

2000 Lifestyles

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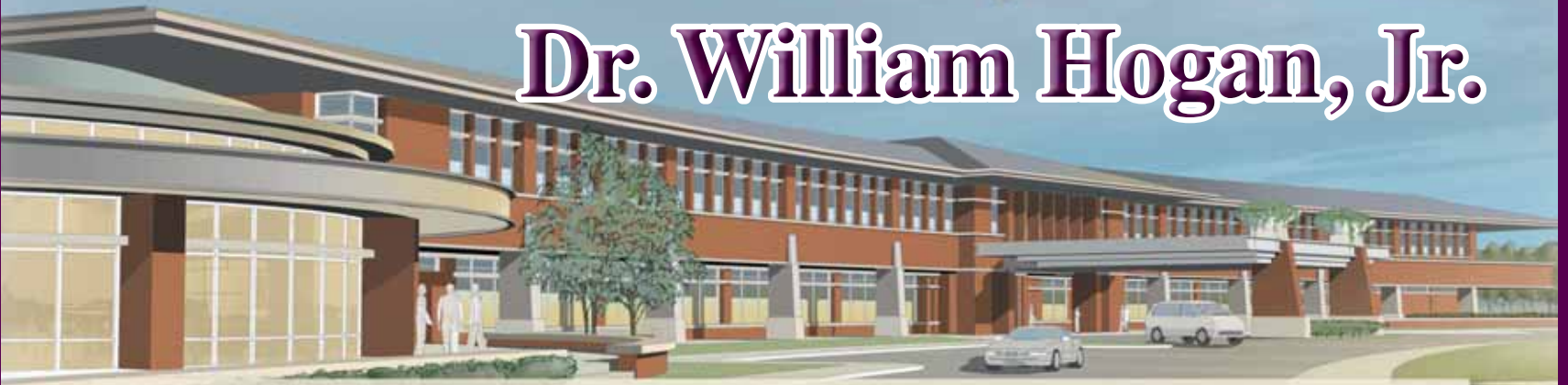
Vol. 16 Issue 2

February 2014



www.lifestyles2000.net

The Bellevue Hospital Welcomes Dr. William Hogan, Jr.



William Hogan, Jr., M.D. has joined The Family of The Bellevue Hospital as a pain management physician specialist. He is Board Certified in anesthesiology and pain management and continues to work in private practice pain management with Blanchard Valley Hospital. Born and raised in Lincolnton, GA, Dr. Hogan has resided in Ohio for the past six years. He and his wife, Laura, are parents of two children. His hobbies include his children and their activities, water skiing, hiking, camping, and traveling.

Education:

Bachelor of Science in Microbiology, University of Georgia, Athens, GA
Medical Degree, Medical College of Georgia, Augusta, GA

Internship:

Preliminary Surgery Internship, Mayo Clinic College of Medicine, Jacksonville, FL

Residency:

Anesthesiology Residency Program, Mayo Clinic College of Medicine,
Jacksonville, FL

Fellowship:

Pain Management Fellowship, Mayo Clinic College of Medicine,
Jacksonville, FL

Certifications:

American Board of Anesthesiology
American Board of Pain Management

William Hogan, Jr., M.D.

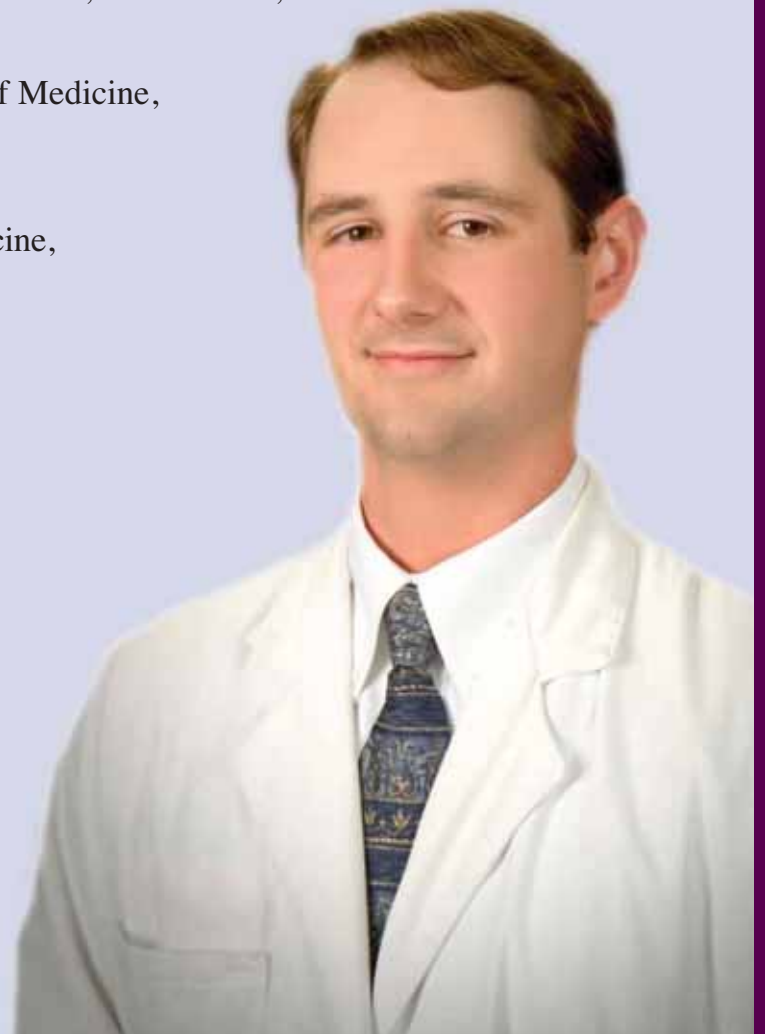
Pain Management, Board Certified

1400 West Main Street • Building 1, Suite C
Bellevue, Ohio 44811

419.484.5903



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





Lifestyles 2000

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

What's your "winter project" going to be this year, Ms. Grace? Over the years I've done a winter project the last week in January or first of February depending on my lunch or dinner schedule. This year was a bit different. I had a few days break in November so I did my winter project then-reupholstering the couch in the living room. That done, I had time to do another winter project at the usual time. Then the recent snow and cold came along and the lunches scheduled for those days, rescheduled for later dates; thus opening a few days for me to do another winter project! The one I chose was not nearly as much fun as others I've done-wallpapering ceilings, refinishing hardwood floors or upholstering a piece of furniture, but even more necessary. I cleaned all the closets and drawers in the house!

For lots of years, we've put things here and there, added to the shoes under the bed and stuffed one more thing in the already full drawers. Did we remember where they were when we needed them-no, of course not! And did we take anything away when we added something else? No, of course not! So, three snowy days later, I have accumulated four trash bags for disposal and five awaiting a trip to the Goodwill store.

The closets look clean and spacious and there's room in all the drawers-except one. That one is a drawer I haven't opened in eleven years since I moved on from my position with Camp Fire. At that time I put in that drawer all the stuff that was on my desk, in its drawers and pinned to the bulletin boards in my office. Going through that drawer was

a wonderful trip down memory lane for me. It brought tears to my eyes and joy to my heart. What a privilege it was to have had a part in the growing up years for so many children. Needless to say I couldn't part with any of these treasures so I tucked them away back in the drawer and in my heart, to revisit again some day.

So, here I am with two winter projects finished and I still have the usual block of time ahead when I normally do my winter project. OK, you ask, what's next? Before I tell you I need to share an ambition of mine-something I want to try-whether the talent is there remains to be seen, but the desire to try is definitely there. I want to write, children stories in particular. That said, my late winter project is going to be remodeling the last of the upstairs bedrooms into a quiet, comfortable writing studio where unfinished work can be left lay. The downstairs can remain ready to receive family and guests as I continue with The Old Garden House activities. Time will tell, but we all know that the only real failure is never to have tried.

So until next month when the big snow and cold of January, will have become an "I remember when...story," for all of us grand and great grand parents to tell for years to come. Let's make plans for the New Year, play in the snow and shout to the world that LIFE IS GOOD!

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Dear Readers,

As I write this the temperature hovers at eight degrees and another storm is on the way... it is just really difficult to stay positive in such a winter!



I hope all of you stay warm and survive this winter weather, we can only hope Spring is really on the way come March.

For those of you on Facebook, we have a Lifestyles2000 page that lists the "Find Pete" winners every month on the 21st, and if the contest is a bit tough, we do give hints. So be sure to LIKE us.

I have to say, when I looked at this month's cover I had to smile, I hope it made you smile also as smiles are in short supply right now.

God bless, stay safe,

Joanne



Less than one hundred people had the correct answer for the January contest. Many of you said Elmwood, which led me to look myself to see what it was you were seeing, but I never figured it out! The answer was Clyde St. Mary's bingo ad. (We are still getting answers that do not have an address, so please be sure to include yours.)

Please be sure to thank the sponsors when you take in your gift card. We appreciate their willingness to participate in the contest, and because of their participation we can give away more prizes.

Find Pete Winners

Winners are Yvonne Babione, Marsha Cook, Rozella Foos, Mary Zimmerman, Betty Sanchez, Jerry Lagrou, Tess Hasselbach, Fremont; Torrey Mossing, Connie Perry, Gregory Miller, Clyde; Danicia Kiser, Green Springs; Ron Raifsnider, Bellevue; Linda Crowe, Helena; Mariann Hovis, Risingsun; Cynthia Cook, Bettsville.

Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Old Fort Market, The Calico Cat, Jenesis Salon, Dairy Queen and Rallys. 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!


A new One Stop Shop comes to Fremont

By Don Stull

We hear the term, One Stop Shop, used in reference to grocery stores and home improvement stores every day. Now we can use the same term for our local YMCA. Our Y has been providing Sandusky County residents of all ages a place to exercise their bodies since 1952. Exercises from youth football and basketball to the Silver Sneakers program for the more mature adult. Continuing in that vein, the Y is now offering programming to stimulate and exercise your brain as well.

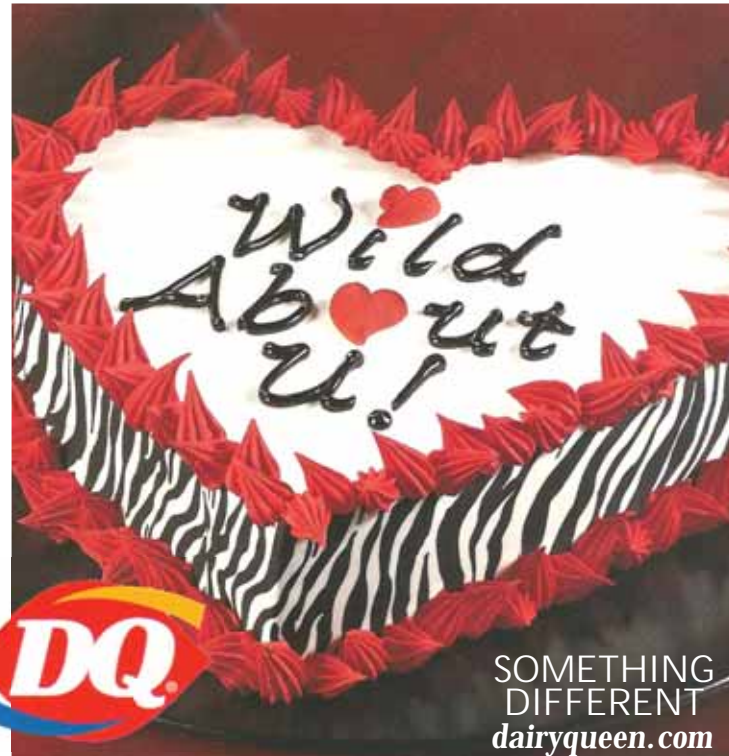
The Y knows that the keys to aging gracefully is for one to continue to be engaged, curious, and active both in mind and body. Our program, Lifetime Learning will include, but not be limited to, topics on religion, music, culture, history, and travel. These interesting topics may be one hour in length or twelve hours spread over several weeks. Classes are open to the adult public; you do not need to be a member of the YMCA or have any prior education or experience on the topic other than a desire to learn in an adult environment. Our trips will permit you and your friends to see many cities and interesting destinations. Our upcoming trips include Mt. Rushmore this June and Nashville, TN in October. Our trips allow you to enjoy the experiences without the hassle of driving, finding convenient and clean lodging, or restaurants.

We at the Y challenge you to come and see for yourself how the Y has options so you can stay younger mentally, learn, and travel. Are you up for the challenge? Try a class or maybe get a friend to travel with you so you can see the sites. Whichever way that you would like to improve your mental or physical health, the Sandusky County YMCA is your One Stop Shop. Visit our website often at <http://www.atthey.org/index.php?page=lifetime-learning> to see our ever-changing schedule or contact us at 419.332.9622 to register. We hope to see you soon!



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Time for Action / The Worm was Right

This month's article is a departure from our regular content--we don't usually bring up political issues. However, we feel it is necessary to mention this matter to all of you who read this column because you, too, are interested in birds, animals and nature or you probably wouldn't take the time to read this.

The issue is the placement of wind turbines along the Lake Erie shoreline in locations that endanger migrating birds as well as resident species--including bald eagles and bats. Maybe if enough people are made aware and express concern studies by legitimate groups will be conducted that recommend better, more responsible placement of these turbines. No one is against development of wind power--the issue is the responsible placement of the turbines.

Imagine tired, hungry birds migrating all the way from South and Central America to the shores of Lake Erie where they stop to rest and eat before crossing the lake to Canada and beyond. They have made this journey for countless years along the same path. Now, imagine these same birds colliding with newly raised wind turbines that mark "progress" along the lake shore--specifically at Camp Perry and the Erie Industrial Park--right on the migratory route. According to the specs on Camp Perry, the wind turbine will be 131 feet high with a 3-blade rotor having a diameter of 135 feet. When the tip of the rotor is at the 12 o'clock position, the overall height of the wind turbine will be 198 feet. At the 6 o'clock position, the tip of the rotor will be 26 ft off the ground. For birds just taking off from the shore to start across the lake, as well as resident birds flying

to nearby nests, this will mean cruel and senseless slaughter.

Black Swamp Bird Observatory in Oak Harbor, along with American Birding Conservation and several other birding and conservation groups--some private and some federal--including ODNR and Fish and Wildlife are banding together in an attempt to halt the placement of these wind turbines along the Lake Erie shoreline migratory route.

According to Kimberly Kaufman, Director of the Black Swamp Bird Observatory, "The developers have misled the public about these federal and state concerns. This project is the vanguard of a major planned build-out of wind power in what is one of the nation's greatest songbird migration bottlenecks and a key site for birding and bird tourism. It potentially sets a horrific precedent."

If you are interested in helping to prevent the deaths of thousands of migrating birds and preserving our Lake Erie shoreline you can add your name to the petition at the BSBO website: <http://dnn.bsbo.org/CONSERVATION/ResponsibleWindEnergy.aspx> Also included on their website are the names and addresses of our senators and representatives to whom you can write or email your concern, along with many supportive facts and detailed information.

This is NOT a drill...it's the real thing and it's a serious matter.

Meanwhile, back at 12 Acres in Ohio, we discovered there is more going on around our back "40" than we realized. At various times of the day and night, our trailcam revealed photos of a deer herd (at



Bushnell

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least 4 or 5 deer), a rather large coyote, rabbits, raccoons and a fox butt traveling along the back dike. There was also a pair of glowing eyes peering out of the weeds--we're not sure what they belong to. And, one evening after her courier route, Robin pulled into the driveway and saw a little screech owl sitting next to a rabbit in the field beside our house.

Finally, it looks like the worm has been right-on so far (I'm referring to the woolly bear caterpillar that I mentioned in last month's article). The beginning of this winter has been severe--brutally cold with lots of snow. We have used up almost a whole jar of petroleum jelly on the two little California hens' combs in an effort to minimize frostbite. We also hung a heat lamp in the coop this year for the first time and have used it several times in the past few weeks. It's time

for a break--we hope we're heading into the lighter brown "milder" middle of the worm now.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (Mar. 21-Apr. 19): He who hesitates is lost. Over-thinking problems could leave you into a muddle. Only quick, decisive action will get the job done. If you must take a chance, the dice are likely to roll in your favor.

TAURUS (Apr. 20-May 20): Agree to disagree. No matter how determined you are to hold fast to your convictions, there's someone who's just as gung ho with the opposing viewpoint. Arguing will just have you running in circles so find common ground.

GEMINI (May 21-June 20): Be yourself. Putting on airs to impress someone may just make you seem phony and insincere. Follow your instincts and do what comes naturally to achieve the best results. Use free time to simply sit back and recharge your batteries.

CANCER (June 21-July 22): A little spit and polish can make the old seem like new. Taking care of what you have can save you from wasting money replacing items. When spending money, know the difference between what you want and what you need.

LEO (July 23-Aug. 22): Do what you want to do. Indulge yourself with a little "me" time by engaging in the activities you most enjoy. When faced with important decisions, follow your first instinct and you can't go wrong.

VIRGO (Aug. 23-Sept. 22): There's no place like home. Take time to surround yourself with loved ones and close friends to experience the true riches of life. Plan a gathering of the clan or reach out with a phone call to distant relatives.

LIBRA (Sept. 23-Oct. 22.): If all around you seems a circus, it's time to become the ringmaster. Grab your whip and chair to tame the wild beasts and create order out of chaos. Much can be accomplished if your channel your restless energy in the right direction.

SCORPIO (Oct. 23-Nov. 21): Put in your two cents worth, you're able to assess situations quickly and can provide valuable advice to those who may be having trouble solving problems. Mapping out your long-term goals and objectives will work out well.

SAGITTARIUS (Nov. 22-Dec. 21): You can do no wrong. Whatever task you choose to undertake, it will succeed. If you've placed your trust in others, they'll come through for you. Everything is coming up roses, so enjoy it while it lasts.

CAPRICORN (Dec. 22-Jan. 19): Save disguises for Halloween. You may try to be something you're not, but others will quickly see through the façade. Be honest and forthright in your dealings to reap the most benefit from each encounter.

AQUARIUS (Jan. 20-Feb. 18): No one is above reproach. Accepting criticism is not an admission of failure. Take advice to heart as someone else's useful and wise insights may help you avoid future errors or correct existing ones.

PISCES (Feb. 19-Mar. 20): Those who live in glass houses should not throw stones. You may be able to find many faults if you put someone under the microscope, but they, in turn, could do the same to you. Live and let live.

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Campfire News and Notes

In February, youth members pause to honor our nation's veterans by taking part in Camp Fire's National project, Salute to Veterans. The purpose of the project is to help children learn about our veterans, develop a sense of caring for others, and give service to others. As part of the project, members will create Valentine cards for veterans. Club members are also busy getting ready to submit their work for Camp Fire's National Art Competition. This year's medium is photography.



Camp Fire recently received a \$3,500 donation from the Kraak Charitable Foundation. The funds will allow our council to provide a new program titled Wise Kids ®. The Wise Kids ® curriculum delivers wellness messaging and practical, hands-on activities that get kids moving and learning about healthier living. The goal is to inspire kids to begin a lifelong journey of making wise nutrition and activity choices.

You can help us provide programs for youth by attending Camp Fire's annual fundraiser, Uncork the Fun. It will take place on Friday, February 28th. Proceeds earned from the event help fund many of the programs offered at Camp Fire. Items are raffled off throughout the evening in a ticket type raffle and a silent auction. If you are interested in supporting Camp Fire, either by donating an item or purchasing tickets for this event; contact the office at 419-332-8641.

If you like World's Finest Chocolate and Mint Meltaway, Camp Fire will be selling the chocolate and taking orders for bedding plants in March.

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My Mother's Recipes

By Joanne McDowell

Not sure how the rest of you are feeling, but I have to state emphatically that "I HATE WINTER"! That being said, I have two easy ground beef dishes to share, especially since this is the time of year that I consider these foods a staple.

Stay warm and pray for spring, that is what we are going to do at our house. (Did I mention how very jealous I am of all our friends that escaped to Arizona and Florida a few months back?)
Enjoy!

Mexican Stuffed Shells

Yield: 16 shells

Ingredients:

- 1 pound ground beef (or ground turkey)
 - 1 package low-sodium taco seasoning
 - 4 ounces cream cheese
 - 16 jumbo pasta shells
 - 1 1/2 cups salsa
 - 1 cup taco sauce
 - 1 cup cheddar cheese
 - 1 cup Monterrey jack cheese
- For toppings:
- 3 green onions
 - Sour cream

Preheat oven to 350°.

In a pan brown the ground beef; add taco seasoning and prepare according to package directions. Add cream cheese, cover and simmer until cheese is melted. Stir together and mix well. Set aside and cool completely.

While ground beef is cooking, cook the pasta shells according to package directions; drain. Set shells out individually on cutting board or baking sheet so that they don't stick together.

Pour salsa on bottom of a 9x13 baking dish. Stuff each shell with 1-2 tablespoons of the meat mixture. Place shells in 9x13 pan open side up. Evenly cover shells with taco sauce. Cover dish with foil and bake for 30 minutes.

After 30 minutes, add shredded cheese and bake for 10-15 more minutes with the foil removed. Top with green onions or olives if desired. Serve with sour cream and/or more salsa.

Million Dollar Spaghetti Casserole

Ingredients:

- 1 lb. of Ground Beef
- 28 oz spaghetti sauce
- 8 oz of Cream Cheese
- 1/4 cup of Sour Cream
- 1/2 lb. of Cottage Cheese
- Whole Stick of Butter
- 1lb pasta such as elbow noodles or rotini
- Bag of shredded cheese (I use pizza blend)
- optional: sliced mushrooms, diced bell pepper, diced onion

Directions

Preheat oven to 350. Boil the noodles. Mix together the cream cheese, sour cream and cottage cheese in a mixer to thoroughly mixed together. Set aside. If you have chosen to use the bell pepper or onion sauté them for 3 minutes then toss in the hamburger meat. Brown hamburger meat in a skillet and drain. Add spaghetti sauce and mix together. Put a few slices of butter in bottom of a 9x13 casserole dish. Then layer half of the noodles in the bottom of the dish. Spread the cheese mixture over this layer. Then add the rest of the noodles on top of this with a few pats of butter.

Now pour the red sauce and meat on top and spread. Bake for 30 minutes. Remove from oven and spread cheese on top and return to oven for another 15 minutes or until cheese is melted and bubbly.

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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 2013, the Auxiliary of Memorial Hospital awarded nearly \$15,000 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, 2014. All necessary scholarship forms are available online as downloadable PDFs. For more information, or to download the scholarship forms and instructions, visit memorial-hcs.org/auxiliary.

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ANSWER: Almost everyone can be an organ donor, no matter what your age. Specifying your choice to be a donor when you renew your driver's license, or adding your name to your state's donor registry is all you need to do. However, it is a good idea to talk to your family, too, so they know what you want.

There is a critical need for donated organs. Every day, about 75 people in the United States get an organ transplant. About 130 new people are put on transplant waiting lists each day. At this time, more than 114,000 people in this country need an organ transplant, but not everyone can get a transplant, because there are not enough donors.

Living donor transplants are popular options for liver and kidney transplantation. Each of us has two kidneys. We only need one for our bodies to work properly, making living donor kidney transplants a viable option for many people. Living donor liver transplants work well because the liver is an organ that can regenerate itself. A portion of the liver is removed for transplant. The remaining liver grows to the right size in the donor, as does the piece in the transplant recipient.

Most often, organs for transplants come from deceased donors. Although it is possible that some organs may not work as well from older donors, everyone has the potential to become an organ donor. In fact, donated livers often come from people in their 70s and 80s, and these older donor livers work well.

On the other end of the spectrum, no one is too young to become an organ donor, either. Children younger than 18 do not have the authority to make a legal decision about their organ donation status, but many children and teens feel strongly about donating their organs. It is important for families to have conversations about organ donation and for parents to listen to what their children have to say. We find that parents of deceased children are some of the strongest advocates for organ donation. For many families, it is one of the few things that brings some comfort out of the tragedy of losing a child.

Keep in mind, too, that health problems should not keep anyone from choosing to be an organ donor. Some chronic health

conditions may prevent certain organs from being donated. That does not mean other organs can't be successfully transplanted.

When you decide to become an organ donor, the simplest way to register is when you renew your driver's license. Most states also have an online organ donation registry where you can sign up.

Your donor designation is a legally binding decision. That means your wishes will be carried out after you die, even if your family does not agree with them. It is important to make sure your family knows you want to be an organ donor, though. Talk with them about your reasons for wanting to be a donor, so they understand why it's important to you. Doing so can help make the process smoother and easier for them during a difficult time.

Right now, people on transplant waiting lists are dying because there are not enough organs for everyone who needs them. Organ transplantation is very successful, but donor organ availability is absolutely critical to its success. Making the decision to become an organ donor can be a decision that saves lives. To register as an organ donor today, visit Donate Life America at www.donatelifeamerica.org. - Charles Rosen, M.D., Transplant Center, 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). For more information, visit www.mayoclinic.org.)

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Memorial Home Health named 2013 HomeCare Elite™ Top Agency

Memorial Home Health has been named a Top Agency of the 2013 HomeCare Elite™, which is a compilation of the top-performing home health agencies in the United States.

Now in its eighth year, the HomeCare Elite™ identifies the top 25 percent of Medicare-certified agencies and highlights the top 100 and top 500 agencies overall. Winners are ranked by an analysis of publicly available performance measures in quality outcomes, best practice (process measure) implementation, patient experience (Home Health CAHPS®), quality improvement and consistency, and financial performance. In order to be considered, an agency must be Medicare-certified and have data for at least one outcome in Home Health Compare. Out of 9,969 agencies considered, 2,496 are elite.

The award is sponsored by OCS HomeCare by National Research Corporation, the leading provider of home health metrics and analytics, and DecisionHealth, publisher of the most respected independent newsletter in the home health profession, Home Health Line.

In addition to this year's recognition, Memorial Home Health was also recognized by HomeCare Elite™ in 2009, 2011 and 2012.

"The Memorial Home Health team is honored to again earn HomeCare Elite™ recognition," said Carrie Drown, B.S.N.,

M.S.N., M.B.A., director of Memorial Home Health. "Being named as one of the top agencies among peer home health providers demonstrates our organization is committed to providing great care to our patients."



Carrie Drown

The entire list of 2013 HomeCare Elite™ agencies can be downloaded by visiting the National Research Corporation website at www.nationalresearch.com/homecareelite.

Memorial Home Health is a service of Memorial Hospital. Services provided by Memorial Home Health include in-home nursing; physical, occupational and speech therapy; wound care; IV therapy; rehabilitation services; medical/surgical follow up; medication education and more.

Memorial Hospital has provided health care to Sandusky County and neighboring communities since 1918 – the hospital provides inpatient and outpatient services. In addition to home health care, it offers a comprehensive range of services, including diagnostic imaging, a wide range of surgical procedures, intensive care, inpatient pediatric care, emergency care, obstetrics, rehabilitation services, mental health services, hospice care, and much more. For more information, visit memorialhcs.org.

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Helen Marketti's Music Corner

Air Supply



Russell Hitchcock and Graham Russell have been the talented duo for the band, Air Supply for forty years. The two first met in 1975 in Sydney, Australia while performing in the stage play, "Jesus Christ Superstar".

"I was working in an office for a computer company in 1975," remembers Russell Hitchcock. "One day when I came home from work, my girlfriend at the time told me there were auditions being held for "Jesus Christ Superstar" and that I should attend because I can sing. I didn't think much of it at the time and told her that everyone can sing so why should I try? She said because no one else sings as I do. I ended up going to the audition, brought sheet music with me and sang, "Bridge Over Troubled Water". I didn't even know if I was singing in the right key but I made it and that's how Graham and I first met. He had already been writing songs on his own and then we started working together. I never thought about a career in music and certainly not one that has lasted this long."

Air Supply had dominated the charts during the 80s with many hits that millions are familiar. Lost in Love, Even the Nights Are Better, Every Woman In the World, All Out of Love, Making Love Out of Nothing At All, Sweet Dreams and many more. They are still recording new material, touring and working on other projects.

"It's a great shock to us to have a career going this long," said Russell. "We first started in Australia and had major hits. We thought this would be a good thing for us to do for a few years,

never realizing at the time how long it would last. As the years went by, I remember mentioning to an audience that we were celebrating eighteen years together at the time. I thought that was a long time! Now it has been forty years and it really is quite amazing. I think it's a testament to our songs because it starts with Graham being a brilliant songwriter. We work very hard at what we do. We give of ourselves as much as we can when we are onstage. We play for an hour and fifty minutes. People know most of the songs and that's a great luxury."

Russell continues, "Graham writes the songs. He writes with the passion and vision with what he sees and feels. I do my job to sing. He will ask me my thoughts on a song and I might throw in my two cents to make myself feel important. (laughs) There isn't any need for tweaking because Graham knows what he is doing. We have kept it this way since day one of our career. We each have a defined role and do not step on each other's toes. It's the most incredible working relationship that I have ever had and I've seen a lot of them."

"Graham and I do not see each other at all when we're not working. I always look forward to seeing him in the studio and on the road. He lives in the middle of nowhere in Utah whereas I live in the suburbs of Atlanta. We have both been through quite a bit in our personal lives and we have always been there for each other. Neither one of us has any brothers so we rely on each other and have a lot of fun together."

Air Supply was recently inducted into the (ARIA) Australian Recording Industry Association Hall of Fame. In addition to their recent induction and touring, Russell and Graham are involved with the musical, "All Out of Love" which features the classic songs of Air Supply and an original script. They are also working on their 24th studio CD due to be released later this year.

"There is a lot of activity going on and we are very fortunate," said Russell. "We have been successful because of our music that was played on the radio. We have always maintained a high level of performance and recordings. I am extremely proud of our career."

"We play the songs everyone is familiar with plus some new material. Graham has a solo spot in our shows. Our band and our show is high energy and very dynamic. We involve the audience as much as we can. We put a great deal



of thought into our shows. We are very grateful that people still appreciate Air Supply."

Air Supply: www.airsupplymusic.com





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Blue Collar Bistro

There's a new restaurant in Clyde. After traveling and cooking all over the world, Chef Jake Vollmar and his buddy Josh Harrell opened a place called The Blue Collar Bistro with many unique and flavorful dishes.

The menu has many Italian specialties, such as pizza and pasta dishes, as well as smokehouse chicken and ribs and wings with 14 different sauces. They also feature a long list of Subs and Wraps.

Pizza is probably what they're known for as they offer 16 different specialty pizzas, or you may choose your own, from a long list of toppings. The vegetable pizza was picture perfect, and delicious, topped with fresh crispy veggies. I've also had the Stromboli. It had excellent flavor, although a bit greasy, but that's because I ordered it stuffed with sausage and bacon. The homemade red sauce was great for dipping. They serve you two large pieces, enough for two meals.

Another one of their specialties is the Blue Collar Parfait. I tried the smoked chicken, BBQ sauce, mashed potatoes, chives and lots of cheddar cheese layered in a large cup, perfect for lunch on the go. I thought it was pretty good and a good deal for \$6.00.

I actually watched the chef make the Alfredo sauce for the pasta Carbonara, that's how fresh everything is! All pastas, gourmet sauces and dressings are house made daily.

We also tried the Reuben Sub, which is a bistro favorite, it was fantastic. The meatball sub was a bit dry, so stick with the Reuben as it is exceptional.

The bistro is next to the gas station on Main Street, just off Route 20. Seating is limited, so getting carry out is a good idea and the food was still warm when I got back to Fremont. It works for us at lunch and the food is delicious.

"Grate" Treats & Eats

By: Chris Timko-Grate

Recipes: Sauerkraut Balls Red Velvet Cake

What a wonderful New Year's Eve my hubby and I had this year and I ended up with a new recipe! I have worked New Year's Eve for a lot of years, usually I came home late, would wake my hubby up from a deep sleep, get my New Year's kiss then go fix myself a cocktail and unwind from the day. This year we were invited to neighbors Keegan and Courtney Stacy's house. They were inviting family and neighbors, so we thought it would be fun. With me not working we said yes we would stop by. We thought we would go over about 8pm, stay a few hours, then come back home. It sure didn't happen that way; we were there way past midnight and had a really good time. With us being fairly new to the neighborhood it was nice to meet and spend time with some new people.

One of the guests that evening was Carolyn Beard from Oak Harbor and aunt to our hostess Courtney. She had brought homemade Sauerkraut Balls for everyone to enjoy. My hubby was first to taste one, then a second one. He said you have to try one of these, they are so good! I tried one and asked her to share her recipe with me, and she was gracious enough to do so.

The second recipe this month is my sister-in-law Marsha Grate's Red Velvet Cake. I cannot ever remember a Grate family get together or holiday without having Marsha's Red Velvet Cake! If we are to full to eat a piece after dinner we would take a piece home, and even when we did have room we took a piece home. Thought her recipe would be a nice Valentine dessert for you and your sweetheart.

Enjoy and until next month, eat your favorite foods!

Sauerkraut Balls

One onion chopped
Three Tablespoons butter
One 12oz can corned beef
One egg
One 16oz can sauerkraut, ground and drained
Dash seasoning salt
Dash Worcestershire sauce
One tablespoon chopped parsley
One beef bouillon cube
One- half cup hot water
Flour, eggs, cracker crumbs

Sautee onion in butter. Add corned beef and mix, heat well, stir in flour and eggs. Continue to cook, stirring until mixture is well blended. Add sauerkraut, seasoning, parsley and bouillon cube which has been dissolved in the hot water. Cook until thick. Spread paste on cookie sheet and chill. Shape into ball one inch in diameter. Roll balls in flour, dip in beaten eggs and fine cracker crumbs. Deep fry until brown. You can freeze these. To reheat put in 400 degree oven for fifteen minute
You can serve Cocktail Sauce or Creamy Horseradish Sauce if you would like.

Red Velvet Cake

This recipe has 4 steps

Step 1 – One and one half cup vegetable oil

One and one half cup sugar

Three eggs

One cup buttermilk

Two one ounce bottles red food coloring

Beat all of the above together

Step 2 – Two and a half cups of flour

Two tablespoons cocoa powder

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One teaspoon baking soda
One teaspoon salt
Mix and add to step one

Step 3 – One teaspoon vanilla
One teaspoon cider vinegar
Add to batter

Put batter in two nine inch round, greased and floured pans, or three eight inch. Bake in a preheated 350 degree oven for 30 to 35 minutes. Center will spring back when touched, and toothpick will come out clean.

Cream Cheese Frosting

Cream the next four ingredients together, and frost the cakes, sprinkle with nuts.

8oz cream cheese, softened

One stick softened butter

One pound powdered sugar

One teaspoon vanilla

One cup chopped walnuts or pecans

Contact me at ChrisTimkoGrate@roadrunner.com with your comments, questions, suggestions and your recipes.

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Retire Smart

Crystal ball: Predictions for 2014

By Jill Schlesinger

It's tricky business to make economic and financial market predictions, which is why I avoid dusting off the ol' crystal ball. Instead, I talk to the smartest people that I know to come up with best guesstimates for what the year has in store for us - here goes:

Economic growth: Will this be the year that the economy finally accelerates to the post-World War II average of 3.3 percent? Well, maybe not for the entire year, but 2014 is likely to be better than what we have seen thus far in the recovery. As a reminder, during the recession, real GDP contracted by 0.3% in 2008 and by 2.8% in 2009. The recovery years have been OK, though not sterling, with the economy expanding by about 2.25% annually from 2010 through 2013.

Last year, growth was restrained by the double-whammy of fiscal policies, which increased taxes on wages for Social Security and on income for wealthy Americans; and by sequestration, which reduced government spending. The Congressional Budget Office estimated that the combination reduced 2013 growth from what would have been above 3 percent, to the recent trend growth rate of 2.25 percent.

This year, the economy should shift into a higher gear, as consumers spend more on the back of an improving labor market and gains in stock and housing prices; and businesses start to spend some of the \$1.8 trillion of the cash on hand. Economists see growth of 2.5% early in the year, rising to 3% by the end of the year, which would be the fastest since 2004.

Jobs: It has been a rough eight years for the labor market. After a devastating recession vaporized 8.6 million jobs, employment still remains 1 percent below the pre-recession peak. In each of the last three years, monthly job creation has averaged about 175,000 to 185,000. The good news is that there was a noticeable acceleration towards the end of 2013; and with an overall pickup in the economy, estimates are for 2014 monthly job creation to be 225,000. At that level of job creation, the unemployment rate should drop steadily towards 6 percent by the end of the year.

Housing: 2013 was a big turning point for the U.S. real estate market, due to a combination of low interest rates, bargain-basement prices, fewer foreclosures and a subtle shift in buyer psychology. The result was a more than 13% increase in national home prices for the year. The pace of price gains will likely slow in 2014, due to higher mortgage rates and an increase in inventory, with estimates for mid-single-digit increases.

Investors: After a year when U.S. stocks soared by more than 30%, few are predicting similar results for 2014. That said, the bulls note that individual investors are still sitting on trillions of dollars in cash, which could push up indexes by 8% or so in 2014. Bears say that the current bull market has already gone on longer than expected and with the Federal Reserve reducing its stimulus in the year ahead and interest rates slowly rising, stock and bond investors will likely have a tough year.

What could go wrong? Remember Europe? A look ahead wouldn't be complete without mentioning that while conditions have improved across the pond, there are still fundamental issues with the Euro. Next, there are U.S. politicians, who could replay the debt ceiling debacle; and there are always usual geopolitical threats. But the biggest risk is the Federal Reserve, which is walking a fine line in attempting to undo a major policy initiative. If the central bank reduces its bond purchases too quickly, the economy could falter and investors could get spooked. Conversely, going too slowly might create a speculative bubble.

(Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@money-watch.com. Check her website at www.jillonmoney.com)

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TBH FOUNDATION GIVES AWAY NEW CORVETTE!

The Bellevue Hospital Foundation (TBHF) made Jan. 14, 2014 a memorable experience for Gerry Hockstok of Dayton, OH, as his name was drawn as the grand prize winner in the 4th annual "Is Your Heart Set on a Vette" raffle. The winning ticket number was 1489.

As the grand prize winner, Hockstok has his choice of a brand new 2014 Corvette Stingray or \$50,000 in cash.

Four runner-up winners each received cash prizes, including Danny Robinson, Westlake, LA, \$2,000 cash; James Kulcsar, Clinton, OH, \$1,500 cash; John Goodwin, Norwalk, OH, \$1,000 cash; and W. Tullo, Hasbrook Hts., NJ, \$500 cash.

"We wish to congratulate Gerry and the other four winners," said Michael K. Winthrop, President and CEO of The Bellevue Hospital (TBH). "We kicked-off this raffle in September of 2013 and our goal was to sell all 1,553 tickets at \$100 each, a goal that we accomplished on December 13!

Continued Winthrop, "For us, that made the raffle highly successful. It was important for us to sell and run this raffle in the right way and it was a great effort from our Foundation, Accounting Department, Marketing Department, and numerous volunteers."

Tickets were sold to people in 46 different U.S. states (only Vermont, Idaho, South Dakota and Alaska were not on the list), noted Kate Herring, TBH Foundation Director. "I would like to personally thank Gary Steinle of Steinle Chevrolet-Buick in Clyde. They were the co-sponsor of this event. Also, thanks to the Bellevue Beverage Center, the Fremont Steinle location, Hogue's IGA in Bellevue, the hospital Gift Shop staff, and the Foundation Board members for all the support. We could not have accomplished this massive project without all their help."

Herring noted that all proceeds will benefit Foundation women's and children's projects, including the Women's Mammography Fund, which will help supply screening mammograms for underinsured or uninsured women.

Earlier in the day, the final Early Bird drawing of \$250 was held, with Patrick McBride of Bowling Green the lucky winner.

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History Notebook

By Nan Card - Curator of Manuscripts Hayes Presidential Center

The Octagon

Dr. Thomas Langlois was an Ohio State University professor, who served as director of the Stone Laboratory on Lake Erie's Gibraltar Island for more than two decades. Much of his research, photographs, and published works are today located at the Hayes Presidential Center. Just a quick glance at the collection reveals that the late Dr. Langlois had many interests far beyond his Lake Erie research. One of them was octagonal structures. During the 1940s, he took pictures of many of these unusual buildings throughout his travels in the U.S. and Canada.

It was President Thomas Jefferson who first designed the octagonal house, but it was Orson Squire Fowler who popularized it some 30 years later. Fowler was better known for his phrenology research, the "science" of reading a person's character by studying the bumps on an individual's head. To us, phrenology is strange beyond belief, but Fowler lectured, wrote, and published extensively on the subject from his New York offices.

He became interested in architecture when he decided to design his own home. It wasn't long before he grew fascinated with the octagon, claiming it was superior to other forms of architecture in lighting, heating, and ventilation. He soon published plans for octagonal cottages and homes that used scrap lumber or gravel for walls. Fowler believed the octagonal home was more in accord with nature, cheaper, and healthier to live and work in than other buildings.

In 1958, the "Columbus Dispatch Magazine" featured an article with 17 Ohio octagonal structures that Dr. Langlois had photographed and researched. It wasn't long before readers wrote the magazine to tell about other octagons. Within weeks, six more structures were documented. Today, some 46 Ohio octagonals have been identified. While some have deteriorated, others have been lovingly preserved, and a few demolished.

There are barns, schools, and court-houses. Researchers across the U. S. have worked to create a website (www.octagon.bobandanna.com). Organized by state, they have included articles,



Jacob's Folly

drawings, and photographs of octagonal as well as round and hexagon structures. Of Ohio's 88 counties, Ashtabula features the most. Many of its early residents were from New York, the state where more octagons exist than any other. No doubt many Northwest Ohioans will recognize or recall some of the nearby octagons that appear on the site.

I was pleased to make some of Dr. Langlois' photos available for the Ohio portion of the site. One is featured above. It is his 1946 black and white print of a 20th century octagon built by William Jacobs on E. Norwich in Columbus. Jacobs called his octagon an "experiment" in ventilation without using windows. Others called it "Jacobs Folly." It featured an early form of air conditioning and a roof and floor made of concrete with a tunnel underneath. After spending nearly \$40,000, the walls "sweat" continuously and heating costs were exorbitant. Jacobs finally sold it in 1937 for \$4500. The new owner added a second story and divided it into apartments. Finally, in the late 60s, it was demolished.

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February Reiki Group Reiki Healing Touch

As energy workers, it can be challenging for us to find words that accurately describe what we are sensing and observing. Most commonly, practitioners have kinesthetic, visual, and auditory sensations when working with Reiki energy. Clients have said that they have experienced an unusual taste in their mouth, goose bumps moving up the spine to the nap of their neck, a smell or scent that you don't recognize or can't pin point. Others say they have seen every color imaginable vibrating into them. The fact that you can feel Reiki flowing, whether you are giving or receiving it, is verification that the energy is being welcomed.

My vision is to establish and maintain standards for teaching and practicing Reiki in the hospital setting by creating an in-patient integrative Reiki program for patients to have the option to request Reiki as an alternative complimentary healing modality that will assist in healing and recovery. Provide quality learning experiences teaching Reiki Level I, II, Advanced, and Master level classes. Assist in community awareness of Reiki and establish support groups such as Reiki Circle where people can give and receive Reiki treatments, and provide resources for new practitioners to reach their full potential in Reiki.

I am looking forward to attendance increasing and more interest in the Reiki circle group each month. We will schedule Reiki Share Sessions that will benefit both the community and Reiki Practitioners. I also hope to see more of the younger generations to get involved with Reiki Energy Work, and promote Reiki in their peer groups. Reiki classes will be offered in the Spring.

Reiki Circle, Tuesday, February 11, 6-8pm, Bellevue Hospital, Conference Room A-B. Please call if you have any questions, Pat Zilles at 419-355-1283

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In Your Own Backyard

Pontifex Yard Sale: Get a jump start on your spring cleaning and drop off your things between 6 am and 10 pm beginning Feb. 20th-27th. for our annual quarterly community yard sale. Come shop inside at the fundraiser sale on Friday, Feb. 28th 9-6 & Saturday March 1st 9-4. Fill a bag for a dollar, begins at 3 pm on Saturday. All proceeds will benefit the Pontifex ministries and are tax deductible. Tax form receipts will be given upon request.

An Evening Of Romance For Your Valentine on Feb. 14th, begins with a flower for you love, then a unique portrait will be taken so you can treasure your evening. Dinner is at 6 p.m. serving Swiss Steak, baked potato, green beans, berry spinach salad, roll & butter, drink and dessert. After dinner there will be live music for dancing. Followed by the movie "Romancing The Stone", popcorn will be served. Cost is \$45 per couple. Must order tickets in advance and be paid for by February 12. For reservations call Pontifex at 419-333-9667. Address is 416 West State St. in Fremont.

Fremont Area Women's Connection: Ladies, come enjoy lunch and a program with Fremont Area Women's Connection! The event will be held at Anjulina's Catering, 2270 W. Hayes Avenue, Tuesday, Feb. 11, 11am - 12:30 pm. Cost \$12. Our Feature will be Shirley Whitaker, "Re-create Interiors" of Clyde. Our Speaker will be Edy Pocse, Oregon, Ohio. Edy will tell us how she "Found Contentment Through Life's Challenges". For luncheon and free child care, please call by February 6th, Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

Wood Show, Feb. 1st & 2nd, 10 till 5 and 10 till 4 at the VFW, Rt. 20 east, Bellevue.

It's Take Your Child to the Library Day at Birchard Library on Feb. 1 from 10 a.m. to 4:30 p.m. Parents are invited to bring their children, birth through 6th grade, to the Children's Department for fun activities. There will be stations where kids can write a poem, make a doorknob hanger, make a book cover, and more! Prizes are available for those who complete three stations and show their library card. Storytimes will be held at 10, 12, and 2. For more

information, call 419.334.7101, extension 209.

Birchard Library is offering free hands-on computer classes during February. Computer Basics 1-4 will be held on Wednesdays and Fridays, February 19, 21, 26, and 28 from 1 to 2:30 p.m. Registration is required and is available now by calling the main library reference desk at 419.334.7101, extension 216. The Gibsonburg branch is offering free hands-on computer classes also. Computer Basics 1-4 will be held on Mondays and Wednesdays, February 3, 5, 10, and 12 from 1 to 2:30 p.m. Registration is required and is available now by calling the main library reference desk at 419.334.7101, extension 216.

The Tiffin Art Guild is sponsoring its annual photo competition. The "Grand Opening" of the exhibition will be held on March 1, at 6:30 pm at the Tiffin Art Guild & Gallery, 178 S Washington, Tiffin. Area artist/photographers are encouraged to enter the competition

by submitting matted & framed photographs for judging. Entry deadline is February 22. The three categories to be judged will be Portrait, Landscape & Architecture & General. Awards will be announced at the Grand Opening. More info and applications may be obtained at the TAG Guild & Gallery, by calling 419-443-0478 or on our website: www.tiffinartguild.org.

It's almost here! The 58th Annual Washington Elementary Chili Festival, Saturday, February 22nd 5:00-8:30 pm! 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 8th Annual Themed Basket Raffle. The basket themes this year are: GIFT CARD TREE, FAMILY FUN NIGHT, AROUND THE HOUSE & THE LUCKY LOTTERY BASKET. All baskets will be on display in the Gymnasium when the doors open at 5pm. Take the opportunity to drop your name in the bucket for a chance to win

one of the AWESOME DOOR PRIZES for adults and kids donated by our generous area businesses! 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! Shake off those winter blues and join us for an awesome night out with the family! Sponsored by the Washington P.T.O.

Crafting for a Cause 2014: 9:30 a.m. - 2 p.m., Grace Lutheran Church, enter Clover Street entrance. Saturday, February 22nd, Contact Cheryl Paeth, 402-850-1581 or cheryl.a.paeth@gmail.com

Sandusky County Senior Center: Myrtle Beach/Char trip on April 28-May 3, cost is \$699 double occupancy, \$808 Single occupancy. Contact Barb Ward at the Sandusky County Senior Center 419-334-8383 for more information

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After writing this column for 13 years, I've answered somewhere around 2,700 questions. Some have been medical, but most have focused on pet behavior, from "accidents" (inappropriate elimination in cats is the most common) to aggressive pets and cats scratching in all the wrong places.

I've compiled many common questions in two ebooks, "Good Dog!" and "Good Cat!" each available for only \$2.99 wherever ebooks are sold (including iTunes.com and Amazon.com). Both are great holiday gifts for pet lovers. One of the most avid pet lovers of all, Betty White, wrote a foreword for each.

The idea is to be helpful, so the books include answers to common questions, but just for fun I also included some very uncommon queries. Here are three more you won't find in either book:

Q: We just moved into a wonderful old house. We were originally drawn to the home by its charm and elegance. However, now we have a problem. Our dogs and cats - we have two of each - don't seem to like it here. Any of the animals may be walking down a hallway, then suddenly stop and run the other way, as if they'd seen a ghost. Clearly, pets can sense more than we can. Perhaps, they can sense ghosts. What do you think? - V.D.

A: I doubt what your pets sense is a long-lost soul, as much as it's a long-lost pet. You're right that pets can sense far more than we can, particularly with their keen sense of smell. If your pets are hitting the brakes at nearly the same place in your home each time, I wonder if previous owners had pets. The lingering scent - which you can't detect - may be what your pets are responding to.

If they're being spooked at one place in particular, make that a fun place. Take out the squeaky dog toys and/or the fishing pole-type cat toys and play with your pets at that spot.

Another possibility is that your pets are simply spooked in strange surroundings. A creaky wood floor, the sound of an appliance they haven't heard before - anything novel might make them take notice and head off the opposite direction. Some pets take only a matter of minutes to settle into a new home; others need several months.

To relieve mild anxiety, plug in Feliway and Adaptil diffusers around the house. Both products contain replicates pheromones which can help take off the edge. However, I'm not sure either will defend against ghosts.

If you're convinced you have a ghost, I say embrace the phantom! Perhaps, the spirit will help out, scooping the litter box or letting the dogs out when you're running late at the office.

Q: Our Maltese mix is a wonderful, friendly and happy dog. She loves our two children and their friends. But there is a problem. The trouble began when we purchased one of those floor-to-ceiling-sized TVs with surround sound. Our family room is now more like a movie theater.

Sometimes, Molly will bark at TV shows, especially if animals are featured. But what really gets her mad are the Muppets, "Sesame Street," or any show with puppets. She barks and charges the TV while growling. I'm actually afraid she'll throw herself at the TV. I know you'll suggest not watching the Muppets or "Sesame Street," but our kids love those shows. What should we do? - C.F.

A: Molly is clearly a fan of Mitt Romney, apparently wanting to see PBS go away. I can't honestly explain why puppets or Muppets elicit an angry response. It is true that such characters look and sound unusual.

When these shows are on, try to keep Molly preoccupied. If she's busy attempting to lick (low-fat, low-salt) peanut butter from a Kong toy or sterilized bone, she won't be paying attention to your choice in TV programming. If all else fails, keep Molly out of the room when you watch her un-favorite programs.

(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 Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve.dale.tv. Include your name, city and state.)

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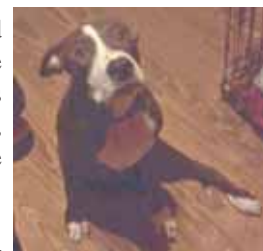
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Hershey's Story

Hershey came to us in late November after he was picked up on Front Street in Fremont by the dog warden. He was brought to us because he could not bear weight on his left leg. On first exam it was thought he was hit by a car, but after x-rays it was obvious the injury was blunt force trauma to his left femur.



When I got the call that he needed surgery my first response was, "We cannot afford surgery, you will have to put him down". Then I made the mistake of visiting the shelter and meeting Hershey... one look into his eyes and I was hooked. (Besides the fact that he was just a young dog and had probably experienced only a life of pain and abuse before coming to the shelter.)

Fortunately we found a local vet that did the extensive surgery and saved us a trip to Med Vet in Columbus and added expense. A grant helped us with part of the expense, but there were x-rays, medicine and more vet care needed. By January Hershey was ready for his follow up exam, only we were to find his months of limping had damaged his hip. Now we had to decide on whether to give up on Hershey, or pay for a hip surgery. Once again we made the decision to follow through as we had made a commitment to saving his life.

I am hoping that this photo and story are enough for us to raise the additional money to make Hershey whole again. Remember all donations to the HSSC are tax deductible. Please consider helping us save this beautiful young dog. If you are interested in meeting Hershey, or adopting him, please call or visit the shelter.

Last month I wrote about Stuart, the cat whose owner had passed and who was too old to live in the shelter. Thankfully right after the article appeared in Lifestyles one of my dearest friends came to take Stuart home. Stuart is now Suri and is doing very well. Thank you to all of you that emailed and called about her. And please remember we need homes for the 190 cats and kittens currently residing at the shelter.

Please, if you see a pet living outside in this extremely cold weather, call our agent at 419-603-3313, It is against the law to leave pets out in extreme weather.



The Humane Society of Sandusky County Spaghetti Dinner

Sunday, March 9th (snow date March 16th)

11:30am-1:30pm

American Legion, Buckland Avenue, Fremont

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