

2009 Lifestyles



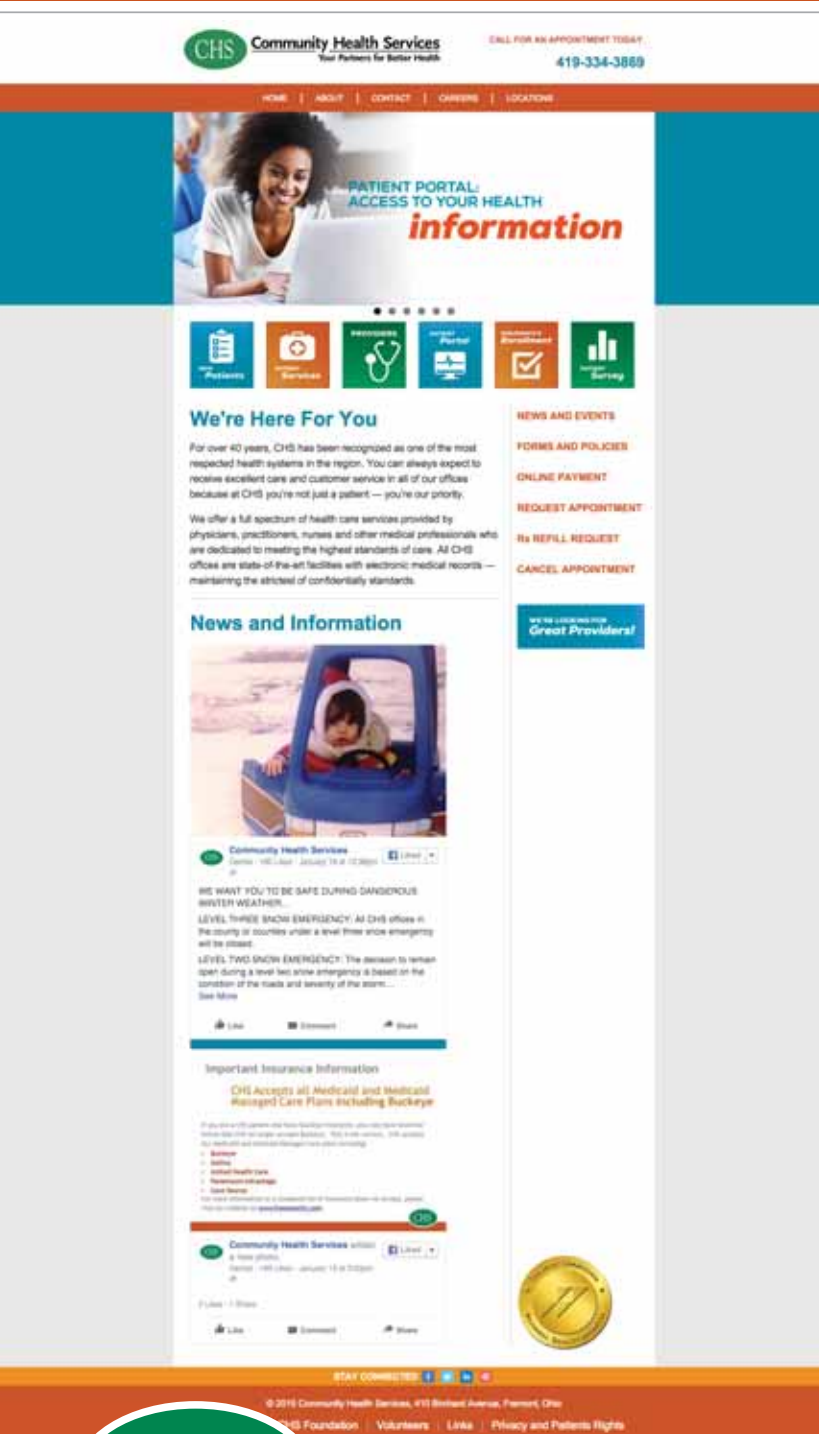
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Vol. 17 Issue 2

February 2016



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Lifestyles 2000

February 2016 
Vol. 17 • Issue 2
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A Valentine for Carolyn

By Joanne McDowell

On Friday, January 8th, a heart attack took my younger sister, Carolyn (Dudley) Carr. Carolyn had no idea she was suffering from heart symptoms, even going to work complaining of the "flu". (She was the smiling face at the Fremont Culligan office for twenty-one years). By the time she was taken to Toledo her heart had been damaged beyond repair.

Carolyn leaves behind a husband, two children and five grandchildren, plus all of her family members who will miss her love of life, especially her love of family. I am grateful for my memories of her, I only wish we could make more. There is nothing we can do to bring her back, but perhaps this article will alert just one person and another family will not have to feel this pain.

Heart disease kills more women than men each year, this from the Mayo Clinic, a fact I had never known until I started doing research. An EKG is a good tool, as well as Life Line Screenings to check your arteries. Heed the warning signs below and celebrate Heart Health Month by making sure you are not a statistic.

Heart Attack Signs in Women:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.



4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
 5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.
- If you have any of these signs, call 9-1-1 and get to a hospital right away.



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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Dear Readers,

Happy Valentine's Day!

On January 8th we lost our younger sister to a heart attack. None of us knew she had a bad heart and it was totally unexpected.

I have written an article in her honor for Heart Health Month. We dedicate this issue in her memory

Enjoy your month.

Joanne



Lots of entries for January, close to 180 entries. "Pete" was in the dog warden ad, and most of you had it correct.

Again, we need a complete address, many of you email just your name or phone number.

Find Pete Winners

Winners are: Ron Ray, Therese Chagnon, Patsy Lance, Sue Zerba, Clyde; Lorrie Miller, Barb Estep, Carol Ehrat, Mary Dyer, Edgar Sanchez, Marsha Cook, Fremont; Tom Beckman, Bellevue; Amber Miller, Risingsun; Brian Edmonds, Vickery; Stephen Hartenstein, Tiffin.

Find Pete Prizes

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

Find Pete Contest Rules

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



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You must play by the rules but you don't need to make them. Remain obedient and deferential to those in charge, you will have ample opportunities to flaunt your unique skills and talents.

TAURUS (April 20-May 20): Don't take good luck for granted, follow up on agreements and send a formal thank you if a helpful friend grants a favor. If you must make a crucial decision, take time to sleep on it first.

GEMINI (May 21-June 20): Turn on the lights. You may be in the dark about a situation or blind to the facts, patiently researching the details will allow you to come to a successful solution. A relationship could prove disappointing.

CANCER (June 21-July 22): Put on a brave front, keep fears and doubts hidden as others may see these as weakness. Make your points clear to avoid misunderstanding. Your industry and take charge attitude are assets.

LEO (July 23-Aug. 22): Even non-turtles know that slow and steady wins the race. Stick to your routines at work and eventually you will get to the finish line. Do not be stingy if asked to make a donation to a charity.

VIRGO (Aug. 23-Sept. 22): The sky is the limit. Your good judgment shines with the big things, but may slip a bit with the small things. In your rush to make material success realities don't offer casual assurances to bystanders.

LIBRA (Sept. 23-Oct. 22): Stick around your own home and make repairs, clean up, or get organized. There will be plenty of time to enjoy social events, entertainment or fun. Start the week off with a clean slate.

SCORPIO (Oct. 23-Nov. 21): Adhere to the usual routines, relationships may thrive due to a willingness to cooperate and someone may even bring you an opportunity. However, do not volunteer to take on new responsibilities.

SAGITTARIUS (Nov. 22-Dec. 21): Take time for traditions and curtesy to conventions. You may be temporarily frustrated by what seems to be a lack of respect or appreciation. This discomfort will be washed away.

CAPRICORN (Dec. 22-Jan. 19): Use your heart rather than your head. Logic may dictate a course of action but compassion and understanding will achieve the best result, be sympathetic and aware of the needs of others.

AQUARIUS (Jan. 20-Feb. 18): An indiscretion or exaggeration might place a barrier between you and a partner. You may have a chance to repair the damage. Your plans may include asking for help with a work related project.

PISCES (Feb. 19-March 20): Make a breakthrough, a fresh discovery or insight can alter your motivations or empower you to do better. You are more popular than usual but shouldn't give your heart away until too quickly.



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"Grate" Treats & Eats

By: Chris Timko-Grate

This month is the month of celebrating President's Birthdays and love. We will celebrate George Washington and Abraham Lincoln's Birthdays on the 15th and Valentine's Day the day before on the 14th. When I think of Washington's birthday I think of cherries and of how exciting it must have been to be the first president of this great country. On Valentine's Day I think of dinner out with my favorite guy, which usually includes some kind of seafood and a steak. Shrimp, crab, and lobster are my favorites, my hubby the same, so we each get something different and share. As for the President's day celebration, it will probably be leftovers from Valentine's Day and the rest of this new cherry recipe. There are not only cherries in it, but chocolate too! You can't go wrong with this one, enjoy!

Recipe: Dark Chocolate Tart and cherries, with Whipped Cream

*Crust

1 cup plus 2 tablespoons pastry or all-purpose flour

½ cup powdered sugar

¼ teaspoon salt

7 tablespoons unsalted butter, cut into ½ inch cubes

1 inch piece vanilla bean

1 large egg yolk mixed with 1 ½ in. cube butter

*Filling

7 ounce top quality bittersweet chocolate, finely chopped

¾ cup whipping cream

1/3 cup half and half

1 large egg

Topping

¾ pound pitted cherries, preferably tart

2 to 5 tbsp. granulated sugar

½ cup whipping cream

¾ teaspoon almond extract or 1 ½ teaspoon amaretto liquor

Make Crust: Pulse flour, powdered sugar, and salt in a food processor to blend. Add butter and pulse a few times until dough looks like cornmeal. Slit vanilla bean and carefully scrape out seeds with a knife and add to dough. Drizzle in egg mixture and pulse until dough comes together.

Flatten dough into a disc and chill. Wrap in plastic wrap and chill at least 1 hour, up to 2 days.

Roll dough on a lightly floured surface with a lightly floured rolling pin into a 10 1/2 circle. Ease dough into a 9 inch tart pan and using your thumb, press into sides and bottom; fold edges over to help form rim. Line shell with parchment paper and fill completely with dried beans or pie weights. Chill one hour and up to 1 day.

Preheat oven to 325 degrees. Bake shell 15 to 25 minutes, or until lightly golden and set on the bottom. Carefully remove parchment and weights and bake shell until pale golden 5-10 minutes more. Transfer tart shell to a rack,

and lower oven temperature to 250 degrees.

Make filling: Put chocolate in a medium heatproof bowl. Heat cream and half and half in a medium saucepan over medium heat until simmering. Then pour over chocolate. Let it sit a few minutes, and then stir gently until smooth.

Break egg into a separate medium bowl, then pour into chocolate mixture, whisking constantly until incorporated (keep whisk in contact with bottom of bowl). Pour mixture into tart shell and bake until just set (no longer jiggles) 25-35 minutes. Let cool completely.

Make topping. Warm cherries in a saucepan over low heat with granulated sugar to taste until sugar melts. Whip cream with 2 tablespoons sugar and almond extract until soft peaks form.

Any questions or comments and your favorite recipes contact me at ChrisTimkoGrate@roadrunner.com



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Backroad's Diner

It may be a bit out of the way, but for a nice Sunday drive for breakfast or lunch, try the Backroad's Diner in Attica, south of Bellevue.

We found this nice county restaurant with great home style cooking. When you walk in, check out the daily specials on the board, there is usually a comfort food and would be what most of the customers come to enjoy. On the day we visited, it was baked chicken, mashed potatoes, gravy and a veggie, and was a delicious meal.

I ordered off of their full menu consisting of many sandwiches and dinners. I had the grilled pork tenderloin sandwich. It was a large portion of tender pork, hand breaded, and lightly grilled. Some of the sides to choose from that were homemade are coleslaw, macaroni salad and of course mashed potatoes. What I really wanted was breakfast, but that ended at 11:00 a.m.

We decided to go back another day and try breakfast. The Haystack caught my eye, crispy hash browns topped with ham, egg, cheese and choice of onions, peppers, tomatoes, covered with sausage gravy, served with toast for \$6.59. Of course, I couldn't eat it all. If you're a light eater, you can get one egg and toast for \$1.79, or a biscuit and sausage gravy for \$1.99.

The prices are reasonable and the staff and owner are super friendly. Oh, and don't forget dessert, they have a selection of a dozen homemade pies. Seriously, we had to take a piece home.

On the way back, we went by the Sorrowful Mother Shrine on Rt 269, what a great place to stop and work off your big meal!

"Children with handicaps visit Italy"

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

I'll always remember Jane Schelich, who taught in Celina City Schools (Ohio) and had a daughter with handicaps. Today, children with handicaps are mainstreamed into regular classrooms with non-handicapped kids. The mainstreaming battle started years ago, when thousands of parents like Jane pushed for kids with disabilities to be affiliated more with kids who don't have such encumbrances. They wanted their kids to visit Italy, a place where the "other" kids live.

This crusade was called "Inclusion", and school administrators and teachers scrambled and debated over methods to implement the ideology of "Inclusion" in their buildings.

Jane Schelich gave birth to five wonderful daughters. The first three were born as hoped. She delivered twin girls on her last hospital trip- Jennifer was born as envisioned, Andrea with multiple handicaps.

At age 3, Jane's twins were separated; Jennifer entered regular preschool, Andrea attended a special county-run preschool early intervention program. Andrea's special program was wonderful, but the separation made Jane feel isolated and sad. One day Andrea's special teacher said, "Jane, why couldn't Andrea attend Jennifer's regular preschool class." Andrea did, and the switch worked out fine. Andrea visited Italy...where the other kids live.

When Jennifer and Andrea entered Celina Public Schools, a courageous kindergarten teacher agreed to take Andrea under her wing. Andrea had many wonderful experiences with the regular kids. Andrea, once again, visited Italy. I asked Jane Schelich for her opinion on an article entitled, "Welcome To Holland". It was written by the mother of a child with "Down's Syndrome". To Jane, it illustrated the isolation and grief she felt with Andrea. Here it is:

"When you're going to have a baby, it's like planning a fabulous vacation trip-to Italy. You buy a bunch of guidebooks and make wonderful plans. The Coliseum, the Michelangelo David, the gondolas in Venice. You learn some handy phrases in Italian. It's all very exciting.

After months of anticipation, the day arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, 'Welcome to Holland'. 'Holland?', you say, 'I signed up for Italy, all my life I've dreamed of going to Italy.' But there's been a change in the flight plan. They've landed in Holland; there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting place, full of famine and disease. It's just a different place.

So you must go out and buy new guidebooks, learn a whole new language and meet a new group of people you would never have met. It's slower-paced and less flashy than Italy. But, after awhile you catch your breath, you look around and notice that Holland has windmills, colorful tulips and even Rembrandts.

But everyone you know is coming and going from Italy. They're bragging about the wonderful time they had there. For the rest of your life you say, 'Yes, that's where I was supposed to go, that's what I had planned.' The loss of that dream trip to Italy will always hurt. But, if you spend a life mourning that you didn't get to Italy, you may never be free to enjoy the very special, lovely things about Holland."

Years ago, a coalition of school officials and parents like Jane Schelich marched on the airport runway in Holland and assembled a dream jetliner for kids like Andrea. Today, many of them are visiting Italy.

Robert Morton, M.Ed., Ed.S. has retired from his positions of School Psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored the book "Finding Happiness in America".



BINGO



Join Senior Bingo Bunch February 19th from 1:30 pm - 3:30 pm.
 We meet at Clyde Gardens Place the 3rd Friday of every month. Lenten sandwich lunch will be provided and CASH prizes will be awarded! RSVP to Maria at 419-547-7746 by February 18th.

Grief Support Group

Patrice Whetsel, MSW/LSW/BC of Heartland Hospice, is hosting an open grief support group at **Clyde Gardens Place the 1st and 3rd Thursdays from 10am - 11am.** Together we will explore topics to support you while offering interactions with others that share similar experiences.
 RSVP to Maria at 419-547-7746.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It is with a grateful heart that I write this month's column for LIFESTYLES. Thank you so much for the eager welcome you extended to me and my newly published book—Heartbeats and Footprints a Memoir of 30,000 Sunrises. I had no idea how many books to order from the publishers. After asking advice from others, who didn't know either, we ordered 400. As of this writing I have sold 201 which have more than covered all cost-computer processing, publishing and shipping. I have gifted 64 to family members, close friends and the Old Garden House serving staff.

We thank all of the libraries who invited me to do book signings with them; and also Whitey's Diner whose staff is handling the sale of books there for me. I also plan to put 20-25 aside for my future great or great-great grandchildren yet to be born in the years to come. This plan leaves about 131 books yet to be sold...400 seem to have been a lucky guess. You, my readers, have encouraged this first-time author to write in the first place, bought my books when I did and have told me that as you read them, you smiled a lot, cried some tears and even laughed out loud a couple of times.

A grateful Ms. Grace says "thank you", "thank you" and one more time, "Thank You".

A reminder...Come out to the Home and Garden Show at the Fremont Rec. Center – Friday March 4th, 5 pm to 9 pm, Saturday March 5th, 10 am to 7 pm, and Sunday March 6th, 10 am to 4 pm. We will have a booth there and would enjoy your stopping to visit with us.

Think Spring...We're taking reservations for Celebrate the Season event here at The Old Garden House. On the First day of Spring-Sunday March 20th, we will serve a Brunch at noon. 30 persons is our maximum. Menu will include a breakfast casserole, several meats, fresh fruit bowl, home fries and Ms. Grace's, fresh from the oven, sweet rolls, and of course Coffee and juice. Please call me at 419-33207427 to make reservations.

Looking ahead to the "2016 Christmas Run" as I call it, several days have opened up. For some groups, their size has dwindled because of age or membership has grown to exceed our 30 person maximum. We can accept a few new groups whose numbers are between 8 and 30 people. If your family or other group would like to celebrate their Christmas get together at The Old Garden House, please call and we will look at the December calendar together. 419-332-7427.

Well, I'm not sure what my daughter, Angie and I have gotten us into now...but we signed up to take a Fused Glass Technique Class at Terra State Community College. It is a one-day class taught by Jill Groves, Fused Glass Artist. The brochure said, Minimum age is 13". Since they didn't list a maximum age, it looks like I'm in! I sure hope I don't break anything or fuse something that isn't supposed to be "fused". I'll report next month.

In the meantime, smile. It always makes people wonder what you've been up to...try something new...Call your mom...write a thank you note and love that sunrise that reminds you 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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Clear My Head Massage

By Jamie Meade

Clear My Head Massage is now being offered at Body & Sole Spa, 1612 W State Street in Fremont. This treatment may be just what you're looking for if you're feeling congestion, mental fatigue, stress, headaches (tension, migraine, digestive), or sinus issues. Your spa treatments can provide healing relief naturally and effectively by combining a variety of modalities. This holistic treatment of sinus, colds, and headaches will help to reduce inflammation, fatigue and tension in the neck, and neck and shoulders. Application of thermal therapies and holistic therapy is used to customize treatments for each client. After your session, your therapist can teach you self help tips to use at home. You can purchase this treatment as an add on to your massage for \$25.00. Some of the product line is available for purchase at the spa.

You should see a Doctor if you develop:

- a sudden, new severe headache
- a headache that is associated with neurological symptoms such as weakness, dizziness, sudden loss of balance or falling, numbness or tingling, paralysis, speech difficulties, mental confusion, seizures, or personality changes.
- headaches with a fever, shortness of breath, stiff neck
- headache pain that awakens you at night
- headaches with severe nausea and vomiting
- headaches that occur after a head injury or accident.
- getting a new type of headache after age of 55

To schedule an appointment for the clear my head massage, please call or text Jamie @ (419)307-2324 or Kristen @ (419)307-6009.



The Humane Society of Sandusky County Spaghetti Dinner

Sunday, February 21, 2016

11:30am-1:30pm

American Legion, Buckland Avenue, Fremont

Door: Adults \$10, kids 10 & under \$5, kids under age 5 are free

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

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Robin Arnold



Gena Husman

The chickadee hesitated, then stepped off the branch onto my hand. Its tiny toes gripped the ends of my first two fingers as it cocked its head and studied the pile of black oil sunflower seeds in the palm of my hand. It picked out a seed and briefly met my gaze as it raised its head and turned to fly off with the treat. Robin stood close by with her camera, taking pictures. A few seconds later another chickadee, not quite as brave as the first, flew up to the branch and stretched to take a seed from my hand. This sequence repeated itself at least ten times as each of the birds flew off with a seed and then came back for another. I think we were beginning to wonder if it was the same two or three chickadees or if there was a whole flock of them, all taking turns. Finally, because we were getting chilled and our hands were freezing, we had to move on.

first nine days in January were quiet and wonderful (if you don't like snowy, blowy weather. Of course, on the tenth day that changed and the weather became quite wintry and cold).

Apparently, the chickadees figured out our walking schedule and plotted to intercept us at strategic points along our walk, forcing us to stop and feed them treats while we marvel at their tameness. It appears we have "spoiled" chickadees.

This has gone from us being amazed whenever one would fly to a nearby branch and take a seed from our hands to us being besieged by two or three at different spots anywhere on the property. We both carry black oil sunflower seeds in the pockets of all our jackets all the time now. They approach us whether we're standing

in the back yard or walking the dogs along the wooded path in the back or hiking around the marsh. And if there isn't a convenient branch to perch on, the brave ones will sit on our fingers long enough to grab a treat. But, you know...we still think that's pretty amazing!

Our peanut butter-birdseed pinecones were a big hit--after the birds got over their suspicion of them. We're making up our second batch now.


Winter hasn't gone over very well with our new hens. We've tried to encourage them to venture out--we've even shoveled some paths around their yard. But, so far, all we've seen of them is their little faces crowding the open hatchway as they peer out at the falling snow in wide-eyed wonder (dismay?). It's obvious they're just not sure what to



make of the cold and all that white. At this rate, it'll be a long winter for them.


Spring can't get here soon enough! Happy Valentine's Day!

Check out Robin's website and blog at www.duckmarshstudio.com. There you will find her blog, a link to her photos, and a link to her Etsy store.




2016

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Open Sunday 9-5 for Valentine's Day





The singer of Sugar, Sugar for the fictitious cartoon group, The Archies shares his thoughts about music, producing and a career that has spanned 50 years.

"I grew up in a musical household," said Ron. "Records were always playing on the phonograph. It was an exciting time for music. Elvis Presley certainly made an impression on me with his bombshell appearance on The Ed Sullivan Show. It stimulated my interest to play guitar. I also liked The Everly Brothers and Doo Wop groups such as The Platters, The Crests and Johnny Maestro. As I grew older, my influences were The Beatles, The Beach Boys and The Four Seasons. It was the best music. These groups continue to be popular and set the standard."

"When I was 14, I had a guitar and formed a little group. We were going to play a club one evening in Staten Island," remembers Ron. "However, I ended up breaking my leg and had to wear a full cast up to my hip. A rubber tip was put on the cast so I could still do the show. I made \$75 that evening. It was then that I thought this is something I can do because I enjoyed playing in front of an audience." "When I was 16, I received a music publishing deal with music legend Don Kirshner. The opportunity with Don changed my life because I was being paid as a songwriter on his staff. I

realized that this was a career that I would love," recalls Ron. "I was being managed at the time by a local manager who had his office in one of the music buildings on Broadway in New York City. It was a building where offices of managers, booking agents and record companies were located. Don Kirshner's office was in the same building. It's a funny thing because at the time, my manager wasn't doing much for me and the secretary suggested I go upstairs and meet some of the people in Don's office. She introduced me to some of the staff who said they would introduce me to Don. I auditioned for him and he said, 'I'll sign you. I like the way you sing and I like the way you write.' I received a songwriting-publishing contract. He told me that in addition to writing songs that I would be the staff demo maker for other artists. I was able to sing for Carole King, Gerry Goffin, Cynthia Weil and Barry Mann who were great songwriters. I was a lead singer, background singer or chorus. It was a dream come true. I was very lucky. It paid enough where I could travel back and forth from Staten Island to Broadway. That is the story of how Don and I met. He remained my mentor for most of my career."

Ron was in a group called The Detergents. They did a parody of Leader of the Pack (Shangri-Las) called, Leader of the Laundromat. "For a year we toured with Dick Clark's Caravan of Stars. Other artists on the tour were Herman's Hermits, Bobby Vee, Little Anthony and The Imperials, The Shangri-Las and Freddy Cannon. We toured from Canada to Texas to California and everywhere in between," said Ron. "Mary Wise (Shangri-Las) was very sweet and didn't mind that we were doing a parody of their hit. (laughs). One of the guys in our group had an Uncle who wrote the song. I guess you could say we were the first of Weird Al (Yankovic) to do a parody."

Ron discusses the songwriting process. "I like to start with a title and then write the song. I can write the chorus and then think of a verse around the chorus. I like to write for other artists, too. You need to think about which artist would be appropriate to sing what you have written. In fact, I have a song I am currently working on that I feel may be appropriate for Garth Brooks. The song is tailored to his style. When it's finished I will send him the demo and see what he thinks. When writing songs, it's

mostly inspiration from within but you need to be aware of the outside world." Many will remember the song, Sugar, Sugar (1969) which was sung by the fictitious cartoon group, The Archies. Ron is the voice of Sugar, Sugar. There was never an actual band called The Archies. "Sugar, Sugar had been around for 8 months and then I was asked if I wanted to sing, Tracy with The Cuff Links which also became a hit. For a while on the national charts, Sugar, Sugar was number one and Tracy was number nine," remembers Ron. "This is what you live for; to record songs that everyone hears and knows. Sugar, Sugar is a fun song. I love singing it. In fact, each time I sing it, it's like singing it for the first time."

Ron views the 60s as a golden era for music. "There was an unbelievable change during the decade. The early 60s had songs that were nice and pleasant but then rock and roll flower power came in with such a presence. There was a big turn around. Liberal rights were changing. The generation represented vibrancy. I very rarely look back, however. It's my history and experience. It's part of my legacy. I incorporate my experiences into my present day life. I have learned from each decade."

In addition to songwriting and touring, Ron is involved with record producing. "I was evolving from singer songwriter to jingle singer. I would be called in to sing for COKE, PEPSI, CHEVY and so forth. One session was to sing a jingle

written by Barry Manilow", explains Ron. "On this particular session the singers were Barry, Melissa Manchester, Valerie Simpson (Ashford & Simpson) plus myself. Barry had recognized my name from The Archies and The Cuff Links. He said he was a singer songwriter and was looking for someone to produce his music. A few days later, I met with him to listen to his songs and I knew immediately they were going to be hits. I agreed to produce his album. produced nine of Barry Manilow's albums. The hits were Mandy, I Can't Smile Without You, I Made It Through the Rain and Copacabana. It was a great run and it all began by he and I being scheduled to sing on the same commercial jingle together."

Currently, Ron is working in the studio producing music for two teenage girls from Baton Rouge, Louisiana. They are 15 and 16. "They are like two younger versions of Beyonce," said Ron. "We are working on songs that are appropriate for their age. A great song has a hook and a beat. It's fun to experiment with sound. I like to see what else is being played. The music industry is constantly changing. There is great music out there with many choices. All you can look forward to is change."

For more information: www.rondante.com
Ron Dante is on Facebook

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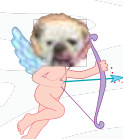
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Don't be concerned if a cat wants to show a dog some affection

Q: Relative to unusual weather here, it's been unseasonably warm - should I continue heartworm prevention for another month?

A: "Yes, you should continue heartworm for another month, and throughout winter as well," says Dr. Shelly Rubin in Chicago, past president of the American Heartworm Society.

"Even when you have those very cold sub-zero days, eventually it warms up for a day or two and that mosquito lurking in a crawl space or garage can become active again; all it takes is one mosquito bite to infect a dog with heartworm. Since, heartworm treatment is very expensive, I think prevention is the only way to go."

Also, many heartworm preventatives also protect against intestinal parasites. "Some of those parasites can be active in the winter, and freezing doesn't kill the parasite eggs when dogs eat dog poop," Rubin explains.

"Too many dogs die of heartworm disease because their owners simply forget to give a preventative, or don't purchase it in the first place," says Rubin. "It's sad because heartworm is preventable."

Q: I'm really upset because my Doberman, Henry, was just diagnosed with diabetes. I'm not sure how that can happen since he doesn't eat sugar and he's only a few pounds overweight. My veterinarian explained, but I was so surprised - I don't understand. He's 11 but not elderly. I'll give him insulin, but I'm worried.

A: Diabetes has increased 32 percent in dogs and 16 percent in cats from 2006 to 2011 (according to Banfield State of Pet Health) and continues to increase.

"No one exactly knows why," says Dr. Ruth MacPete of San Diego. "Certainly, we've seen a corresponding increase of overweight and obese pets, and that plays a significant role. Also, in dogs, diabetes might occur more often in old age."

Dogs and cats don't get diabetes from eating too much sugar. Diabetes melitus is caused by the body suffering from either an absolute shortage of insulin (Type I), or from an incorrect response from the cells to the insulin that is being produced, a condition termed insulin resistance (Type II). Both of these conditions will prevent the muscles and organs from converting glucose to energy, and will result in excessive amounts of glucose in the blood, which is also referred to as hyperglycemia.

MacPete says, "What's most important to remember is that diabetes is a manageable disease. Henry can still live for a very long time, with insulin, regular glucose monitoring (perhaps even at your home), and regular veterinary visits."

Also, you said Henry is a "few pounds" overweight - getting that weight off will benefit Henry for several reason, as will regular exercise.

Our Lady of the Pines; call 419-332-6522.

*Centering Prayer, Feb. 2, 7-8pm. Refresh Your Spirit Day- Led by Sr. Roberta Doneth, Feb. 10, 9am-3pm Evening for Couples, Begin your Valentine celebration a day early, come and enjoy a presentation & delightful dinner, Feb. 13, 4-7:30pm. Lunch and Learn Workshop, "Accompanying Your Seriously Ill Adult Child" Feb. 27, 12pm-4:30pm; Led by Patricia and Beth, Co-Authors of "In the Shadows"--All Are Welcome. Stations of Mercy, Pastor Nancy will lead us in prayer & reflection on Jesus' instruction to us to "Clothe the Naked" Feb. 15, 7-8pm, Free will donations for Share and Care

Luncheon and Program with the Fremont Area Women's Connection.

Anjulina's Catering 2270 W. Hayes Ave., Fremont, Feb. 9, Luncheon 11am-12:30 pm Cost \$12.

Feature, Kristina Smith, Rutherford Hayes Presidential Center; Speaker, Nancy Williams, New Bremen, "You are Priceless - One of a Kind", God uses imperfect people. For reservation: luncheon and free child care, please call by Feb. 4, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com

Feb 10th Fremont Emblem Club #156 Meeting @ Fremont Elks Lodge @ 6:30 pm. Call or text Dianne @ 419-680-5656 for Info.

March 28th Card Party by Fremont Emblem #156 at Elks Lodge. Doors open at 6 pm, buffet at 6:30 pm, Cost \$7 and includes a light lunch. Call Jean @ 419-332-4383 or Theresa @ 419-332-2533 for reservations.

7th Annual Italian Dinner & Comedy Show, Feb. 12, 6:30, Trinity United Methodist Church, Lindsey. Adult tickets are \$15 for dinner & show, children, \$10; doors open at 6 pm. For tickets call Andrea

Smith at 419-665-2707. All proceeds benefit the Humane Society of Sandusky County.

Service Dog Benefit Dinner: Sat., Feb. 20th at Fremont VFW. Cost \$8 for pulled pork, baked beans, drink, dessert. Demo by a service dog. Bring needed items for HSSC shelter and be entered in a drawing. Items include; cat litter, canned cat food, paper towels. Sponsored by the Women of the Moose Fremont Chapter.

February 9, The Center for Reiki Research is conducting a new research database of the results of Reiki sessions based on the condition of the client before and after each session. We will be looking for changes in their condition, improvement of pain, tiredness, drowsiness, nausea, appetite and general well being and other signs or symptoms. We will still be opened to the public for those interested in experiencing Reiki or have any questions regarding becoming a part of the case study.

More information will be provided at the February, 9th meeting at The Bellevue Hospital, Conference Room A&B. The meeting begins at 6 pm and ends at 9 pm.

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February, 2016

By Dr. Paul Silcox

Whether you are feeling good right now or not, read this article because your health and well-being, along with mobility and quality of life, could be affected by the information in it.

For many people, if you don't have the quality of life to work to provide for your family or do what you want to do, it's difficult to just exist. Well, let me tell you what I've found.

A while back I ran across an amazing article that was written by medical doctor in the early 1900's. In this article, Dr. Henry Winsor, a pathologist, was trying to prove chiropractic didn't work. He told of his examination of cadavers. He reported that if a person has minor curves or kinks in the spine, there is a good chance they can have a diseased organ. That's right, diseased or dysfunctional.

Of the cadavers he studied almost 90% of them had minor curves. And when he followed the nerves that come out of the spine at those kinks, to the organs at the end of those nerves, a very high percentage of them did not appear healthy and some of the organs were actually listed as a cause of death. It's called nerve interference.

The point? Chiropractic spinal adjustments fix most nerve interference.

Once you understand the effects of spinal misalignments, after the nagging or severe pain "in your face" is under control, you may want to consider periodic spinal check up's. Remember, like maintaining your car, pay a little periodically to take care of your body, instead of a lot when it breaks down! That's been my personal primary health care formula for almost 50 years.

Stop by my office for a short version Winsor Report. It's only 2 pages but boy, is it powerful.

Dr. Silcox

Camp Fire News & Notes

Each year Camp Fire National chooses an art medium and holds an annual art competition for its members across the nation.

Glass is the medium for the 2015-2016 club year. Through a range of activities, youth can explore new techniques in this art medium. This year, Camp Fire is thrilled to partner

with Museum of Glass, in Tacoma, Washington, to bring a wide range of exciting art projects as part of this year's art experience! Camp Fire designs glass! The Museum of Glass invites Camp Fire participants ages 12 and under to enter their art in Kids Design Glass to have a chance to have their artwork created by a professional glass artist. We can't think of a better way to celebrate this year's art experience than having a Camp Fire youth's art featured in a museum!



Camp Fire recently received a \$3,500 donation from the Kraak Charitable Foundation. For countless years, Mr. Kraak supported Camp Fire. In addition, both Fremont Federal Credit Union and the Moyer Foundation donated \$2,500 each to Camp Fire. The funds will allow our council to continue reaching out to as many youth as possible and touching them in a way that will make a difference in their lives and lead them towards becoming productive adults. We feel truly blessed to have the support of our community.

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