members of the Family and Consumer Life Sciences classes at Bellevue High School.

The classes will show effective ways to use non-violent discipline techniques that work; improve communication with your children; teach responsibility and other important values; cope with difficult topics such as drugs, violence, and sex; defuse power struggles with your children; stimulate independence as your child grows older; and encourage your children to be their very best.

Pre-registration is required for the free classes. Register by Feb. 18 by calling the Huron County General Health District at 419.668.1652, Ext. 242, or by email at sgerlak@huroncohealth.com

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Immunostimulant (PI). The drug was recently approved for cats with rhinotracheitis (a common respiratory or pulmonary infection caused by the herpes virus), but PI may be used alternatively to treat dry FIP. Your veterinarian can contact Legendre, at the University of Tennessee College of Veterinary medicine for details.

Q: I'm considering a new pet, however my business travel takes me away from home two to four nights a week. Do you think I should get a cat? Or would two cats be a better choice? Any other ideas? - S.J.

A: Get a fish. I'm only half kidding. Some kinds of lizards, snakes, or fish might be better options than a cat, but I understand that it's not easy to cuddle a reptile or a fish. If you're determined to get a cat, you should. Even better, two cats will keep one another company.

Most shelters have cats that, in fact, have lived in pairs and the agency prefers to adopt them out this way. If you want only one pet, a slightly older cat makes the most sense, since you don't want to leave a rambunctious kitty home alone too long.

Actually, I don't like the idea of leaving any cat alone for two to four days without some human companionship. Of course, that's what pet sitters, dog walkers and litter box scoopers are for!

Q: I wonder if Adam Lanza, the killer of those babies at Sandy Hook Elementary School (Newtown, CT), ever abused animals or shot at them with all those guns his mother collected. Do you know? - S.H.

A: I don't know the answer, but your question is a good one. To be clear, I assume you're not referring to legal hunting, but rather shooting or abuse of domestic animals. Eventually, authorities will reveal more details about Adam Lanza's past.

In fact, law enforcement is well aware of a link between violent acts toward animals and violent crimes toward people. Most mass murderers and serial killers do "practice" harming animals before doing harm to people.

In July, 2012, James Holmes allegedly massacred 12 people and injured 58 at a movie theater in Aurora, CO. There are scattered Internet reports that Holmes has some history of grisly acts committed against animals, but authorities aren't confirming or denying this. In any case, whatever Holmes may have done to animals, he wasn't previously prosecuted for such actions. No doubt, Holmes' history will also be reviewed and further revealed in court.

It's important that crimes against animals be taken seriously, prosecuted and the perpetrators further analyzed. Instead of catching deranged people when they're accused of doing harm to animals, they often fall through the cracks. This isn't only a matter of animal welfare and defending defenseless animals; identifying people who've abused animals early on may prevent horrible acts of violence against people.

Q: My 7-year-old Dachshund-mix licks at everything - her furniture, her bed, and she even licks leaves during walks. I believe poor Goldie was kept in a crate for many hours as a puppy. Do you have any insights on her behavior? - J.A.C.

A: Dr. Ilana Reisner, a veterinary behaviorist in Philadelphia, PA, explains that persistent licking can be coined a "displacement behavior," sort of letting off steam, as an outlet for anxiety, much as nail biting can

be for people. However, since your dog seems so intent, more might be going on." One determination of seriousness is to assess if your dog can easily be distracted from licking and redirected to another behavior, such as coming when you call her.

Lots of folks might jump to the idea that Goldie has a compulsive disorder, and certainly that possibility exists. However, Reisner says to first rule out a medical explanation (which most likely explains the licking), particularly a possible gastro-intestinal issue, or even chronic tonsillitis. Scoping with biopsies will rule out the stomach issue and visually looking at throat will rule out the other. Crazy as it sounds, a food allergy is also possible.

Reisner suggests you keep a log to determine what Goldie licks and when to determine if there's any pattern. This information might help a veterinarian.

Meanwhile, you can do no harm to enhance your dog's enrichment. Feed Goldie from various Kong or food dispensing toys. You might even stuff food inside toys and then hide them around the house, so she can sniff them out. Also, take Goldie for daily walks on-leash, not only for exercise but also to sniff what's new in the 'hood.

A compulsive behavior is a diagnosis of exclusion, meaning that after everything else is ruled out, it is considered. If this ends up being the diagnosis, a psycho-pharmaceutical might help, as can a referral to a veterinary behaviorist.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.) (c) 2013 DISTRIBUTED BY TRIBUNE MEDIA SERVICES, INC.

SATURDAY NIGHT BINGO!

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

More FUN added	
Patriot Progressive Game Win up to \$3000	- \$100 every game (with 100 players)
Joker's Wild Bonanza Win up to \$1000	- \$1000 progressive jackpot
Four admission prizes of \$25 given nightly	- Triple Jackpot Keno
	- Handicap Accessible
	- Homemade refreshments
	- Lucky numbers
	- All PAPER - Lots of instants

MAKING A DIFFERENCE



In Our Community

COMMUNITY BENEFIT REPORT 2012

QUALITY CARE

Emergency Department Visits:.....	21,921
Inpatient Admissions:	2,290
Inpatient/Outpatient Visits:	86,486
Surgery Patients:	2,582
Lab Tests:	282,212
Physical Therapy Treatments:	115,091
Diagnostic Imaging Procedures:	41,828
Pain Management Patients:	12,341
Home Health Visits:	8,608
Hospice Visits:.....	12,359
HealthLink Visits:	11,968

COMMUNITY INVESTMENT

Mobile Meals:.....	16,996
Total Volunteer Hours:	27,424
Total Payroll and Benefits:.....	\$32.5 Million
Charity/Uncompensated Care:....	\$16.2 Million
Capital Investments:.....	\$2.7 Million
Utility Payments:	\$1.1 Million
Dollars Spent Locally:	\$10.4 Million



Since 1918, Memorial Hospital has been dedicated to serving the local community through its mission, which is to continually improve the health and quality of life for the individuals and families in the communities we serve. Memorial Hospital provides essential services that help fulfill this mission each year.

- *Over 150 physicians on staff, with more than 100 specialists*
- *13 bay Emergency Department, completely renovated in 2010*
- *Auxiliary of Memorial Hospital Women's Diagnostic Center, opened in 2010*
- *Weitzel-Kern Surgery Center, opened in 2001*
- *Herbert-Perna Center for Physical Health, opened in 2007*
- *Inpatient obstetric and pediatric care*
- *Nationally recognized and accredited home health, hospice and diagnostic imaging services*

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