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**Vol. 18 Issue 2**

**February 2017**

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# Lifestyles 2000

February 2017  
Vol. 18 • Issue2

[www.lifestyles2000.net](http://www.lifestyles2000.net)



## Connections Between Education and Health

By Mircea Handru, MBA/Mental Health and Recovery Services

Health and education are becoming more important in today's society. According to Health Policy Institute of Ohio, health and education are areas of significant effort for Ohio policymakers. Among 971 bills introduced between January 1, 2015 and November 4, 2016, 42 percent were related to health and/or education. Health and human services represent 55.9% of the Ohio's current biennial budget appropriations, while education represents 33.4%. Researchers have identified three primary ways in which health care and education are connected:

1. Education can create opportunities for better health;
2. Poor health can hinder educational performance and attainment;
3. Other independent factors, such as income, geography, stress and parenting, can influence both health and education.

According to a release from Health Policy Institute of Ohio, people with more education live in healthier communities, practice healthier behaviors, have better health outcomes, and live longer than those with less education. Those with higher education are more likely to be employed and have jobs that pay higher salaries and offer benefits. These economic resources often provide better access to healthcare as well as access to other healthy factors. On the other hand, health challenges can be barriers to academic success. Children with good physical, mental, and emotional health are more likely to have better school attendance and are able to focus and learn while in school. The end result is higher graduation success rates and advanced qualifications for the job market.

Locally, there appears to be a great deal of collaboration between the education and healthcare systems. We are grateful to be able to assist various local schools to provide counseling services as well as other educational programs related to mental health and addiction services. We are appreciative to see local schools and other healthcare partners in the community collaborate and focus their attention in investing in our youth. Unfortunately, some children in our communities are exposed to adverse childhood experiences (ACEs), such as psychological, physical or sexual abuse, witnessing violence against the mother, or living with household members with substance abuse conditions. There is strong evidence that when a child is exposed to ACEs, he or she has a greater likelihood of developing risky or unhealthy behaviors. We encourage the strong partnership to continue in our communities between the education and healthcare sectors.

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### NEWS & NOTES:

Valley View Health Campus Redefines Senior Living .....	5
YMCA to Host Gala .....	9
Bellevue Hospital to Host Centennial Gala Event .....	15

### ENTERTAINMENT:

Omarr's Astrological Forecast .....	5
Out and About: Happily Ever After, Kelsey Nevius .....	7
Out to Lunch: The Garrison, Joanne McDowell .....	8
Calendar of Events .....	11
In Your Own Backyard .....	12

### HEALTHY LIVING:

Connections Between Education and Health, Mircea Handru, MBA/Mental Health and Recovery Services .....	3
February is American Heart Month .....	4
Keep Your Heart Healthy, Linda Thiel .....	10
Mayo Clinic: Manage Dry Mouth .....	10
The Kid's Doctor, Sue Hubbard, M.D. ....	11
Know Your Stressors, Robert Morton, M.Ed., Ed.S. ....	13
Are You Full of... It?, Dr. Paul Silcox .....	15
Reiki Circle .....	15

### HOME & HEARTH:

12 Acres in Ohio, Gena Husman/Robin Arnold .....	5
My Mother's Recipes , Joanne McDowell .....	7
"Grate" Treats and Eats, Chris Timko-Grate .....	8
Kiss-Me-Over-The-Garden-Gate, Grace Sidell .....	12
Pet World, Marc Morrone .....	14

### IT'S YOUR BUSINESS:

Jill on Money, Jill Schlesinger .....	9
Interpersonal Edge, Daneen Skube .....	13

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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](mailto: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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30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Happy Valentine's Day to you and yours! So happy to be a month closer to spring and warmer weather.



We have several articles this month on heart health as February is American Heart Month. You only get one heart, take good care of it.

We are coming up on the annual Home Show at the beginning of March, another sign of spring. I do believe we will make it through another Ohio winter!

See you next month,  
Joanne



There were 130 correct answers for the January contest, the correct answer was Let's Eat at Byron's.

## Find Pete Winners

Winners are: Nancy King, Tom Wadsworth, Bernita Herr, Mary Post, Larry McElfresh, Linda Gegorski, Karen Heater, Josie Smith, Fremont; Kooper Garner, Arcadia Dodson, Carlos Ollervides, Clyde; Gail Edwards, Kelly Fought, Gibsonburg; Eugena Wellington, Kansas; Mary Hoffman, Brooks Babione, Burgoon; Betty Ferstler, Tiffin; Erin Miller, Green Springs; Nancy Wright, Vickery; Sue Felder, Bellevue. Congrats and thanks for entering!

## Find Pete Prizes

Prizes are from Let's Eat at Byron's, Dairy Queen and Jenesis Salon in Fremont. 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](mailto: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.



## February is American Heart Month



Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

As some of you may recall, last January my younger sister, Carolyn Carr, passed from heart disease at the age of sixty-five. No one in our family had any idea she was ill, nor are we sure if Carolyn even had a clue that her flu symptoms were a heart attack. She waited for several days for her symptoms to improve and by the time she was hospitalized, it was too late. A year later we still grieve for her. If only we had known what those symptoms meant maybe she would still be with us.

How can American Heart Month make a difference? Encourage families to make small changes, like using spices to season their food instead of salt. Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early. Eat a healthy diet and get exercise on a regular basis. If you notice any difference in how you are feeling, see a doctor, sometimes the smallest clue can be a signal that something is wrong.

If members of your family have had heart attacks it is probably wise to

be especially careful. In our case, our father died from congestive heart failure, at the age of ninety! He learned to watch his diet after his first attack in his forties. For women the signs can be different.

These 6 heart attack symptoms are common in women:

Chest pain or discomfort. Chest pain is the most common heart attack symptom, but some women may experience it differently than men. ...

Pain in your arm(s), back, neck, or jaw. ...

Stomach pain, thought to be the flu or acid reflux


Shortness of breath, nausea, or lightheadedness. ...

Sweating.

Fatigue.

Please share this with family and friends, we wish we had had this knowledge last year.





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## Weeping Willows--Nature's Gentle Giants

Not everything that lives on our 12 acres flies, runs, walks--or lives in the chicken coop...some just stand in one place and grow up. Thirty years ago when we moved here, the only trees on the property were two weeping willows that Robin's grandfather planted in the late 1960s or early 70s, three or four small ash trees around his chicken coop, and two bald Cypress trees over near the barn. A row of cottonwood trees lined the back dike. The rest of the property was a soybean field.

Today, the soybeans are gone and almost half our land is populated with native trees and shrubs that have sprung up over the years. The ash trees around the old coop are gradually dying, the two Cypress trees still live, but the two weeping willows flourished in the wide open marshy space and dominate the landscape. One willow towers over the edge of the pond and the other stands about 50 feet in front of it in the field

between our house and the barn. Both are about 40 to 50 feet high with cascading branches spreading out 30 to 40 feet around each tree. The trunks measure 16 feet around. They are fast growing and supposedly reach full growth in 15 years.

Right now, the trees are bare, but from mid-spring through late fall, they're covered with leafy branches that hang down and brush the ground, creating a giant shady umbrella to sit under and enjoy a cold drink on a hot summer day or to keep the rain off during a summer shower. For several years--until we were forced to keep them fenced in--our chickens gathered under the willow near the pond to cool off and dust-bathe beneath the leafy branches.

But, they're more than just pretty trees.

Both willows are giant natural condominiums. Squirrel families build their leafy nests in the tree tops and play among the branches. Nuthatches, war-

blers, and other birds live in old woodpecker holes and nests abandoned by former owners--or build new ones of their own. Something--we're not sure what and neither of us is brave (or stupid) enough to stick our head in and find out--is living in one of the larger holes where the trunk starts to branch out. The thick, solid branches make inviting places to stop and perch--we startled a bald eagle that was sitting in the willow by the pond one afternoon eating a carp.

Not that we are planning to cut either tree down anytime soon, but willow wood is excellent for constructing furniture, boxes, flutes, whistles and broom handles. Processed willow bark and branches are used to make artists' sketching charcoal.

Willows have shown up in art and literature. Because of its weeping form, the weeping willow is often portrayed in paintings showing funerals from the

Victorian era. Shakespeare used "The Willow Song" in his play, "Othello," and he used the symbolism of the willow (in reference to death) in "Hamlet." Anyone who has read J.K. Rowling's Harry Potter books is familiar with the Whomping Willow--the tree with an attitude that lives on the Hogwarts grounds.

They say the average lifespan of a weeping willow tree is 50 years--ours are already about 47 years old--but under ideal conditions, they may live for 75 years. Although ours have shed some pretty sizeable branches over the years--some at least as thick as an adult's thigh and ten feet in length (fortunately, no one was standing under them at the time)--they don't show signs of dying any time soon. They are the "gentle giants" on our property. We take comfort in their presence, and hope they'll be around for many more years.

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## Valley View Health Campus Redefines Senior Living

Residents of Trilogy Health Services' Valley View Healthcare Center have been eagerly awaiting the completion of the state-of-the-art building that will be their new home. Similar in name, Valley View Health Campus is only 10 minutes away, and will continue to offer Trilogy's trademark five-star amenities and compassionate customer service. However, the new location has afforded Trilogy the opportunity to take their dedication to comfort, style, and cutting edge technology a step further. Residents and visitors need only take a few steps into the building to see that the new Valley View, located at 1247 CR 176 in Fremont, is truly something special.

Trilogy's campus has been built on their "Village Center" prototype, and includes features both inside and out designed to exceed expectations. A central dining room flooded with natural light from a windowed pagoda above serves as the perfect place to enjoy a chef-prepared meal and relaxed conversation, while just steps away private dining rooms and cozy cafés provide the option to host intimate meals with family and friends or grab a quick, casual bite on the go. Fresh shaves and expert styling services are on the menu at Valley View's beauty salon, and residents can top off an afternoon of pampering at the campus' ice cream parlor, just around the corner.

"Village squares have always been a hub of activity in communities across the Midwest – a place where people

come together to share a story or a meal and enjoy one another's company," commented Executive Director Jody Patynko. "Friendships were forged and communities were created through the relationships built around the village square. We're looking forward to the relationships that will take shape here at Valley View."

Private suites with private bathrooms come furnished, but residents are welcome to bring their favorite pieces from home and decorate as they wish. Five private courtyards (including a specialized therapy courtyard and a putting green) are spread throughout the campus, ensuring that residents have plenty of access to greenspace where they can nurture a green thumb, enjoy birdsong, or savor a cup of coffee with a side of sunshine. Activities are offered daily, and are designed to inspire, educate, and enrich the lives of Valley View residents. Frequent outings to community attractions and restaurants are also planned and promoted. From artists to music lovers, gardeners to chefs, there's something for everyone at Valley View, making it a place where seniors can both experience personal growth and find fulfillment.

To learn more about Valley View, please call (419) 332-0357, or visit our website at [www.valleyviewhc.com](http://www.valleyviewhc.com). To learn more about Trilogy Health Services, visit our website at [www.trilogyhs.com](http://www.trilogyhs.com). You may also follow the campus and Trilogy Health



## Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (Mar 21-Apr. 19): Make your own Declaration of Independence. Go your own way in pursuing goals and activities that matter to you and you alone. You'll fare a lot better by working off on your own rather than trying to be part of a group.

**TAURUS** (Apr. 20-May 20): Don't forget how to enjoy yourself. An unexpected surplus of free time may allow you to pursue hobbies and pastimes that may have been pushed to the back burner. Pay attention to conversations as someone may have sage advice to offer.

**GEMINI** (May 21-June 20): Don't overplay your hand. Allow others some time to mull over a proposal that you've presented to them as a soft sell policy will suit you better. You can absorb knowledge like a sponge so try to explore new areas of study.

**CANCER** (June 21-July 22): You get what you pay for. Spending a little extra now for quality items may save you from headaches further down the road. Don't be so wary of strangers that you avoid making a new acquaintance that could turn into a valuable friend.

**LEO** (July 23-Aug. 22): Adapt and overcome. You may need to rethink your approach to deal with a problem that may be outside of your area of expertise. It may be better to follow someone else's lead when trying to please a difficult crowd.

**VIRGO** (Aug. 23-Sept. 22): Be it ever so humble there's no place like home. Focus your attention on what's going on under your own roof as relationships and understanding can be improved. Taking measures that benefit the whole household will breed harmony.

**LIBRA** (Sept. 23-Oct. 22.): Signals could be misconstrued. Beware that what you may intend as mere politeness could be interpreted as a come on. Hold off on taking action before seeking the advice of a wise mentor or experienced friend.

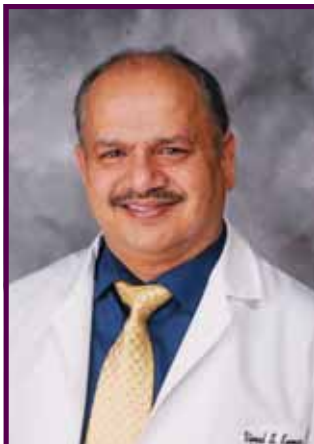
**SCORPIO** (Oct. 23-Nov. 21): Full speed ahead. When you set your mind toward an objective or goal it may be impossible for anyone to slow you down. The power of sheer will should be sufficient to help you overcome any obstacles that lie in your path.

**SAGITTARIUS** (Nov. 22-Dec. 21): Rise to the occasion. If you back down from someone else's criticism it may only serve to strengthen their conviction. Stand your ground and keep your cool to keep this minor inconvenience from gaining more traction than it deserves.

**CAPRICORN** (Dec. 22-Jan. 19): Get away from it all. Some time spent off on your own could allow for some quiet contemplation and introspection that could help you get to the heart of some troubling matters. Avoid getting drawn into conflicts.

**AQUARIUS** (Jan. 20-Feb. 18): Stay within your boundaries. Being reckless or taking unnecessary chances could backfire in the worst way so try to play it safe. You could be as charming as can be but if someone isn't in the mood for it you're just wasting your time.

**PISCES** (Feb. 19-Mar. 20): Don't sweat the small stuff. Trivial problems may seek to derail you from getting anything done but if you just stay focused on what is actually important you'll be fine. Maintain an air of civility even when others are acting quite the opposite.



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## Happily Ever After



By Kelsey Nevius

In this day and age, you hear many stories of true love: broadcast on the big screen, penned in novels that line full aisles of shelves, and by doting mothers who tell their children fairytales that we've all heard and grew up with. What you don't hear, however, are the stories of real true love. Those stories of legend, featuring ordinary men and women who have that tried-and-true type of love, the love that lasts decades and centuries, even when the people have long passed.

But, if you look hard enough, you'll find those true and real stories. One of those stories continues to write its pages in a big farmhouse down an old country road right here in Fremont.

Howard and Mary Sachs have been married for 72 years, their 72nd year anniversary just happening on January 22nd. They, and the love they share for one another, are truly the stuff of legends.

The story began 92 years ago, in the same house, when Howard was born, and Mary born a year later just down the road. The two have known each other their whole lives, and eventually, the pieces fell into place when they got married in 1945 at United Trinity Evangelical Church, which has since changed its name. On their anniversary, they went back to the church where it all began to celebrate.

But the key to their marriage is much more than so many years spent together: it's the memories they've made, the places they've been, and the joy they bring to each other's lives and the lives they touch with their stories. Marriage is hard work, and the Sachs know it better than anyone.

"You have to love each other," as Howard says. "Love and respect, give and take."

But sometimes, troubling things do happen. The Sachs have been there for each other through everything, even after Mary made an accidental mistake. "Once, I dumped a load of lyme on him," Mary laughed. "I thought, 'this is it, he's leaving me!'"

The Sachs have seen and been around the world, and the best memories are the ones they share. They both recall the days they spent in Egypt and the plane ride in New Zealand that landed on a glacier, along with so many other adventures they shared. They have made so many opportunities and experiences for themselves, starting with Howard's prowess at farming. The two even shared the opportunity to meet George Bush.

And though they've been around the world, they both say that they would rather be at home in their big farmhouse, visited by their many admirers, family and friends within the community and frequently entertaining their caretaker, Steven Myers, and his children and grandchildren.



"They're such sweet people, and they have so many stories and so much knowledge," Steven said. "Their story is amazing and it deserves to be told."

While this anniversary is but one of many, Howard and Mary Sachs continue to spread their stories and their tale of their own true, forever kind of love.

Happy Anniversary Howard and Mary!

Photo courtesy of Kyle Snodgrass

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### INGREDIENTS:

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- 1/2 teaspoon vanilla extract
- 1 1/2 cups Cool Whip
- 1 1/2 cups apple pie filling (homemade or store bought)
- 2 tablespoons caramel sauce
- 1 cup graham crackers, crushed
- 2 tablespoons butter, melted

### INSTRUCTIONS

- 1) In a large bowl, beat cream cheese, sugar and vanilla extract. Once combined, fold in cool whip. Scoop into a piping back or ziplock bag with a corner cut off, to make layering easier.
- 2) In a second bowl, mix together apple pie filling and caramel sauce. Scoop into a piping back or ziplock bag with a corner cut off to make layering easier.
- 3) In a third bowl, combine crushed graham crackers and butter. Mix until it is the consistency of wet sand.
- 4) In a mason jar (or any any glass jar/cup) build your cheesecake: 1 layer graham cracker crust, 1 layer cheesecake mixture, 1 layer apple pie filling. Continue this pattern until you reach the top. Cover the top with a dash of caramel sauce and a thin layer of crushed graham crackers. Flatten.
- 5) Serve and enjoy!



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## The Garrison

My first thought after trying a sandwich at the new Garrison in downtown Fremont; my mouth just isn't big enough! This was during the lunch soft opening when I ordered the Roasted Chicken Salad Sandwich. After trying the Roasted Chicken Club today the thought still stands! Both sandwiches were absolutely delicious and both times I needed a "people" bag, no dogs were sharing this with me!



Pete had The Garrison Dog on our second visit, which is pictured with the article. Described as "Our craft made Kielbasa topped with sauerkraut, whole grain mustard and provolone nestled in a warm baguette for \$8.00. Oh, and did I mention the home made chips that are included? Delicious.

Friends at another table raved about the French Onion soup served in a raw onion and the Sauerkraut Potato Puffs for \$6.00. There are so many choices that we will have to return numerous times to try all of the lunch selections including The Garrison Burger and The Fremont Cuban. Most sandwiches are \$8-10.00 and include the chips or fries.

The Entrees include Roasted Chicken, Wood Fire Grilled Salmon, Fish and Chips, USDA Prime Sirloin, Pork Schnitzel, New York

Strip, Sausage and Kraut, Penne Provencal and a Bacon Wrapped Filet; prices range from \$10-\$22.00.

If Craft beers are your thing, then this is the place for you with a large selection to be found. We also found the drinks to be very good, not watered down.

There is a kid's menu with Chicken Tenders and Mac-n-Cheese, Grilled Cheese and a Cheese Burger for \$5-6.00 and meals include sides and a beverage.

Dessert? We tried the Salted Almond and Stout Brownie, even though we were full, it was worth it! We were also told to try the House Made Sticky Buns, so maybe next time.

City officials hope more restaurants and bars follow for a complete downtown revitalization. Shawn Kern and his grandfather, Tom Kern, co-own the restaurant, which is located at 209 Garrison Street across from the former Peeble's location. Stop by and check out the fantastic menu and the eclectic décor. You won't be disappointed.

*Remember Your Valentine on Feb. 14th!*

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# "Grate" Treats & Eats

By: Chris Timko-Grate

Oh my, we are half way thru winter and by March we will be getting into spring time which brings us warmer weather, plus we will start seeing color coming back to the landscape! But for now February is here and we will celebrate Valentine's Day, President's Day and Flag Day with our heavy coats still being worn. This month I always see the color red, so I have found a new hot spiced tomato juice recipe, great for Bloody Mary's, and of course love is in the air, so I found a Love Cake recipe for you to try and make for your sweetie and family. Enjoy the recipes and stay warm!

## Hot Spiced Tomato Juice

2 quarts plain tomato juice

½ teaspoon salt

6 peppercorns

2 bay leaf

6 whole cloves

Boil together and strain before serving. Serve hot with cubes of bread that have been sautéed in butter sprinkled with granulated garlic and grated parmesan cheese, then baked till crispy and lightly browned. These are just like croutons so you can make ahead of time and keep in a zip lock bag.

## Love Cake

1 ¼ cup flour

1 ½ cup rolled oats

1 cup brown sugar

½ cup butter

½ tsp. soda

¼ tsp. salt

Sift soda and salt with flour. Mix well with rolled oats and sugar. Work the butter into mixture. When flaky, spread 2/3 of the crumbs in a buttered pan, pressing well up around the edges. Then make filling made of: 1 pound dates (if large cut in half or in thirds)

1 cup water

½ cup brown sugar

Boil until thick and spread over crust. Spread remainder of the crumbs over top and bake in a moderate hot oven (350 degree) 20 minutes. Serve with whipped cream, or Cool Whip. Enjoy!

Quote of the Month: When you speak, be sure the things you say are an improvement over silence! Author unknown  
Any questions, comments and your recipes contact me at ChrisTimkoGrate@roadrunner.com



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# Jill On Money:

By Jill Schlesinger

Year-end financial planning should take Trump into account

As expected, the Federal Reserve raised short-term interest rates at the last monetary policy meeting of 2016. The second rate increase of the cycle occurred one full year after the first, despite expectations from officials themselves that there would be four quart-point hikes throughout the year.

Given the Fed's somewhat shaky predictive abilities, it's hard to guess what the central bank will do in 2017. As it turns out, economists are not much better at predicting outcomes than political observers are at predicting election results!

In his book "The Signal and the Noise: Why So Many Predictions Fail - but Some Don't," Nate Silver interviewed Jan Hatzius, the chief economist of Goldman Sachs, to find out why so many economic predictions miss the mark. "Nobody has a clue," Hatzius told Silver. "It's hugely difficult to forecast the business cycle. Understanding an organism as complex as the economy is very hard." The reason it is so hard is that statistics can be noisy, the economy is always changing and the data on which forecasts are based can be flawed.

That said, here's what we know right now. As we start 2017, the economic expansion will reach the ripe old age of 90 months, longer than the post-World War II average of nearly 60 months but still not in the top three on record - that honor goes to 1991-2001 (120 months), 1961-1969 (103 months) and 1982-1990 (92 months). The sheer length of the period may be why, before the election, a Wall Street Journal survey of economists found that the odds of a recession occurring within the next four years at nearly 60 percent.

But that was before the president-elect indicated that there would likely be a new boost to the economy in the form of infrastructure spending, tax cuts and deregulation. While GDP growth averaged a fairly subdued 2 percent to 2.25 percent during the recovery thus far, the potential Trump actions have prompted economists to increase their estimates for 2017 to 2.5 to 3 percent.

A faster-growing economy could mean that the Federal Reserve will finally see its much-desired pick-up in prices.

Thus, most economists believe that the central bank is gearing up for a series of rate hikes in 2017. The estimates range from two to four quarter-point advances.

If the Fed goes as slowly as anticipated and the economy improves, the stock market should be fine. In the past, shares of banks, energy, industrials and technology do well amid rising rates. But if the central bank ends up raising rates faster than expected, it could hurt prices. Conversely, when interest rates rise, bond prices fall, and in this cycle it could be even more painful, because the slow growth recovery lulled many bond investors into complacency. As always, balanced investors should be fine, as long as they don't mess with their overall strategy too much.

For all of candidate Trump's complaining about Yellen's Fed keeping rates too low for too long, the biggest risk to the current expansion and stock market rally would be if the Fed were to move more quickly than anticipated, potentially sparking a recession.

Fear not! The Fed is probably willing to err on the side of keeping rates low and getting behind on inflation, rather than increasing too quickly and snuffing out the recovery. Ironically, although Trump took aim at Yellen for not raising rates faster, she may in fact be the ideal Fed chair to keep the economic expansion/stock market rally alive in 2017.

(Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillOnMoney.com.)

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## Sandusky County YMCA to Host Gala and Silent Auction

The Sandusky County YMCA's annual Gala and Silent Auction is scheduled for Saturday, February 25th. Since the first event in 2002, this reverse raffle and silent auction event has been successful in raising funds to help continue community-strengthening YMCA programs, making possible youth programming such as: swim lessons, soccer, basketball, football, t-ball and baseball, and more. This fundraiser also benefits the YMCA's extended-hour Child Care program - a very necessary community service.

The Gala is the YMCA's major fundraising event for the year. Prize payout totals \$8,000 with a limit of only 250 tickets sold. Up to 500 residents attend the dinner, raffle, and silent auction. This year's event is scheduled for February 25, 2017 from 5-9 pm at Ole Zim's Wagon Shed in Gibsonburg, Ohio. You must be 21 to purchase a ticket and attend, and there are no tickets sold at the door. Your \$90 ticket donation includes two all-you-can-eat family-style meals with refreshments and a night full of fun including a silent auction and basket auction, 50/50 drawings, side boards, and a raffle for a 50" HDTV.

"We are very grateful for everyone's support, as well as this year's event sponsors," reports Ruth Keck, Development Director at the YMCA. "These corporations are supporting our youth as well as our community, and showing their commitment to social responsibility. Thanks to Gold Event Sponsors Fremont Federal Credit Union, Silver Event Sponsors ProMedica Memorial Hospital, Ski Lodge Winery and Welty Financial Services- West Bend Insurance, as well as Bronze Event Sponsors DQ- West, McDonald's, and Old Fort Banking Company. We are so happy to have such tremendous support because we know that together we can make an immeasurable difference in our community."

For information about attending or donating an auction item, please contact Ruth Keck, Ruth@frymca.org or call 419-332-9622.



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# Mayo Clinic

## Before changing medication, try other strategies to manage dry mouth

**DEAR MAYO CLINIC:** Is there anything that can be done for dry mouth? I take a medication that lists this as one of the side effects and am having a hard time getting used to it. Before I consider changing medications, I'd like to know if dry mouth can be treated.

**ANSWER:** Treatment is available for dry mouth. Before you switch to a different medication, there are a number of strategies you can try to reduce this bothersome condition. Because dry mouth puts you at higher risk for dental decay, along with treating your symptoms it's important that you limit the amount of sugar in your diet and take steps to maintain your oral health.

The saliva in your mouth is made in the salivary glands. Those glands are located in front of your ears and near your jaw. Saliva serves a variety of useful purposes. It helps prevent tooth decay by neutralizing acids that bacteria make. It limits bacterial growth in your mouth. Saliva washes away food particles, and enzymes within saliva help with digestion. Saliva also enhances your ability to taste and makes it easier to swallow.

It is common for medications to trigger dry mouth - a condition sometimes called xerostomia. Dry mouth can be a side effect of hundreds of medications, including many over-the-counter drugs. The condition tends to be associated with drugs used to treat depression, nerve pain and anxiety. Dry mouth also is common with the use of some antihistamines, decongestants, muscle relaxants and pain medications.

The severity of dry mouth due to medication varies significantly from one person to another. The main effect is usually a lack of lubrication to your tongue and cheeks that can make it hard to speak, chew or swallow. Other symptoms include dryness in your throat, saliva that seems thick and stringy, bad breath, a changed sense of taste, problems wearing dentures or gum irritation. Treating dry mouth usually involves both increasing saliva production and managing the effects of dryness on your daily activities.

An easy and inexpensive way to try to stimulate your salivary glands to make more saliva is by chewing sugarless gum. Chewing prompts the glands to make more saliva, and chewing gum takes advantage of that natural reaction.

For some people, regularly chewing gum is all they need to ease dry mouth.

If gum is not enough, you may want to talk with your doctor about medications to increase saliva production. Prescription medications such as pilocarpine or cevimeline often are effective, but some people need to take them for up to eight weeks before they start to get relief.

You can try managing dry mouth using a number of techniques to lessen the condition's effect. For example, eating cool or cold foods that have a high liquid content - such as yogurt, cottage cheese, ice cream or popsicles - can make chewing and swallowing easier. Adding extra liquid to solid foods or blending your foods also can help.

Drink water or other sugar-free liquids or suck on ice chips throughout the day to help moisten your mouth. Avoid beverages that contain alcohol or caffeine, as both can increase dry mouth and cause irritation. Drink plenty of liquids with your meals to make eating solid foods easier.

Over-the-counter products are available that work as saliva substitutes. These products come in a spray that you squirt into your mouth. Although they can effectively add moisture to your mouth, the results usually do not last long. They tend to be most helpful when used to relieve symptoms for a short period of time, such as right before giving a presentation or before eating a meal.

If dry mouth persists despite these measures and becomes a daily nuisance, then consider talking with your doctor about finding a suitable alternative to the medication you're taking that's causing your dry mouth. - Alan Carr, D.M.D., Dental Specialties, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT SIGN)m Mayo.edu. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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## Keep Your Heart Healthy!

By: Linda Thiel

Community Health Services

February is American Heart Month and a great time to think about your health, your heart, and the people you love.

Heart Disease is the leading cause of death for both men and women in this country—impacting one out of four Americans. Too often people don't know the warning signs of heart disease or ignore them. Knowing your risk is an important step in protecting yourself and the people you care about.

There are a lot of valuable resources available to learn more about the cause of heart disease, risk factors, warning signs and more. Take a few minutes this month to learn more about your risk and how to protect yourself in the future.

A few helpful websites include:

### The Center for Disease Control (CDC)

<https://www.cdc.gov/heartdisease/facts.htm> (Heart Disease Facts)

### American Heart Association

[www.heart.org](http://www.heart.org) (Warning signs and other great information)

### AHA Heart Healthy Recipes (Great recipes and heart health)

<https://recipes.heart.org>

### AHA Tips for Long Term Exercise Success

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<http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/Getting-Started>

Of course, the best resource of all is your doctor or nurse practitioner. In the month of February, take time to schedule a physical. Your provider will help you to identify your risk factors, and work with you to ensure you to take the necessary steps to protect yourself. If you don't have a provider, there are a number of resources in the area.

Community Health Services has an excellent staff of medical providers. CHS offers care for everyone regardless of your payment source or income. To schedule an appointment, call (419) 334-3869. You can also visit the CHS website at [www.CHSoHio.com](http://www.CHSoHio.com) to learn more.

  
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# Calendar of Events

February 2017 – Sandusky County

## The Kid's Doctor

By Sue Hubbard, M.D.  
www.kidsdr.com

### What can you do when your child has a cold?

Although it is just getting really cold across the country, it feels as if we have been in full cold and cough season for a while. The office sounds like what I call "kennel cough," as every child seems to be coughing; even those who are just coming for checkups.

Parents often ask, "What is the best way to keep from catching a cold?" The answer continues to be: "Wash your hands, and try not to touch your hands to your eyes, nose and mouth." Easy enough for an adult (well, maybe not), but trying to tell your toddler not to put their hands in their nose or mouth is nearly impossible! That is one reason children get so many colds in the first several years of life. Toddlers typically get the most colds, as they have just started having playmates with which they share not only toys but their germs. It's all part of growing up.

I remind parents that coughs are there for a reason. While they are a huge nuisance, and cause a lot of sleepless nights for children and parents, a cough is there to keep the lungs clear, and a cough is actually protective. In other words, coughing helps you clear the lungs of mucous that comes with a cold; it also helps to prevent pneumonia and secondary infections. With that being said, learning to cover your mouth when you cough is not only polite, but it is also protective for others. It is a big day when your child learns to cover their mouth with the crook of their arm (better than the hand). Who knew, as a parent, this would be a milestone for your child?

Whenever your child has a cough and cold, it is important to not only listen to their cough but to actually observe how they are breathing. Parents send me videos or voicemails of their child coughing, but I am usually more interested in seeing their chest and watching their breathing. Your child may have a huge productive cough and sound terrible, but have no respiratory distress. Your child could also have a little non-productive cough and be struggling to breathe. In most cases, the visual is more important than the audible.

The best treatments for a cold and cough continues to be the tried and true: Saline and suction to clear the nose of the mucous and make it easier to breathe, a warm bath or shower before bed to loosen up the mucous, a cool mist humidifier in the bedroom and honey for the cough. Remember, you cannot use honey with a child under the age of 12 months.

Don't panic if your child gets sick; each time they fight off a cold and cough, they are actually boosting their immune system. It is not unusual for a toddler to get six to seven colds in one season (and their parents get half as many as that from them). Once your child turns about 3, you will see that they don't get a cold every other week and also seem to handle the viruses a bit more easily.

If your child has any difficulty breathing, call your pediatrician.

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.) (c) 2017, KIDSDR.COM. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.

All month – Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Center.

3– All Month – Special Exhibit: "Presidential Pop Culture, The Art of Influencing Perception" Rutherford B. Hayes Presidential Museums. Open from 9 a.m. - 5 p.m., Monday through Saturday and noon - 5 p.m. Sunday.

4 - 5 – Living History Trade Fair, Sandusky County Fairgrounds. 9 a.m. - 5 p.m. on Saturday and 9 a.m. - 3 p.m. on Sunday. Cost: \$5 p/p or \$7/weekend pass..

4 – Annual Spaghetti and Meatball Dinner, Sacred Heart Church, Fremont. 4:30 p.m. -7:30 p.m. \$8, Adult & \$5 children (ages 10 and under) Dinners. Carry outs until 6:15 p.m.

5 – Puddle Jumpers: Birds, Creek Bend Farm, 720 South Main Street, Lindsey, 2- 3 p.m. For ages 2-5 years old. Time to check out all the bird visitors that come to fuel up at the Nature Center. Registration 419-334-4495.

5 – Tree Huggers: Frozen! Creek Bend Farm, 720 South Main St, Lindsey, 2- 3 p.m. For ages 6-12 years old. Dress for the weather. Call 419-334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com).

6 – Morning Health Break, Bellevue Hospital Conference Rooms A & B, 8 – 11 a.m. Light breakfast and a registered nurse available to answer questions about health. Free Glucose (fasting) & BP, A1C's \$10. 419-483-4040, EXT. 6610.

9 – Babies in the Parks: Sleepy Bears, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey. 10 – 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companions. Little ones will get to use all their senses to discover more about their surroundings. Call 419-334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com) to register.

9– Breastfeeding Basics Class, Bellevue Hospital Conference Room A. Expectant mothers' questions on nutritional ben-

efits and techniques of breastfeeding will be answered. \$10 fee.

11 – Birds & Brunch, Green Creek Hunt Club, County Road 259, Fremont. 8 a.m.- 10 p.m. Enjoy a morning of bird banding at the Green Creek Hunt Club cabin. Call 419-334-4495 to register.

11 – TBH Diabetes Review Class, Bellevue Hospital, East Conference Room. 9-10 a.m. Diabetes Update & Review with instructor; 10-11 a.m. Portion Control & Carbohydrate Counting.

11 – Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. An interactive educational series for children through age 12. A scavenger hunt is available from 9 a.m.- 5 p.m. in the museum. Cost \$1 for kids ages 1-12 and \$7.50 for adults. Call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org) for info.

12 – Meet the Scientist: Of Herps & Punks, Creek Bend Farm, 720 South Main St., Lindsey, 3 p.m.- 4:30 p.m. Join Dr. Kathy Krynak as she shares her knowledge about the frogs of North & South America and how she discovered a NEW species. Call 419-334-4495 to register.

14 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett's Market, 228 West Main St., Bellevue. 9 – 11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks. 419-483-4040, EXT. 6610.

### Senior Bingo Bunch

February 17, 2017

1:30-3:30 pm

We meet at Clyde Gardens Place the 3rd Friday of every month. Light lunch will be provided and CASH prizes will be awarded! RSVP to Brandi Britt at 419-547-7746 by Feb. 14

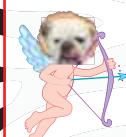
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# Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It's February, the Home and Garden Show is next month; can spring be far behind? We will be there with some fun and games and a chance to win "Dinner For Two" at the Old Garden House. Our "Tea at Two" schedules for 2017 and dates for the 2018 Tea's will be ready for you as well. I have chosen and ordered the seeds for Lady Bird Dwarf Cosmos. They only grow to 12" tall and bloom in lemon, orange and gold colors. We will have packets for you to pick up. See you there.

We all know, or have heard, The Serenity Prayer – "Lord grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference." The "plan-ahead" part of me has been doing its thing again as one year ended and another one began. This year as I plan ahead, I have needed all three--Serenity, Courage and Wisdom.

You see, I love what I do here at the Old Garden House – the luncheons and dinners for groups of 8 to 30 persons; Weddings and Baby Showers, Anniversary gatherings, Teas at Two, 4th Grade class visits and the list goes on and on. I'll have to admit it is hard work, but I treasure the people who come here. When my guests come through the door, my house becomes a home and my visitors become my friends. I have no plan to change that!

I have always said that I will continue my business until my health or some other unforeseen event prevents me from doing so. Neither has happened. In fact, when I visited my doctor for my wellness check-up last week, I shared with him what I am sharing with you in this column and he said "you always take good care of yourself. You are amazingly healthy. Did you ever stop to think that maybe you are that healthy because you work as hard as you do?"

"OK", you ask, "what's going on with you, Ms. Grace? What are you trying to tell us?"

What's going on with me is emotional, not physical. It's an emotional reality check that begins with more and more of my family members locating in faraway places, a natural order of things in today's work, I know. They are in Seattle Washington, Baltimore

Maryland, Wellsboro Pennsylvania, Decatur Indiana, Santa Barbara and Los Angeles California and Atlanta Georgia. My busy schedule doesn't allow much time for faraway visits, or for taking care of my flowers and gardens.

I needed to rethink the next five or so, presumably healthy years ahead and create a business plan that will allow me to do all the things I am doing now and still have time for myself and family. I have one...

After much thought and with input from family, staff and friends, here's the plan.

This year of 2017 – No Change At All.

Beginning 2018 we will do all the things we are doing now only we will be open for business every OTHER month instead of every month. We wanted to tell our cliental this far in advance so if families, clubs or organizations wanted to celebrate an event here in 2018, they would know what months we would be open for business. In 2018 those months are February, April, June, August, October and December.

I hope my patrons and readers will understand and support this plan – I would be happy to be twice as busy half the time. Who knows what 2018 will bring for this 82 year old with time on her hands and dreams in her heart and always a firm conviction 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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## In Your Own Backyard

**Mt Carmel UMC**, the corner of Cr 183 and 177 in Clyde, is holding their annual Bean Supper March 18, from 5--7pm. Come and enjoy beans and ham or homemade soup, potatoes, Cole slaw or applesauce, cornbread and delicious homemade pies. Bring a friend, come early. Donation only. Carry-out available. Call 419- 483-6507

**Seniors are invited** to check out the many tour destinations available in 2017 at the upcoming Travel Show, Feb. 2 at the Fremont Senior Center. The Sandusky County YMCA will be on site to present a variety of Senior Pleasure Trips to be offered throughout the year. Shows will take place at 9 a.m. and 1 p.m. Reservations are required and may be made by calling 419-334-8181.

**UNCONDITIONAL LOVE:** Luncheon and Program at Anjulina's Catering, 2270 W. Hayes Ave., Tuesday, February 14, Luncheon 11:00 am – 12:30 pm, cost \$12.00 incl. Our Feature will be the Humane Society of Sandusky County, Inc., Pam Babione, Executive Director. Pam will be showing and talking about the new shelter. Our Speaker will be Jan Kronk, Lambertville, MI. Her topic "Do Dreams Really Come True?" For luncheon and free child care, please call by February 9, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

**SERVICE DOG BENEFIT DINNER-Sat., Feb. 25,** 4:30pm-9pm (or till sold out). Cost \$10 for Pork Chop and Chicken Dinner, Baked Beans, Macaroni Salad, Chips, Dessert, Coffee, Tea. Demonstrations by a Service Dog. Bring dry and canned cat food, toys, paper towels for the Humane Society – Name will be put in a Drawing. Open to the public, at the Fremont VFW, 204 Birchard Ave. Sponsored by the Women of the Moose Fremont Chapter 624. Questions, please call Cindy at 419-559-6190.

**MOTHER SUPPORT GROUP - M.O.M.S.** The meeting of the monthly support group designed for new mothers and babies will be on Feb. 7 from 10:30-11:30 a.m. in the 2nd Floor Conference Room at The Bellevue Hospital. The group is free and open to all new mothers, and is co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. M.O.M.S. offers useful info and programs. Experienced

mothers will also share what they have learned with the newer mothers of the group. Discussion will include such topics as feeding/nursing issues, and sleeping habits. Mothers are encouraged to bring their babies. Please bring quiet toys to keep your children occupied. To register; Bellevue, 419-483-4040, Clyde, 419-547-0074, or Fremont, Old Fort Green Springs and Republic, 419-639-2065. Extension 4363.

**Fremont Yacht Club and Carol's Tag Service** are again teaming up to put on their Tag Sale to raise money for our local humane society. There's plenty of time to find a few things to donate as the sale will be upstairs at the Yacht Club on March 25th & 26th. We're hoping many of you readers will donate items but no clothing please. We're not looking for anything fancy or pricey as donations (but will surely accept them), just anything and everything around the house or garage that is in good shape and you've decided you could live without. Typical garage sale stuff as well as vintage and unusual items would be great. Anything not sold will once again be donated to Fremont's Share and Care so this is your chance to effortlessly help support some great local causes and also to come shop at the sale to find some great goodies of your own!

**Tiffin Art Guild: NOVA SCOTIA LIGHTHOUSE;** Instructor: Jon Adams, Feb. 1, 8, 15 & 22, 6 – 9 p.m. each night .Jon teaches the procedure in easy stages. Beginners to Advanced. Cost: Members \$45, Non-members \$55. Canvas cost is \$3. Paints and brushes available but we encourage you to bring your own (Acrylic only!) Call Jon for info: 419 889-5828

**Clyde St. Mary's**

## Fish Fry

**609 Vine Street  
419-547-9687**

**4:30-7:00PM**

**March 3rd, March 17th  
& March 31st.**



All you can eat Alaskan Walleye,  
Potato, Salad Bar/Drink  
Adults - \$9.00  
Children 10/under \$4.00  
(Carry outs available)



# Interpersonal Edge:

## Make 2017 the year you shine

By Dr. Daneen Skube

Every year, I like to revisit some of the "greatest hits" from last year together. We've all been through an uncommonly bumpy year, full of unexpected twists in politics and the economy. Our normal human response is to feel anxious about the year ahead.

Consider this advice a final gift from me to you and the ones you love to help you thrive in 2017.

You will never control all your circumstances, no matter how clever you are. Please do not beat yourself up when you experience adversity.

Suffering is a universal and occasional experience common to all humanity. You cannot avoid all suffering, but you can use your challenges to grow yourself up and create opportunity.

Occasionally you will feel hopeless, worthless and victimized. These feelings will not ruin your future; however, deciding these feelings are the truth can ruin your future and prevent problem solving.

We can all borrow an episode from the movie "Back from the Future" by pretending we can time travel and have exactly what we want. Once we can see what is possible, getting to that goal is a matter of setting up steps between where you are and where you could be.

If you honestly don't know how to get where you want to go, get competent help. You were put on this planet with billions of people who know things you don't know but can learn. Asking for help is the difference between success and failure.

Learn from people who are humble because they are smart enough to know how much they don't know.

Do business with people who are grateful. They are your high-dividend stocks at work,

always paying back even more than you put in!

Don't do business with people who cannot keep their word they will tarnish your reputation and betray you at critical moments.

Give people one chance to act badly. Making one mistake could be a fluke, but two mistakes is pattern. React accordingly.

Make 2017 the year you give up pity for yourself and others. Evoking pity from you is what con artists and manipulators use to get you to sacrifice yourself. Just say no!

Rather than judging yourself this year, work to understand the emotions that drive your behavior. Even self-destructive behavior has emotional roots in attempting to get what you need. If you can see what you need, you have options to get that goal in a smarter way.

Stop boycotting reality! Reality doesn't care and will run you over while you pout. Feel all the feelings you have about any upsetting turn of events, yell "Plot twist!" and make a new plan.

In 2017 don't wait until you have unlimited time, money or perfect circumstances to make one tiny change a day that makes the New Year a new you. As long as you are still above ground, it is never too late to be what you might have been.

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

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# Know Your Stressors and Stress-responses

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

It's difficult to find happiness when you're overwhelmed with stress, so try to get in touch with what makes you worry and the negative thoughts that keep resurfacing in your mind. During my tenure as school psychologist and adjunct professor at BGSU, I urged parents to take the "Social Readjustment Rating Scale" to further pinpoint the stressors and worries in their lives (It's free if you Google it).

If you're under undue stress, there's a reason I encourage you to get online and rate yourself on this scale: neurologists, heart specialists and psychiatrists uncovered links between stress, worry and physical ailments. If you remain overstressed for several years, you will likely have to add severe physical ailments to your list of worries.

You're not alone! Surveys found that up to 45 percent of youngsters, 80 percent of workers (Harris) and 100 percent of CEOs (Vistage) suffer from too much stress. They also found that it can cause new and worsen existing chronic ailments, such as heart disease, stroke, high blood pressure, depression, anxiety, ulcers and Fibromyalgia. Not surprising, stress costs American corporations \$300 billion annually in medical costs, absenteeism, and turnover (American Institute of Stress).

Some stressors you can take care of. Others you can only wish to go away, but they won't. Unfortunately, the world is not a wish-granting factory and life is unfair. The stressor itself isn't what wears people down, but how they respond to it does. Their response determines whether they end up happy, miserable or somewhere in-between. Stress is the process of living- it's imposed on us each day and we must react to it. The only souls experiencing a stress-free reality reside in St. Joe Cemetery.

The sun will rise and set each day. Unfortunately, some days we wish it could rise twice. The good news is that we all become what we think about and can actually control our thoughts. If you feel the emotional pain of your stressor, the agony is only partly due to the thing itself, but largely due to your estimate of it and your reaction to it. Yes, you can actually "think-down" the impact your stressors have upon you.

I encourage you to get to know your stressors much better by taking the "Social Readjustment Rating Scale."

Then, you can analyze your stress-responses to them and get a better handle on things.

This stress-response was accidentally discovered by an absent-minded lab scientist named Hans Selye. The rats he was experimenting on always escaped from their cages and had to be chased and captured. When Selye examined these rats later, he found their adrenal glands (for stress) enlarged and their thymus glands (for immune) had shrunk--the stress of escape and capture had changed the rats' internal chemistry!

Identify the stress in your life... and step out of the rat race.

*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 authors the book "Finding Happiness in America." Contact him at the Family Journal: [www.familyjournal1.blogspot.com](http://www.familyjournal1.blogspot.com)*



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## How to prevent back problems in small dogs

Q: We just lost our 15-year-old dachshund and are planning to get another dachshund puppy as we love the breed. However, ours always suffered from back problems and disc issues and we were wondering if there was anything we could do for our new puppy to prevent such issues when she gets older? - Jim Murphy

A: I also love dachshunds and have always had them, but with all short legged breeds any back issues are really just the luck of the draw.

The most important thing you can do is get a puppy that does not beg for food all of the time and to really concentrate on maintaining its weight. Not allowing the dog's weight to go overboard will keep less stress on her spine. This can be hard for a dog like a dachshund because they have a strong food drive, but it really can make a big difference.

Jumping up and down from furniture is also a problem with this breed. They have no idea of their physical limitations, which makes it difficult to comprehend any consequences from their actions.

In a perfect world you would never allow a dachshund puppy to get up on the furniture, however this is not always the case. If you can get the dog used to using puppy stairs or ramps at an early age, then you may not have to worry about her crashing to the floor off the couch. It's best to be proactive rather than reactive.

Q: I am a senior and enjoy walking in the afternoon with my poodle. There is a house I pass that has no fence and they have a large boxer-type dog that always rushes out to bark at us when we pass the house. As soon as we get near the house, I pick up my dog and carry her past, but

I am still nervous about what to do. My husband says to carry pepper spray, but I cannot imagine myself being able to do that and I wonder if you had any suggestions? - Jean Morrow

A: In this day and age it is never a good idea to use aggressive threats in any circumstance, especially when you are in a confrontational situation with an animal stronger than yourself.

In my experience, I have found that any charging dog will stop short when a closed umbrella is pointed at it and then is suddenly popped open. The action of the umbrella opening really startles them and they usually end up bored.

It may be a bit easier to carry a can of pepper spray rather than the umbrella, but I do believe that you will feel and be safer with it in the end.

Q: Our ferret was chewing on the bars of her cage and broke one of her long canine teeth in her lower jaw in half. She seems fine with it and does not seem in any pain, but we were wondering if it

may interfere with her eating at all? - Rita Hernandez

A: Actually, you should take her to a vet that knows about ferrets to get the tooth extracted or capped. I have seen ferrets that broke a tooth and even though everything seemed fine at first, but a few weeks later they developed a bad abscess and infection. If this would to happen to your ferret, it would mean lots of antibiotics and supportive care that can compromise your ferret's health.

*(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)* (c) 2017 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.

**Adopt one cat,  
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### UPCOMING SHELTER EVENTS:

Home Show - March 3rd, 4th, 5th

Annual Meeting - March 8th, 6:30pm

"Paint for Pets" at Pottery Perfection, March 16th 7 - 9 P.M.

Garage Sale at Fremont Yacht Club: March 25th and 26th

Spaghetti Dinner - March 26th 11am-1pm.

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# Are You Full Of ..... It?

By Dr. Paul Silcox

This article is important for EVERYONE! The fact is, this article is regarding a subject that is rather taboo, but is extremely important to everyone's health. Often times, patients do not talk with their doctors about this subject, because it's thought to be embarrassing. Bowel movements? Yuck!!!

I can just hear some of you now, "Oh Crap!" (pun intended) It is amazing as to how many people feel that one or two bowel movements a week, is "o.k." and "normal for them". IT'S NOT O.K.!!! The longer that waste sits in your gut without moving along and getting out of your body, the longer time that waste water has to be reabsorbed back into your body fluids. YUCK!!!

Colon cancer is the most preventable form of cancer we have but it is also one of the most common. Toxins enter our body everyday through the air we breathe, water we drink, foods we eat, medicines we consume and cleaning products we use; in addition to many other avenues we just don't think of. One common region of the body for these toxins to accumulate is the lower intestine, or colon, and they can be harmful to the body over time.

Chiro-Klenz Tea is an all natural herbal tea that is an aid to detoxifying the body by using herbs that are well known over hundreds of years, to have a cleansing effect on the body and mild stimulant to move the contents of the colon along. Chiro-Klenz, along with adequate daily intake of dietary fiber (25 – 30 grams fiber per day), is one of the best and EASIEST WAYS to keep colon function at healthy levels.

If regular, daily bowel movements are a problem, and you'd like to see how ChiroKlenz works for you, stop by my office for a free sample.

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## The Bellevue Hospital to Host Centennial Gala Event

The Bellevue Hospital will celebrate its 100th Anniversary on March 6, 2017. In honor of this milestone, TBH is hosting a Centennial Gala Event on Feb. 25, 2017 at Sawmill Creek Resort in Huron.

We hope that you will join us for an evening of music, fine dining and dancing to benefit and celebrate "A Century of Caring."

The semi-formal event begins at 6:30 p.m. with hors d'oeuvres, and an open bar. Dinner will be served at 7:30 p.m.

Guests will enjoy dancing the night away to music and entertainment by The Persuasion Band from Detroit, MI. A Silent Auction will also be held throughout the evening with proceeds to benefit The Bellevue Hospital Foundation which supports women and children's programs at the hospital.

The Bellevue Hospital Foundation, in cooperation with Steinle Chevrolet-Buick in Clyde, will also hold the seventh annual "Is Your Heart Set on a Vette" Corvette Raffle drawing at the Gala that evening. The 2017 Vette raffle is sold-out. Grand prize in the drawing is \$100,000 in cash or a new Corvette Stingray plus \$40,000 in cash.

The Gala ticket price includes a professional photo, hors d'oeuvres, dinner, drinks, dessert and more! Ticket price for the event is \$100 for an individual, or \$150 for an individual and one guest.

RSVP's are required by February 15.

We hope you will join us for this once-in-a-lifetime event to celebrate The Bellevue Hospital's Century of Caring!

Please contact The Bellevue Hospital Foundation at 419.483.4040, Ext. 4319, or the hospital's Marketing Department at 419.4834040, Ext. 4899, if you have any questions or to RSVP.



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**FOR SALE:** Duplex, new exterior, needs extensive interior renovation, make an offer! Located at 219 Morrison in Fremont. 419-334-3602

## Reiki Circle:

Tues., Feb. 14,

The Bellevue Hospital, Conference Room A&B

Begins: 6pm Dismiss 8pm Guest

Speaker: Paula Manning, CR

Hands and Feet Reflexology an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

Paula Manning C.R. will be demonstrating hand reflexology as well explaining how foot reflexes can benefit your health. Participants will choose a partner to practice the hand technique on each other and to give your own self a treatment. Bring a friend or significant other for some fun in working on hands and experiencing how it increases circulation to your heart with a gentle touch to a certain point on your hands or feet.

Be sure and check with your doctor if you can or can't have reflexology if you decide this is something you want to try. Reflexology cannot cure anything and information you receive should be discussed with your family doctor of any risks.

On a personal note, I would like to thank everyone for their help in preparing for January meeting. We will be rescheduling Kathy for the EFT on another date. For those that showed up in spite of bad weather.

Please contact Patricia Zilles at 419-355-1283 if you plan on attending the meeting. If there is no answer, please leave your name, phone number and a brief message.

This is so you can be contacted in the event of cancellations.

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