

2000 Lifestyles

Free

Vol. 19 Issue 2

February 2018



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DO YOU KNOW YOUR NUMBER?

Time to Get Your Blood Pressure #InCheck



FEBRUARY
IS
NATIONAL
HEART
MONTH!



THE FACTS:

- Nearly half of American adults have High Blood Pressure or Hypertension, and many don't even know it.
- High Blood Pressure often occurs with no obvious symptoms and can lead to:
 - Hardening of the arteries and heart disease
 - Heart failure and Heart attack
 - Stroke
 - Chronic kidney disease
- Only a health care professional can do a Clinical Diagnosis
- A normal Blood Pressure is under 120 (Systolic –upper number) and under 80 (Diastolic – lower number)

THE GOOD NEWS!

With the proper diagnosis and lifestyle changes, you can often control High Blood Pressure. Your health care provider may also prescribe medication if needed.

Lifestyle changes that can impact your Blood Pressure include:

- A Healthy diet that is low in salt, fat and saturated fat – and includes daily fruit and vegetables
- Activity – It's recommended to start with a 10 minute walk 3 times a day, 5 days a week
- Smoking – If you smoke, quit as soon as possible (Visit <https://smokefree.gov> for tips on quitting)

WHERE DO I START?

- Schedule a physical with your health care provider today! If you need a provider, call Community Health Services at (419) 334-3869.
- Follow Community Health Services on Facebook (facebook.com/CHSOHio/) and Twitter ([@CHS_Ohio](https://twitter.com/CHS_Ohio)) for heart healthy tips and information during the month of February #InCheck.
- Visit our website at CHSOHio.com for a list of health care providers!

CHS

COMMUNITY HEALTH SERVICES

WE CARE.



Lifestyles 2000

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History Notebook

By Nan Card - Curator of Manuscripts Hayes Presidential Center

Don Smith: TWA Pilot and War Hero

Some years ago, I wrote about Fremont native and senior pilot at TWA, Jack Zimmerman, who flew the first of TWA's fleet of DC-3s into New York City's LaGuardia Field. One of the country's most experienced pilots, Zimmerman joined the Army Air Corps in 1942.

After inspecting a base near the St. Lawrence, Zimmerman took off in rough seas. His seaplane foundered. Fishermen from Longue-Pointe rescued four of the nine men, but Zimmerman was not among them. He remained missing until his plane was discovered by Parks Canada in 2009.

Learning about Jack Zimmerman was fascinating. But many questions remained. Among them was the mention of his close friend named Don Smith. Zimmerman encouraged him to become a pilot. I was curious, but the name Don Smith was so common, I assumed the research would take more time than I had.

However, not long ago, John Havens, owner of Fremont's Color Haven remarked about the portrait of Jack Zimmerman in my office. John said, "Jack Zimmerman was my grandfather Don Smith's friend. He encouraged him to take up flying!" It was through John Havens that I learned about Don Smith.

A good athlete, Smith entered The Ohio State University in 1925, majoring in psychology and minoring in physical education. At graduation, Smith met an old Fremont friend, then a pilot for Transcontinental Air Transport, the forerunner of TWA. He urged Smith to enlist in the U. S. Army Air Corps, but Smith chose coaching instead. But a few years later, he changed his mind and was accepted in flight school, where he became an expert pilot. At the end of his enlistment, Smith returned to Fremont and took up barn storming. Once again, Jack Zimmerman

shaped his future by suggesting he join TWA.

Soon Smith was co-piloting the twin-engine DC-3 for TWA out of Newark, New Jersey. In 1939, he and Zimmerman flew that first TWA flight into New York City's LaGuardia. Smith later became a "check pilot," who oversaw the flying ability of other pilots.

When WWII broke out, Smith said, "Uncle Sam told me to come back in the Army. I was glad to go; everything I got out of flying I owed to the Army." He first served as a flight instructor and then took charge of a troop carrier squadron with the Fifth Air Force in New Guinea. His seventy pilots spent a year in combat, taking part in more than fifty missions. Smith received two Distinguished Flying Crosses, two Air Medals, and three campaign stars. He also served as the operations officer of the 54th Troop Carrier wing. At war's end, he'd attained the rank of lieutenant colonel and was stationed in the Philippines, participating in the re-taking of Corregidor.

Following the war, Smith returned to TWA as one of its senior pilots. His status and skill made it possible for him to select the choice run from Chicago to New York. After each flight, he could return to his home on Long Island. At career's end Smith had flown more than two million miles. In retirement, he and his wife, Louise Wolfe, returned to Fremont. They were the parents of one daughter, Marjorie Havens, who had three sons, one of which was John Havens.



Don Smith, TWA Pilot

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PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Tammy Calhoun

Email: trcalhoun@me.com

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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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30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Valentine's Day!

I have heard it said that the worst thing about January is that it is followed by February. Here's hoping that isn't true this year, we have already suffered enough!



We hope you enjoy this February issue, and as always, please support our advertisers.

Joanne



There were again around 150 entries, and most were correct. The answer was Women's Health Specialists. Please remember to put your address in the entry as without it we cannot send a prize.

Find Pete Winners

Winners are: Steve Billow, Bill Babione, Pat Otermat, John Hlirt, James Bennison, Judy Sevitts, Tyler Wagner, Kelly Dayringer, Amanda Branstrator, Fremont; Sue Felder, Jerry Usselman, Tom Beckman, Bellevue; Mason Harder, Kenda Aldrich, Lindsey; Therese Farster, Scott Boyd, Kayla Quaintance, Jeannie Kimmet, Clyde; Connie Rounds, Oak Harbor; Lynn Fox, Gibsonburg.

Find Pete Prizes

Prizes are from Fastraxx, Let's Eat at Byron's, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat and Legends in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry.

Find Pete Contest Rules

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



Kiss Me Over The Garden Gate

By Grace Sidell

Happy New Year to all from Ms. Grace and The Old Garden House Staff who serve you at the monthly Tea at Two programs and the lunches and dinners that you request us to prepare for you. It is our pleasure to have you in my home. You bring life and warmth to us and to this old house.

Speaking of this old house, Terra Community College offers a Life Scholars program for those of us who are age 50 and beyond. I have taken some writing classes and a couple arts and crafts classes in the past. The spring 2018 offerings include a couple that peaked my interest. I have enrolled, once again, in the one-session "Getting Paid to Talk" class. Hopefully there will be enough others interested so it won't be cancelled. Also, one titled "Writing Inside The Box" caught my imagination. It is a four session course. "The Story of Antiques and Collectibles", a four session study program will keep me interested and will also teach me a lot about the family heirlooms and other antiques in my home. So, collectively the classes will help to pass the winter months and move us onto spring and summer once again, Yeah!

Our dog, Charlie, enjoys the cold winter weather, not because he likes to play in the snow, but because he loves to take long naps in the warm house. He goes out his doggy door only when nature calls and then he hurries back inside to find a warm rug and takes another nap! However, he is very lovable and a world-class watchdog, just what I need around here.

Thought you might be interested in the "2017 pie baking report from The Old Garden House" so, here goes; I baked 227 pies for my lunch or dinner guest. They choose the flavors.

Apple was the most requested, edging out the 2nd most requested, Coconut Cream, by 13 pies, and the 3rd most requested, Lemon Meringue, by 12 pies. Cherry came in 4th place. Their choice list included 11 other flavors. Among them were Pecan, Banana Cream, Pumpkin, Peanut Butter and Peach combined with Blueberry which was very good. I learn something new all the time with this business. For example a guest requested roasted Brussel sprouts and another for 'surprise chicken', which sent me to my cook book entitled "365 Ways to Cook Chicken" to find a surprise of my choice that I had not done before. I bravely chose to try Chicken Cordon Bleu. I even surprised myself with that one! My guest bring out the best in me and encourage my adventurous spirit. Because of them and all of you, LIFE IS GOOD!

Let's have a great 2018!

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

February 24th - Washington School - 62nd Annual Chili Festival - Lindsey, 5pm - 8:30pm. Join us for games, raffles, 50/50, bingo and CHILI!

St. John's Lutheran Church 175th Anniversary Celebration: Feb. 25th, the same date it organized February 25, 1843. There will be one service at 10 AM with Bishop Daniel Beaudoin preaching, followed by a potluck with meat and drinks provided and history fun, too. Each month this next year on the 3rd or 4th Sunday a different theme will be used to remember and enjoy our Journey of Faith. Look for the special occasions here each month. All are welcome at 212 Clover St., Fremont.

Service Dog Benefit Dinner - Sat. Feb. 24, Stuffed Pork Chop/Dressing Dinner, 5-8 pm, \$10, carryout's available. Demonstrations by: Canine Companions for Independence, Humane Society, K9 Defender Fund, Inc., Police and Sheriff K9. Bring Dog or Cat Food, Treats, Toys, etc. for the Humane Society. Name will be put in for a Drawing. 50/50. Open to the public. At the VFW, 204 Birchard Ave., Fremont. Sponsored by the Women of the Moose, Fremont Chapter 624.

Anjulina's Catering, 2270 W. Hayes Avenue., Feb. 13, beginning 11 am - 1 pm, Cost \$12 (incl) HEARTS OF GOLD: Our Feature will be The Wright Family showing us Valentine Fun with Love. Our Speaker will be Shirley Davidson, Mansfield, telling us The Unforgettable Memories of the Girl Who Can and the Woman Who Can't. Reservations for the luncheon and free child care - Call by Feb. 8, Donna 419-680-2251 or email faw-luncheon@gmail.com

Reiki and Natural Healing: Our topic of open discussion will be on Spirituality.

You are invited to join us on Feb. 6th from 6-8p.m. at The Bellevue Hospital, Conference Rooms A & B, as we welcome Patricia Newman and Teri Lee as our guests. Patricia Newman is an RN and holds a master degree in nursing education and is from Toledo. She holds a certificate in Sacred Heart Healing of Meditation with the Envision Foundation.



Spend your Valentine's Day with us!
Wednesday, Feb. 14th
\$60 Per Couple Valentine Feast:
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Mitchell Dermatology is Expanding!!

Dr. Hope Mitchell is pleased to announce, "you can now find us at our second location in Fremont." This will allow us to best serve our growing Northwest Ohio-area patients, says Dr. Mitchell. The office is located at 2575 Hayes Avenue, suite 3. The clinic will be staffed Monday through Thursday and welcomes new and returning patients.

Dr. Hope Mitchell is a board certified dermatologist that has been practicing in the Perrysburg area since 1998. She founded Mitchell Dermatology in 2005. The medical practice specializes in acne, rosacea, eczema, psoriasis, skin exams, wart, mole and skin cancer removal and much more.

Mitchell Dermatology is a certified CoolSculpting practice and offers complimentary consultations with advanced trained medical specialists who have been performing CoolSculpting treatments for the past 3 years. The office specializes in many cosmetic injectables including Kybella, Botox, Dysport, Juvederm and Restylane products. Laser services include hair removal, skin tightening and facial redness/spider vein treatment. Our skincare expertise expands across many anti-aging lines and products and is a great complement to the many facial, micro-needling and laser services performed.

For more information about the New Fremont location or to schedule an appointment at either location, visit mitchellderm.com or call 419.872.HOPE (4673) because Perfect Skin Begins With HOPE!™

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Cold Snap



Robin Arnold



Gena Husman

As we are writing this the outside temperature is minus two degrees—but we are supposedly nearing the end of this round and looking forward to warmer temperatures in a few days. Of course, they are predicting more snow and more frigid temperatures to follow.

“Cabin fever” takes on a whole new meaning when you are stuck inside with Reynaud’s Syndrome—a circulation problem which Robin suffers from when temperatures drop below 50 degrees—or when you’re a dog and your paws freeze up after being out in the yard for more than five or ten minutes. Even the chickens have issues with the frigid cold. Besides frozen feet and toes, or frostbit-

ten combs, Willie has come up with a unique problem all his own—one that we never would have foreseen. He is a Polish rooster with a fully feathered “headdress” that fans out all the way around his head. It never occurred to us that every time he bends his head to take a drink, some of his feathers drag through the water. One frigid afternoon I heard a “clicking” sound when I went out to check on the chickens and I couldn’t figure out what it was until I noticed Willie shaking his head. That’s when I realized the feathers in front of his face formed a frozen veil of icicles and that every time he shook his head, the icicles clicked together like wind chimes. Thawing the icicles was not an option—his feathers would freeze up again every time it got cold and he took a drink. So, that evening, as the chickens were settling on the roost for the night, I got my scissors and trimmed the feathers across the front of his head. Willie is probably the only Polish rooster in the area with bangs—but at least he won’t have to view the world through a curtain of icicles.

Although wild birds and animals are equipped to handle extreme temperatures in their native environment, it doesn’t hurt to provide extra food to help them through the rough spells. In addition to filling bird feeders twice a day, Robin has been taking peanuts and sunflower seeds and leaving them on “the chickadee log” at the back of the property—that is, if Scruffy and three of his friends and/or family members don’t stop her along the way first.



It seems that the bigger birds, along with a few squirrels, have taken over some of our feeders so the chickadees and other small birds have to “wait in line” for their turn to eat. Robin solved that by hand feeding Scruffy and Pip at the back of the property. But then word got out in the chickadee community that there was a (crazy) human running around the property hand feeding birds so now there are three or four (at least) that approach her. Some would take seeds from her, but others were more timid so she started putting sunflower seeds and peanuts on a log at the back where the bigger birds wouldn’t bother the smaller ones. Interestingly, whatever seeds or peanuts the chickadees don’t eat right away, they store in dead reeds, tree bark, and snow banks (apparently, they don’t realize the snow might melt before they come back for the seeds.) One of these days I’m going to look out and see Robin running for the house with a whole flock of chickadees strung out behind her.

We hope the rest of this winter will be better...meanwhile, stay warm—Spring is coming.

Remember Your Valentine on Feb. 14th!

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Out to Lunch

By Lynn Urban



Scarpetta's Italian Restaurant



I finally made it to the newest restaurant in downtown Fremont, Scarpetta's Italian Restaurant. I've heard many mixed comments about this establishment, mainly the fact that it may be too pricey for Fremont, however, I must say

that it was well worth it. We found the service and the presentation of our meal to be outstanding. The preparations of these exceptional dishes are made with only the freshest ingredients from as many local growers as can be found. The unique menu and extensive wine list makes this restaurant a special place for Fremont. The ambiance is nice also, classy but with a casual feel.

No one thinks twice about driving to Toledo or Sandusky for a nice night out at a fine restaurant, so why not save yourself a trip and keep it local at a beautiful upscale restaurant in our town, especially if you're having cocktails.

The entrees range anywhere from \$20.00 to \$35.00, which includes either soup or a

salad and a fresh baked loaf of delicious herb bread.

I ordered the Risotto of the day, which consisted of a combination of Risotto, Italian Sausage, Cherry Tomatoes, and Butternut Squash. I had a large bowl plus my salad and bread for \$25.00 and it was very filling. My friend Nicole ordered the Lemon Chicken, with Prosciutto, mushrooms, and artichokes. Instead of the side of fresh pasta she chose the fresh wood fired asparagus, which had a wonderful flavor. That, plus her salad, was \$22.00. Some of the dishes, such as the pizzas and flatbreads, are made in their wood fired oven, giving them an earthy flavor.

Even though I was full, I decided to order dessert, even if I had to take it home. The Italian style desserts run \$6.00, and there is a selection of 5 or 6 to choose from. I ordered the featured cheesecake of the evening, which was a maple, sweet potato cheesecake made locally for the restaurant by someone in Fremont. It was heavenly, like a good cheesecake should be.

It's nice to have a new restaurant to add to our growing list of fine restaurants in Fremont.

See the whole menu and hours on their website or visit them on FB.

"Grate" Treats & Eats

By: Chris Timko-Grate

This month is the "Love Month" with Valentine's Day, always a favorite day for myself and hubby. This month I am going to share a soup recipe for an appetizer and a chocolate dessert recipe to enjoy anytime!

*Shrimp and Lobster Bisque

2 steamed fresh or frozen lobster tails about 8 ounces total.

4 tablespoons butter

1 small white onion, finely chopped

2 celery stalks, finely chopped

2 cloves garlic, peeled and minced

½ cup all-purpose flour

2 cups chicken broth

½ pound steamed medium shrimp, peeled and deveined. You can buy already cooked, peeled and deveined shrimp if you don't want to cook it yourself.

2 cups half-and-half

1 teaspoon Creole seasoning

Remove the lobster meat from the shells, chop it coarsely along with cooked shrimp, and set aside.

In a large saucepan, melt the butter over medium heat and sauté the onion, celery, and garlic until soft, about five minutes. Stir in the flour with a whisk until it is smooth. Slowly add the chicken broth and allow it to cook until thickened, about 10 minutes.

Add the shrimp and lobster meat. Let cool to medium heat and add the half and half and Creole seasoning. Heat through but do not boil, and serve.

*Double-Chocolate Cream Pie

1 cup sugar

¼ cup cocoa

¼ cup cornstarch

Pinch of salt

3 cups whole milk

3 egg yolks

1 ½ teaspoons vanilla extract

1 cup semisweet chocolate chips

One 9 inch deep dish piecrust, baked and cooled

Sweetened whipped cream (Cool Whip)

Chopped toasted pecans

In a heavy-bottomed 1 quart saucepan, combine the sugar, cocoa, cornstarch, and salt. Stir with spoon to mix. Combine the milk and egg yolks and whisk until well blended. Slowly begin adding the milk and egg mixture to the chocolate mixture, blending well with

a metal spoon. Cook the mixture over medium heat until it thickens, stirring constantly, about 5 minutes. When it is quite thick add the vanilla and chocolate chips. Stir until completely blended. Pour into the pie crust. Allow to cool, then cover and refrigerate until ready to serve. Serve with plenty of whipped cream and if you want chopped toasted pecans or shaved chocolate (make sure chocolate is cold before you shave it. Enjoy!!

Quote of the month: "Blessed are they who can laugh at themselves, for they shall never cease to be amused" Author unknown

Any questions, comments, or to share your recipes contact me at: christimkograteroadrunner.com

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Calendar of Events

February 2018 – Sandusky County

1 – Opening of special exhibit featuring Photography of Gil Gonzalez, Rutherford B. Hayes Presidential Museums. A professional photographer, Gonzalez has photographed numerous subjects and will share some of his favorite work in this exhibit. Free. Through April 22.

Thru the 25th – Special exhibit 'Ice for Everybody', Rutherford B. Hayes Presidential Museums. Lake Erie and America's Ice Harvesting Industry" will explain the story of how the Sandusky area became the center of a century-long mammoth industry that changed the way Americans lived.

3-4 – Living History Trade Fair, Sandusky County Fairgrounds-9- 5 on Sat. and 9 - 3 on Sunday. \$5 /person or \$7/weekend pass. smilingfox@smilingfoxforge.com.

3– Sacred Heart, Annual Spaghetti and Meatball Dinner, 550 Smith Rd, Fremont, 4:30- 7:30 p.m. \$9, Adult and \$6, Children (ages 10 and under) Spaghetti, meatballs, lettuce or applesauce, Texas toast, drink. Wine is available to those 21 and older for an additional charge.

4, 12, 20– Bird Banding, Wilson Nature Center, 720 South Main St., Lindsey, 8:30-10 a.m. Join Tom Kashmer, staff researcher, as he bands migrating birds. Registration, 419-334-4495 or www.lovemyparks.com.

4– Puddle Jumpers: Oh Deer, Creek Bend Farm: Lindsey , 2-3 p.m. For ages 2-5 years old. Come explore the wonderful world of deer! 419-334-4495 or www.lovemyparks.com to register.

4– Tree Huggers: Tracks & Scat, Creek Bend Farm: 2-3 p.m. For ages 6-12 years old. Winter is a great time to search for animal footprints and other signs they leave behind. 419-334-4495 to register.

8– Tales to Tails, Creek Bend Farm: Wilson Nature Center, 10-10:45 p.m. Join us for story time, crafts and adventure. Toddler to pre-school. Registration required.

9– Holiday Innkeepers, Bellevue Society for the Arts, 205 Maple Street. Celebrate Valentine's Day Feb. 9 at 7 p.m. with the

Holiday Innkeepers. Visit: bellevuearts.net or call 419-484-2787.

10– Jungle Bobs Animal Show! - Communities for the Arts, Clyde High School Auditorium, 1015 Race Street, 7:30 p.m. This hands-on show is extremely entertaining for kids of ALL ages. FREE- But must have a ticket! 419-547-0588 or www.communitiesfortheartsclcyde.org

11-13- Holiness Revolution! Sacred Heart Catholic Church. The Fremont Tri-Parish Mission, St. Ann, St Joseph and Sacred Heart present, Holiness Revolution, presented by Dan DeMatte, international speaker and best-selling author of Holiness Revolution. Starts at 5pm with a FREE dinner in the school cafeteria then from 6– 8 enjoy mission talk and children's Ministry. 419-355-7722 or www.sacredheart-fremont.org

15– The night life, White Star Park, Barn, 925 South Main Street, Gibsonburg, 6:30 – 8 p.m. Winter nights are great for star-gazing. 419-334-4495 or www.lovemyparks.com to register.

17-18– Fremont Gun Show, Sandusky County Fairgrounds, 8:30 - 4:30 on Saturday and 8:30 - 2:30 on Sunday. Cost: \$5.

21– The Scoop on Salamanders, Creek Bend Farm, 6-7:30 p.m. Come discover your love for salamanders. 419-334-4495 to register.

24– YMCA Reverse Raffle, Ole Zim's Wagon Shed. The YMCA's Annual Gala and Silent Auction Event is a great way to support the Y continue community. All-you-can-eat dinner for 2, refreshments, a chance at cash prizes. Must be 21+ to attend. 419-332-9622 or www.ATtheY.org.

27– Winter Walk, River Cliff Park: 1313 Tiffin Street, Fremont, 4-5:30 p.m. Meet at our new park for a guided walk around the park. Bring your cameras and binoculars- lots of activity along this section of the Sandusky River. 419-334-4495



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Variety of meals to choose from for a delicious and hot meal. Each meal serves 4-6 people.

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\$500 BONANZA in 56#

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TUESDAYS
Doors Open 5:30 pm
Games 7:00 pm
Free Coffee
Progressive Lucky Number

B-I-N-G-O



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Tuesday Wing Night!

Every Tuesday is all you can eat wings! Enjoy our famous wings all day and night-Choose from 16 sauces.

Only \$10.99

Wednesday Taco Night!

4-10 pm. Best tacos anywhere! Everything is homemade and fresh. Choose from soft or hard. Chicken or beef. Comes with rice, tortilla chips and salsa. All you can eat

Only \$8.99!

Clip this ad and also receive a **FREE XL** soft drink with free refills with every **AYCE** eat Wings order on Tuesdays and every Taco order on Wednesday. Expires February 28, 2018. Dine in only.



Helen Marketti

Cleveland radio and television personality, John Lanigan has been a media fixture in the Cleveland area for a total of 47 years. He retired from radio in 2014. He continues to do The Spew with Mike Trivisano on WTAM 1100 from his home in Florida. Discussing his recent book, "Lanigan In The Morning, My Life In Radio" (Gray Publishers, Cleveland) John has a wealth of stories and Cleveland memories that readers will enjoy.

right for the break wall at high speed. He was going back and forth with the boat. I wondered what he was doing. I hit the water hard and seriously injured my knee. When I got out of the water, no one said a word. I somehow made it back to my car and drove home and my wife took me to the hospital. I had to wear a cast and was in a wheelchair for a while. I never heard from the people who had asked me to go parasailing."

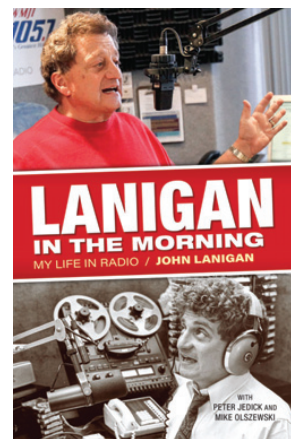
Another experience was flying with the U.S. Air Force Thunderbirds and U.S. Navy Blue Angels. The Blue Angels gave John a tougher way to go as he thought they were coming in for a landing when they shot back up into the air again at a 90-degree angle. "I thought I was going to be sick but you can't throw up because you're wearing a helmet and then you'll have more problems," remembers John. "They were messing with me probably because I had flown with the Thunderbirds first. I was glad when it was over."

"After the book was published I had thought of a few stories that should have been included," said John. One such story is his interview with actor and comedian, Jerry Lewis. Jerry had been known to be a cantankerous interview subject. "Jerry was appearing in Akron. We had set up an interview with him by phone. We knew he had the reputation of being notoriously tough. He had been a bad interview from everyone I had encountered," explains John. "When we interviewed him he was in a limo that was bringing him back to Cleveland. We spoke for at least 30 minutes. He seemed to be having a good time. We were having a good time. After the interview was over, I thanked him and told him I was big fan of his and Dean (Martin). Then we went back to our regular programming. Ten to fifteen minutes later, Jerry Lewis shows up at our studio! He had told the limo

driver that he had fun talking to us and wanted to know if they were near the station. The driver brought Jerry to the studio, he walked in and asked for "Lanigan" and did another 30 to 40 minutes with us on the air. Jerry said he had so much fun he thought he would stop by and talk some more. Everyone said that was highly unusual because that wasn't Jerry's style."

Radio was in its glory days when John Lanigan was at the mic. Times have definitely changed. "Radio is much different now than when I was starting. I don't think radio personalities are doing the kinds of activities we used to do. There are only a few stations, which are owned by one company. If something costs money or if there is any liability there isn't any interest to be involved."

John was inducted into the National Radio Hall of Fame in 2013. "I did not expect to be doing radio this long. My mom kept telling me that I needed to find another career as back up because I might lose my voice. (laughs) Thankfully it's been a career that has worked well."



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You need not be present to win. Must be 18 years or older to be eligible.

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Perfectly sized for two.



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SOMETHING
DIFFERENT

dairyqueen.com

Feral friend may be happier staying outside

Dear Cathy,

I have been feeding a very feral cat since last March. Gradually, he has progressed to living on my deck. In July, I trapped him and had him neutered and treated for fleas, worms and mites. He has gained weight, and is extremely charming. He was a skeleton when I first saw him.

He can be very aggressive, however, and I have the scratches to prove it. He loves to be petted and has come to trust me, but when I go inside, he gets very upset and sometimes tries to scratch me. This behavior has lessened as time goes on. He appears to be very lonely and stares at my five indoor cats through the sliding doors. The other day I left the door open a few inches, and he acted very aggressive to one of my indoor boys.

I have provided him with an outdoor house with straw to keep him warm, and an outdoor heating pad. Both under a covered picnic table to keep everything dry. Is it possible he may eventually stop being so aggressive to my cats? I feel very bad for him as he appears to want to come in. He's probably been outside his whole life and has never had a human friend until me. - Janice

Dear Janice,

You may not realize it, but you're already providing him with a good home where he knows he will be fed and looked after every day. The outdoor shelter you are providing with the straw bed sounds great, and I am glad he lets you pet him sometimes. He obviously trusts you, and could someday warm up to the other cats through the sliding glass door, but don't push the issue. While a few cats cross the threshold from feral to indoor cat, it can be very difficult to make this transition

with five cats already in the home. Cats are very territorial.

If, at some point, you feel he could cross the threshold, then bring him inside and close him in a room for a few days so all the cats can get to know each other better through scent and some under the door paw play. But please don't feel you need to do this, since cats are very territorial, and this will be very stressful for all your cats, too. If he is "a very feral cat" then he is likely happier outside with the food, shelter and friendship he gets from you.

As for your scratches, he may be showing what's called "redirected aggression," which means he scratches you because he is frustrated by another stimulus, like seeing your indoor cats. Maybe wear boots or long socks when you are with him to protect your legs.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)

5th Annual Benefit Tag Sale for the Humane Society of Sandusky County March 24th (9-3) & March 25th (Noon-3 & 50% Off!!) Please Donate!!! Please Come Shop!!!

Ready to spring clean & declutter? Want to find a great use for some household or garage items you no longer want or need? Please consider donating them to the 2018 Benefit Tag Sale once again being put on by Fremont Yacht Club & Carol's Tag Service. Why? Two great reasons. First, 100% of all sale money goes directly to the Humane Society and second, all remaining unsold items will be donated to Fremont's Share & Care (as well as other local organizations, depending on the amount left over). How better to easily help your community?!

Donation Dates: March 11th (Sunday), 11 to 2
March 17th (Saturday), 9 to Noon
March 19 - 21 (Mon. - Wed.), 4 to 6:30 each day

Sale Donations Being Sought: Any non-clothing household, garage or yard item that is in good condition. (If it's in good condition, regardless how old, it is either wanted or needed by someone!) Have some nice but outdated or vintage items you want to rehome? We'd love to have them! Tax receipts will be available! (Please call to discuss bringing any large items that can't easily be moved by one person.)

Other Items Being Collected (For the Shelter): Purina Naturals dry cat food, wet cat food, paper towels & trash bags. **Donation & Sale Location:** Fremont Yacht Club, 1900 Yacht Club Drive (off of Port Clinton Road in Fremont)

Questions? Call Tracy at (419) 307-2608



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Can't take your pet with you? Leave them with us where we can make sure they are taken care of like a member of our family. We have glass front doors to ease their stress. Cots are available to keep your pet off the floor so they can lounge in their private room in comfort.



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CBD Usage in the Body

By Dr Paul Silcox

Cannabidiol, or CBD, is one of over 60 compounds called cannabinoids. Cannabinoids are found in many plants but are most commonly linked to cannabis. (marijuana)



Unlike other cannabinoids such as TetraHydroCannabinol (THC), CBD does not produce a euphoric "high" or psychoactive effect. This is because CBD does not affect the same receptors in the body as THC.

The human body has a built in endocannabinoid system (ECS) that receives and translates signals it receives from cannabinoids in the body. The body produces some cannabinoids on its own, which are called endocannabinoids. (meaning from within) The ECS helps regulate functions such as sleep, immune-system responses, and pain.

Usually, if a person smokes marijuana, they'll get THC which produces a "high" feeling by affecting the brain's endocannabinoid receptors. This activates the brain's reward system, producing pleasure chemicals such as dopamine. That's why marijuana smokers want it available.

However, CBD is an entirely different compound, and its effects are very complex. It is not psychoactive, meaning it does not produce a "high" or change a person's state of mind. Instead, it influences the body to use its own endocannabinoids more effectively. Scientists have taken the marijuana plant, and separated the different components so that a person can get the pain relieving good part, without the mind altering part.

Since early November, 2017, I have been using creams and massage oils on patients that contain varying strengths CBD and have been VERY happy with the results and responses that patients have reported in addition to my own personal experience. Now, I am offering CBD Clinic brand products to my patients and the community here in Fremont. Its an effective topical that can help hold a person over until they need to get in for treatment, or, it may take care of it all together. CBD Clinic products provides people options and I'm happy to make them available.

Omarr's Astrological Forecast



ARIES (March 21-April 19): Plan to exercise poise. A significant other might surprise you with a touch of the exotic or a friend may present a sudden change of plans. In the month ahead work behind the scenes to enhance your reputation.

TAURUS (April 20-May 20): Drift along with the crowd as a sightseer. The urge to be outrageous and shocking will fade as you get back into regular routines, you may want to be pampered but practical at the same time.

GEMINI (May 21-June 20): Practice makes perfect. Put extra effort into fulfilling existing obligations.. Pass up invitations to community events so that there is more time to tend to family based goals and activities.

CANCER (June 21-July 22): The road to pennilessness is paved with good intentions. Follow through on financial commitments and don't waste your resources by overpaying for luxury items. You can be creative without being extravagant.

LEO (July 23-Aug. 22): Push the envelope not the paperwork. You may prefer to be an entrepreneur rather than a traditionalist. If you show you know "what's what" others will quickly develop confidence in your abilities.

VIRGO (Aug. 23-Sept. 22): Play by the rules. Problems that appear may reflect a lack of foresight in the past. Take pains to make corrections immediately so that you won't be held accountable in the future. Focus on joint financial security.

LIBRA (Sept. 23-Oct. 22): Achieving goals should be at the top of your list. You are sometimes so challenged by unexpected expenses and financial outlays that you forget the real reason you have so much overhead.

SCORPIO (Oct. 23-Nov. 21): Going overboard by showering someone with presents might do your heart good, but won't do much for your wallet. In the month to come you must try to be sensible when dealing with business and financial affairs.

SAGITTARIUS (Nov. 22-Dec. 21): You may brim with ideas, but someone may dampen your ardor by asking detailed questions. Your creative urges could be bogged down when you must deal with practical considerations.

CAPRICORN (Dec. 22-Jan. 19): Focus on following advice obtained from partners and elders.. Any small impulsive changes you make now could affect your finances or your relationships in an unexpected manner.

AQUARIUS (Jan. 20-Feb. 18): Too much of a good thing can be good for you. Money may slip through your fingers in generous amounts, but for some reason the expenditures will prove to be for a good cause. .

PISCES (Feb. 19-March 20): Produce the product. You could be riding high on a wave of popularity, but people may be unwilling to take your promises at face value. Concentrate on important projects while energy levels are high.

Classifieds

SERVICES

Dust Free Cleaning: Get ready for Valentine's Day! References, insured, four hour minimum, \$18.00 per hour. Call 419-603-6667 to get started.

Donna's Sewing: Alterations, pants, \$6 per pair; zippers, curtains, dresses, tailoring Quick turnaround! Call Donna at 419-332-1654. 922 Carbon St., Fremont

MOVING SALE

Moving Sale: Rattan Wicker 5 pc. Sofa, glass coffee table, 2 end Tables w/ 2 lg. ceramic lamps, hunter green, no shades, \$350. 2 Mauve Queen Ann chairs w/ 2 end tables \$50. OBO Call 419) 547-9889. Please don't call after 9 pm.

Advertise here for \$25, just send your check and classified, 30 words or less, to 30 Ponds Side Drive, Fremont, 43420.

2018 UNCORK THE FUN!

Friday March 23, 2018 7:00—9:00 p.m.

Rain Date: Saturday March 24th

Doors open 6:15 Raffle drawings start at 7:30

Ticket Price: \$25/person - Wine & Pop Cash Bar

Camp Fire, 2100 Baker Road, Fremont, Ohio

Light Refreshments, Silent Auction,
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To support Camp Fire Sandusky County



Camp Fire Sandusky Co. is now accepting credit cards for ticket purchasing as well as purchases that evening.

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Doors Open at 4pm Early Birds at 6:30pm

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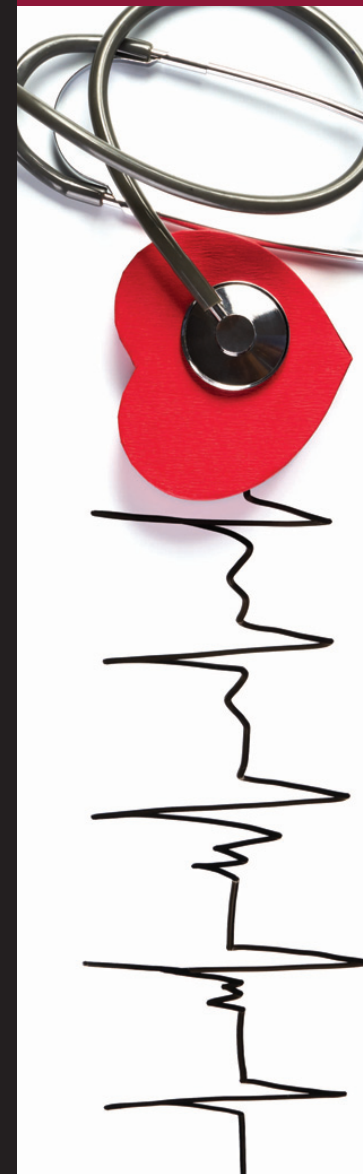
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New and Old Patients Welcome

Walk In's Welcome



The Bellevue Hospital *Cardiac Rehabilitation*



*Members of The Bellevue Hospital's Cardiac Rehabilitation Department include (from left to right):
Hollie Alda, BSN, RN; Dan Kramer, BSN, RN; Denise Bullion, RN, CDE; and Lauren Turner, RRT*

Staying Committed to a Healthy Heart

Cardiac Rehabilitation is for individuals with the following diagnoses:

- Heart attack
- Angina
- Cardiac surgery
- Heart failure
- Heart transplant

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- Improves stamina and strength



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The Bellevue Hospital

*For more information, call
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Cardiac Rehabilitation Department:
419.483.4040, Ext. 4303*

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