

# 2000 Lifestyles

**Free**  
**Vol. 20 Issue 2**  
**February 2019**



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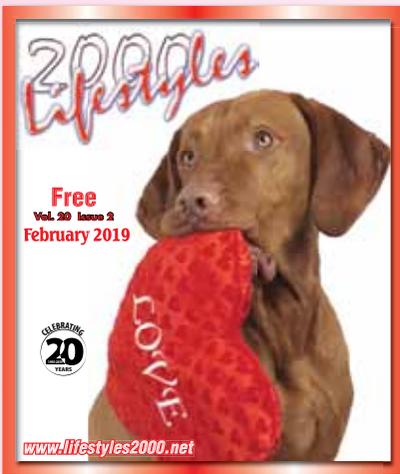


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# Lifestyles 2000

February 2019  
Vol. 20 • Issue 2  
www.lifestyles2000.net



## Fostering Awareness: Using marijuana as a medicine - Dosage

Ohio now allows registered patients limited access to marijuana for specific uses as a medicine. We have learned from the current opiate epidemic the importance of understanding the risks when taking medications, of considering the possible side effects, and of following doctors' orders.

Education on this topic is very important for everyone, especially Ohioans registered as patients approved to use marijuana as a medicine. According to Stanford Medicine, more than half of Americans fail to follow doctors' orders when taking medications.

Marijuana will be available in Ohio's dispensaries in different forms, such as edibles, oils, capsules, patches, lotions, creams, and others. For many, this is not a traditional way of taking medication and could lead to misuse. For example, it can take up to four hours for an edible form of marijuana to take effect. It can be tempting to take more while you are waiting for its effects, but using too much can lead to hallucinations, paranoia, anxiety and other risks to your safety. Edibles can also have a different effect depending on how often a patient takes a dose.

Registered patients should ask their physician about possible side effects, and guidance regarding dosage and potency. Marijuana should only be used as recommended, with close supervision of a qualified physician. Be informed and be safe.

Be informed. Be safe.

The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties - ensuring mental health and addiction services to our community for over 50 years.

### NEWS & NOTES

Camp Fire News.....8

### ENTERTAINMENT

Out to Lunch: Bate's Kitchen, Lynn Urban .....4

Calendar of Events .....5

Helen Marketti's Music Corner .....6

History Notebook, Nan Card .....9

In Your Own Backyard ..... 11

### HEALTHY LIVING

Fostering Awareness: Using marijuana as a medicine - Dosage .....3

New Year, New You?, Dr. Paul Silcox ..... 11

### HOME & HEARTH

Kiss-Me-Over-The-Garden-Gate, Grace Sidell .....7

The Rehome Our Chimney Swift project in Lindsey, Robert Morton.....7

Believing in Budgets, Lynette Kirsch.....8

"Grate" Treats and Eats, Christine Timko-Grate ..... 9

Pet World, Cathy Rosenthal .....10

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## DISTRIBUTION

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For advertising and general information call, 567-342-3117, or e-mail [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

**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. Press releases must be submitted as Word documents only. No PDF files please. 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.**

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Happy Valentine's to our readers!



We are thrilled to have Nan Card back with History Notebook each month, and welcome Lynette Kirsch with her wise columns on financial management.

Don't forget the new contest for 2019, you don't have to Find Pete to enter.

Joanne



There were almost 200 entries this month, the most we have had in a very long time! The correct answer was Calico Cat, we are thrilled to have them advertising with us as they have done for the past many years.

## Find Pete Winners

The winners are: Lynn Franke, Sandusky; Margaret Selvey, Amanda Rutski, Kayla Quaintance, Regina Freeman, Clyde; Judy Nehls, Cindy Flores, Debra Beeker, Gibsonburg; Beth Wurgess, Brenda Butzier, Deb Fleckner, Kelly Dayringer, Joanna Ratliff, Gwen Ferguson, Donna Fisher, remont; Ann Foos, Karen Haubert, Helena; Bernie Fritz, Huron; Beverly Pittman, Elmore; Sharon Miller, Bettsville. Congratulations ladies!

"Celebrating 20 Years" contest winner of a Dairy Queen cake is Susan Eberhard of Bellevue.

Many of you missed this contest that will run all year, just mention Celebrating 20 Years on your entry to be added in the additional drawing.

## Find Pete Prizes

Prizes are from Color Haven, Overmyer Jewelers and Dairy Queen in Fremont. The Calico Cat 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](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.

# Out to Lunch

By Lynn Urban



## Bate's Farm Kitchen

A friend of mine told me about a restaurant in Sandusky called Bate's Farm Kitchen which has been open for about two years. After working at several fine restaurants in Cleveland, the chef came home to run the family farm after his mother died, that's when he decided to open his own restaurant.

In the summer, chef grows tons of heirloom tomatoes, peppers, squash, and many more vegetables, that he builds his menu around. This has been quite a learning experience for him, but what he's got is a great little restaurant. His words were, "Around here, it's all about comfort food". It definitely is by what's on the menu; meat loaf (\$12.00), pot roast (\$14.00), and pork schnitzel (\$14.00), to name a few. All dinners come with fresh vegetables on the side. The menu changes weekly, according to what's in season, and of course what sounds good, especially if it's snowing outside, lots of comfort food. They also have options for the vegetarian.



As we sat at the counter, we watched the two chefs in action. One of the guys pounded and breaded the pork for schnitzel, while the other chef prepared a giant chicken breast for my sandwich. I had to eat most of the chicken with a fork, before I could pick up the sandwich. I also had a side of tasty fried Brussel Sprouts. We also took home some pork rinds that were made fresh while we ate.

As we were eating, the waitress told us about the homemade vanilla ice cream they had just made that morning for a luscious dessert. The ice cream was served it with fresh baked apple crisp. Oh yeah, the chef's fiance is a pastry chef. How convenient!

Due to the fact that it is off season in Sandusky, the restaurant is only open from Thursday to Sunday from 10 am until 7 pm. It's easy to find at the corner of Strub Road. and Columbus Avenue. Stop by for some good wholesome food!

The Bate's Farm Kitchen-3708 Columbus Ave, Sandusky (419) 502-0020



## Hey, fans! We're back!



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# Calendar of Events

February 2019 – Sandusky County

**February-May:-** Special events, World War I exhibit to examine patriotism and protesting, Rutherford B. Hayes Presidential Library & Museums.

**2:** Sacred Heart, Annual Spaghetti and Meatball Dinner, 550 Smith Road, 4:30 p.m. - 7:30 p.m. Cost: \$9, Adult Dinners and \$6, Children (ages 10 and under) Dinners. Menu includes: Spaghetti, meatballs, lettuce salad or applesauce, Texas toast, homemade dessert, coffee, orange drink or milk. Wine is available to those 21 and older for an additional charge. All are welcome. Carry outs will be available until 6:30 p.m.

**2:** Pantasia Steel Drum Band - Communities for the Arts, Clyde High School Auditorium, 7:30 p.m. FREE admission but you must have a ticket. No reserved seating. Tickets are available at various locations, call 419-547-0588 or visit <http://www.communitiesforthartsclcyde.org>

**3:** YMCA Super Bowl Sunday Indoor 5K & 10K, YMCA. Kick-off the year and tackle our special one-of-a-kind Indoor 5K/10K this Super Bowl Sunday! Paper registrations can be turned into the Sandusky County YMCA Front Desk or you are welcome to register online @ SignMeUp.Com/FremontYSuperbowlRun.

**2-3:** Living History Trade Fair, Sandusky County Fairgrounds, 9- 5 p.m. on Saturday and 9- 3 p.m. on Sunday. Cost: \$5.pp or \$7 weekend pass. 419-334-8180

**7:** Beer & Wine Tasting, The Schedel Arboretum and Gardens, 6:30 - 8 p.m. Join us with personal chef, Jennifer Schuerman for a beer & wine tasting with themed foods. Fee is \$30.90 pp. Advance notice is required, no later than the Monday prior is appreciated. For info: <http://www.schedelgardens.org> or call (419) 862-3182.

**9:** Applebee's Flapjack Fundraiser for the Humane Society of Sandusky County, all you can eat flapjacks. Tickets at the shelter or the door the day of the event, \$8, breakfast is from 8-10am.

**16-17:** Fremont Gun Show, Sandusky County Fairgrounds, 8:30 a.m- 4:30 p.m. on Saturday and 8:30 a.m. - 2:30 p.m. on Sunday. \$5.00. Exhibitors with all types of guns and related products will be on hand trading and selling items from modern to historical. Food and handicapped access available. All federal, state and local fire-arm ordinances and laws must be obeyed. For info, call 419-332-8189.

**16:** Cabin Fever Fest 2019 "Flannel & Frost", United Way of Sandusky County Cancer Care Fundraiser, The Strand, 220 S. Front St, Fremont. Doors open at 6:30 p.m. Music starts at 7 p.m. Join us for our Cabin Fever Fundraiser as we once again welcome Amelia Airharts and Bird into Bear. For tickets or more info, call 419-334-8938 or email: [director@uwsandco.org](mailto:director@uwsandco.org).

**17:** Music in the Parlor, Rutherford B. Hayes Presidential Library, 4 p.m. - 5 p.m. Tickets are \$12. Enjoy a musical performance in the large parlor of the historic Hayes Home, the same area where President Rutherford and First Lady Lucy Hayes entertained their guests in the 19th century. Reservations required, 419-332-2081, ext. 238.

**16-18:-** Sleigh rides through Spiegel Grove, 1pm - 4 pm. Celebrate Presidents' Day weekend by riding in a horse-drawn sleigh or trolley through President Rutherford B. Hayes' estate.. Rides are offered on a first-come, first-served basis, and no reservations are taken. If there are thunderstorms or extreme cold temperatures, the rides will be canceled. For updates, [rbhayes.org](http://rbhayes.org)

**23:** 5th Annual Firehouse Challenge, Anjulina's Banquet Hall, Fremont, 6- 10p.m. Ballville Firefighters will be defending their bragging rights as Sandusky County's finest firehouse cooks...50% of the proceeds benefit the Sandusky County Communities Foundation and 50% of the proceeds benefit the Sandusky County Fireman's Association. Enjoy appetizers prepared by local firefighters, cash bar, silent auction items, basket raffles and 50/50. Tickets are \$25 per person - OR - \$160 for a table of 8. Tickets are available at Ballville Fire Department, 1414 W. Cole Rd., Fremont, Ohio 43420 or call Ryan Witte at 419-217-9724.

**27:** Presidential History Book Club, Rutherford B. Hayes Presidential Library, Noon. Free. All are invited to read and discuss books about the American presidency at this free book club. This month, the club is reading "Warren G. Harding" by John W. Dean. Participants can bring their lunch. Call 419-332-2081 or visit <http://www.rbhayes.org> for more information.

**28:** Painting with Donna Chick a dee welcome board, The Schedel Arboretum

and Gardens, 6 a.m. - 8 p.m. Hands on guidance with artist, Donna Ebert. All materials included, and all skill levels welcomed. Fee is \$51.90. Advanced reservations appreciated. Includes one complimentary glass of wine or water. visit: <http://www.schedel-gardens.org> or call (419) 862-3182.



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# Helen Marketti's Music Corner

## HALO Live at the Mohawk Studios Part One



What first began as a dream has now become a reality for Shawn Daley with a little help from his friends. Shawn once had a recording studio at his former home in nearby Huron. It was functional and worked for a while but eventually he knew that the further necessities of working with bands, recording and producing where outgrowing their happy home.

"I was growing as the bands were growing," said Shawn. "They wanted to do more but I just didn't have the space. I was starting to get more recognition as a recording engineer and producer. I had bands in my house sleeping on my couch. I started to think about how I could expand the monster I had created to have more space. I had to decide what is realistic and what is a dream. In my normal fashion I always say, go big or go home."

Shawn's dream was to have a big studio. An environment that offered more for the musicians in terms of space as well as additional equipment and even a place to sleep for the night while the music and recording takes it time to

fruition. "I needed to develop a plan and stay with my vision," said Shawn. "I didn't want to just put up a pole barn, give it a paint job and call it a studio. I didn't want it to be like a conveyer belt of production. I wanted to work with the artists. I wanted them to have a place to stay while we worked on their music. I wanted people to have the "wow factor" when they walked through the front door. I had a checklist in my head of what I wanted the place to have. I knew in time I would go some place where the ideas I had in my head would spark."

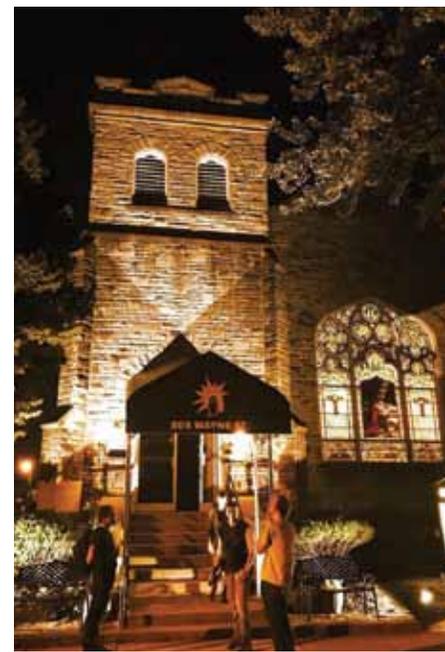
"Low and behold, about four years ago my wife and I went to a wedding in Pennsylvania. We were in a church that seemed to be in the middle of nowhere. I remember looking around the church, going through my mental checklist and thinking that everything fit. I started calling churches when I returned home. I was talking to maintenance people who are actually called, sextons. Sextons is the term given to someone who cares for the upkeep of a church as well as any nearby cemeteries. My goal was to find a church that was ran by one pastor, had a groundskeeper and was between 5000 to 7000 square feet. Once I knew what I was looking for specifically, I started looking at places in Norwalk and Fremont. Eventually a church became available on Wayne Street in Sandusky. I fell in love with the place as soon as I saw it. It looks like a castle on the outside. It isn't, of course, a place where you normally would have bands record."

While Shawn was working on details to obtain the church, a client of his named John Davenport had moved back to the

area from Nashville. He asked Shawn what he could do to help make his dream a reality. "Long story short, John and I took possession of this building on April 17, 2017. I remember we sat on the pastor chairs and talked for about five hours of where to start and what will we do?" remembers Shawn. "We now had the keys to the castle so how do we make the castle work? We had some obstacles. This church is 100 years old. We took our time and started chipping away at each project. Musicians in the area stepped up to help. There was plenty of work to do. We did hire out some contract work but most of it we did ourselves!"

[www.HALOLive.US](http://www.HALOLive.US)

Part Two will be continued in the March issue!



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

By Grace Sidell

Welcome February, the month of Valentine cards and flowers. How about a "Home cooked with love" dinner for the man in your life, or perhaps dinner for two at a favorite restaurant? After dinner, let me suggest time spent together—no TV or cell phones allowed; however, talking, holding hands and a kiss every once in a while should definitely be on the agenda. However you celebrate, have a great Valentine's Day.

After much thought and conversation with my staff and family, I have decided that I will not have a booth at the Home and Business Show this March. I am sure that I have been one of the smallest, if not the smallest business to participate at the show since my first year, 2003. My business is well established now and the booth rental fee has necessarily risen to keep up with rental cost that show organizers are facing. So, I have another idea. I am planning to do an open house event here at my home-The Old Garden House. Folks who visit can see the actual space we have inside the home to cook and serve their family, business or club's luncheon or dinner. They can walk through the Woodland Garden; check out the emerging flowers in the gardens and enjoy the sound of the water rushing over the falls and dropping into the pond below. Also, those who are planning a summer outdoor wedding can view the yard, gardens, gazebo and open space that is available for them.

We will have refreshments for our guests to enjoy while they sit on a porch swing or bench in the Woodland Garden, relax on the wrap-around-porch or sit on the bricked patio or veranda with umbrella tables. Our staff of meal servers and family members and friends will be on hand to answer your questions and visit with you. And yes, we will have some yet-to-be-determined game or guessing contest as we always did at the Home Show.

We are looking at a date in late March or early April on a Saturday or Sunday with hours of perhaps 11 am to 5 pm. If you have any suggestions for us, or thoughts in general about this idea, please call me at 419-332-7427. We will publish our final plans in next months (March)

Lifestyles and will include these plans with the 2019 tea schedules that will be mailed out in mid-February. If you would like to be put on our mailing list, please call and we will add you to the list. Our address is 1045 S. Bloom Rd., Fremont, OH 43420

February is a transition month, from cold of January to the unsettled but warmer days of March. Spring is on it's way. Yeah! February gives us time to visit with friends, play cards or board games. Go to a high school basketball game just for the fun of it even if we don't have a son or daughter on the team; go to a movie; teach your kids to play eucher and learn from them how to play crazy eights; paint the living room walls a new color; polish the silver and clean the kitchen cupboards.

First thing we know, it will be March and the first day of spring! Yeah! So, let's enjoy whatever nature sends our way and remember that "Life is Good" every season of the year.

*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.*

# The Rehome Our Chimney Swift project in Lindsey, Ohio

by Robert Morton

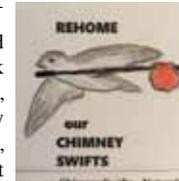
Washington Elementary School in Lindsey, and the townspeople there, are playing a key role in saving the endangered Chimney swift, a people-friendly bird that snaps up to 6,000 insects out of the air each day. The school is an old brick building and that's where the story begins. These agile birds used to nest in large, hollowed-out dead trees, but as human development replaced our forests, they were forced to find alternative nesting sites. The large industrial chimneys, stacks, incinerators, and air shafts in buildings of the early 1900's soon became perfect adaptations for them to roost in.

Yep, Lindsey's elementary school became one of their choices! School personnel and children were unaware of their avian roommates until 2017 when some townspeople counted 332 Chimney swifts entering the school's large chimney at sunset. Mrs. Sue Gray, the school principal, was excited to learn about the birds and incorporated Chimney swifts into the school's curriculum for the 2019 school year. Nationwide, the Chimney swift population has declined 60% from 1966-1991 and it is still plummeting. So sad, for they are beneficial to humans, being voracious eaters of flying insects including mosquitoes, flies, ants and termites. They are very clean birds and leave very little debris in the chimney from their nesting activities.

People in Lindsey and elsewhere are concerned about the future well-being of this large colony, for the aging school is soon to be demolished or sold. Helen Hollis formed the ReHome Our Chimney Swift Project and is in the beginning stages of designing and building an artificial Chimney swift tower. Volunteers are needed! Eagle Scout candidates or people with skills in design, carpentry or construction can contact Helen Hollis (hhsunsy at yahoo.com or telephone 614-546-6474) or Tom Kashmer of the Green Creek Wildlife Society (greencreekws at gmail.com). It is a 501-C3 organization, so Helen can accept money for the project or donations of material and/or labor. If you can, volunteer to help build a new home for these incredible birds!

The Lindsey community-based group ReHome Our Chimney Swift and the Green Creek Wildlife Society are sponsoring a special public event- "Chimney Swifts- everything you need to know about this special native bird," on February 13th at 6:30pm at the Washington School, 109 W. Lincoln Street, Lindsey, Ohio. If the weather is bad, it will be rescheduled for Feb. 20th. The speaker will be Judy Semroc, a nationally-known expert on Chimney swifts who works as a Conservation Outreach Specialist for the Cleveland Museum of Natural History.

Robert Morton has retired from his adjunct professor position in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database" which can be found in Kindle or paperback at Amazon.com books.



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# Camp Fire News and Notes



Snow, Boots, Sleds and Winter Fun! What have you done this winter to enjoy the outdoors and explore nature? Maybe this winter you took a hike, looked for birds, went skiing or sledding, drank hot coco, or built a fire and made a s'more! Whatever sparks your interest these winter months we encourage you to get outdoors and explore the many reasons to love Winter!

What are we doing here at Camp Fire to get out and enjoy the winter!? Fifteen jumpers braved the icy cold water of our pond January 19th as they jumped for the youth in our community! A huge thanks to our sponsors; Wendy's, Swim Rite Pools, Wetzel's Sewer Cleaning and Phase 1 as well as the jumpers and their donors for your support in this annual fundraiser! We are also excited to offer and accept youth into our before- and after- school programming with bussing to and from all elementary school in Fremont City School District! Parents night out, Schools out Camp is in and a number of other winter programs are underway! Check out of facebook page and website to stay up on what is going on at Camp Fire!

Uncork the Fun is March 22nd! Tickets will go on sale January 19! New this year purchase your tickets online through our website [www.campfire.org](http://www.campfire.org) and facebook page [www.facebook.com/campfire.org](http://www.facebook.com/campfire.org). Tickets this year are \$40 which includes; entry into the event and our door prize drawings, Heavy appetizers, 5 drink tickets (Wine, Beer, soda, water) and a signature wine glass to take home! Donations received support our annual youth programming!

We would like to thank all of our annual donors and United Way of Sandusky County for your continuing to give S'MORE support in Camp Fire Sandusky County! The impact you provided to our youth and programs is priceless! Thank You!

Need a great place for a party, family get together or a wedding? Come check out the recent changes at Misty Meadows! We can't wait to assist you in planning your special event!

For more details, volunteer opportunities, or any questions call 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

# Believing in Budgets

By Lynette Kirsch

So...Do you feel overwhelmed about how to pay your bills each month? Have you fallen behind in payments and cannot figure out how to get caught back up? Believing in a budget is the first step to fixing the problem. You can do this! You can solve the bill issues! Gather all your bills-even the ones you have tucked away and have not paid in months. Don't forget the ones that have been turned over for collections. Sit down in a quiet place with no distractions and a notebook. Make a list of each bill that you have in your pile. For example,

AEP Due 2/15 \$75 Total bill owed \$634

Rent Due 2/1 \$550 Total bill owed \$800

JCPenney Due 2/28 \$25 Total bill owed \$178

Keep writing until they are all on your list! Don't get distressed-you must know the full weight of the problem before you can fix it. Once everything is written down, step away from your list and go outside for a walk. Remember what your dreams are for the future. Forgive yourself for whatever financial mistakes that you have made up to now-today is a new day! You will make better choices beginning today!

Go back to your list now with a clear mind, a forgiving spirit and an awareness to want to change. Flip to a new page and write down all the reasons that you got into the above bill situation. For example: I hated that job, so I quit without another job. I needed to buy groceries, so I skipped paying rent this month.

Put the two lists side by side. You need a third piece of paper now. This one list out what you are in control of and what you will and can change. For example: "I can work a second job. I can return that coat that I bought that I have not worn yet."

Now the hard part. You need a fourth sheet of paper. Write down any income coming in and when it will be there. You should include items that you have that could be sold to take care of your bills. Work hard at this list and do not leave anything out. For example,

Paycheck Receive on 2/10 \$400.00

Child Support Receive on 2/15 \$50.00

Phone & Charger Sell 2/25 \$75.00

The next step is taking your income sheet and crossing off bills that will be covered by those wages and other items on your income sheet.

The above budget is a simple version but if you follow the concept-you can get your bills under control. Honestly, having a solid plan is the first step, you can see the shortfalls and when they will hit during the month.

The last step may be the hardest! Find a friend, church member, etc. that you can share your budget list with and your income list. Ask them to help hold you accountable to change what is written on the sheets and to pray for you. Have them look over your lists and give you any input they might have (you must be open to hearing it). You can do this-change takes energy!

Carol Burnett "Only I can change my life. No one else can do it for me."

Lynette Kirsch is the Executive Director of Sandusky County Share and Care. She lives in Fremont, has raised three children with her awesome husband and has a passion for teaching others to budget & live full, happy lives with contentment. She loves to travel and serve others.



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## Celebrating the Emancipation Proclamation



The nearby broadside, printed in Fremont, Ohio, publicized the celebration of the Emancipation Proclamation in the United States and the West Indies. The date, August 1st 1879, was chosen by the organizers as it was on this day in 1838 that full freedom from slavery was enacted throughout the British Empire. It had taken England four years to implement the act. Because England “ruled the waves” with its powerful navy, it was necessary for all its ships to comply with the proclamation as it sailed to many of the country’s colonies where slavery had existed for decades.

Locally, Reverend Edward Claybrooks took charge and served as president of the event. Born in Tennessee some fifty years earlier, he had come to Fremont, married Sarah Ann Curtis, and ministered to many of Sandusky County’s African American families at the A. M. E. Church. Orlando Curtis, T. G. Reese, Jacob Reed, George Taylor, Robert Keyes, and John Floyd were just a few of the event organizers..

For whatever reason, the celebration was postponed until the 9th of September. Locals met Rev. J. W. Lewis of Toledo, J. P. Green of Cleveland, and other distinguished guests at the railroad depot as the morning trains arrived. The procession, numbering more than 200, formed in front of the courthouse. The Clyde Band led off the parade followed by the speakers of the day. Behind them came wagons and carriages filled with both locals and out-of-towners. They wound their way through Fremont’s major streets and then headed for the fairgrounds. There, they gathered in the grandstand, eating picnic lunches as they listened to the speakers.

Rev. Claybrooks read letters of regret from President Hayes and the Honorable Charles Foster. A reading of the near-sacred Emancipation Proclamation followed. Then J. P. Green

took to the stand and declared to all that “knowledge is power” and “we must educate ourselves.” He explained that he was firmly against the emigration of freedmen to Africa. Green declared that we are all Americans. We helped “cut away the forests, build canals, railroads, and cities, and fought for the Union.” While opposed to emigration, Green believed in the settlement of the West. They had helped and would continue to help make the country what it is - the “land of the free and the home of the brave.”

After Green’s uplifting speech, Prosecuting Attorney John Garver spoke on behalf of the town. The Clyde Band “serenaded” the visitors who then gave three cheers for the mayor and the city council. That evening a large festival was held at the city hall where former mayor Homer Everett addressed the crowds. To cap off the celebration, everyone enjoyed a grand ball at the Opera House.

The snow and bad weather has begun, now leave March to start the warm up and bring us the spring weather! Since it is on the cold side I have a really good Hot Chocolate recipe and a hint of spring with a Blueberry Lemon Trifle for the sweet tooth! Enjoy.

### Fluffy Hot Chocolate

- 8 teaspoons sugar
- 4teaspoons baking cocoa
- 4 cups 2% milk
- 1 ½ cups miniature marshmallows
- One teaspoon vanilla extract

In a small saucepan , combine the first four ingredients. Cook and over medium heat until marshmallows are melted, about 8 minutes. Remove from heat; stir in vanilla ladle into mugs. And warm yourself up!

### Blueberry Lemon Trifle

- 3 cups fresh blueberries divided
- 2 cans (15 ¾ ounces each) lemon pie filling
- 2 cups (8oz lemon yogurt
- 1 prepared angel food cake (8to 10 ounces) cut into 1-inch cubes.
- One carton (8ounces) frozen whipped topping thawed
- Lemon slices and fresh mint optional

Set aside ¼ cup of the blueberries for garnish. In a large bowl, combine the pie filling and yogurt.

In a 31/2 quart trifle bowl layer a third each of the cake cubes, lemon mixture and blueberries. Repeat layers twice. Top with whipped topping. Cover and refrigerate for at least 2 hours. Garnish with the reserved blueberries and if desired, lemon and mint. Enjoy!

*Quote for the month: I find television very educating, every time somebody turns on the set, I go into the other room and read a book – Groucho Marx*

Any questions and your recipes you would like to share contact me at christimkogr@roadrunner.com Or call 567-201-2726

Dear Cathy,

We rescued our golden labs - a 6-year-old brother and sister - three months ago, and they are great fun, and just the best. However, they have horrible breath. Despite giving them a 'greenie' a day, it is still bad. We know and have kept other dogs and have never had complaints, like we have with Cookie and Clancy. We do not feed them junk food or food from the table. Our vet is stumped too. Do you have any ideas? - Jo and Doug, Yorkville, IL

Dear Jo and Doug,

Bad breathe can be a sign of several diseases, from stomach problems to diabetes and kidney disease, but the main culprit is often poor oral hygiene. In fact, periodontal disease may be seen in dogs and cats as young as 3 years old.

Have Cookie and Clancy's teeth cleaned, and then brush their teeth a few times a week with a toothbrush and doggie toothpaste to reduce tartar and plaque build-up. There also are some great products like dental chews, breathe fresheners (sprays and treat bites), even some probiotics that can help maintain good oral hygiene. You can go old school and give them carrots, since it can help reduce plaque build-up, and add some chopped parsley to their food to freshen their breath.

Dear Cathy,

We're having a huge problem with our cat. We bought a new bed a few months ago, and she has peed on it five times. My poor husband washes the sheets and mattress covers, and we get the quilt cleaned. We had no choice but to keep her out of the room unless one of us is in bed. This has gone on for a couple of months. She was very unhappy, and so were we and our dog. We gave in, and that night she did it again. She has never peed on anything else. Any insight would help. - Ellen, Mount Sinai, NY

Dear Ellen,

If you aren't extracting every molecule of urine out of the mattress, sheets, and quilt, your cat will return to the same spot to urinate - no matter how much time has passed.

Purchase an enzymatic cleaner at the pet store or online to clean your mattress. An enzymatic cleaner "eats up" biologicals like urine and poop, thus eliminating any residual odors. These cleaners only work when wet, so you may need to wet the mattress and put a wet towel over the spot to activate. Repeat the process until the area is completely neutralized.

Washing sheets is not enough. Soak the sheets and quilt in the enzymatic cleaner before wash-

ing them. (Test it on a corner of fabrics first.) Some enzymatic cleaners can be added directly to your washing machine, so check products for more information. Make sure the quilt is cleaned and not dry cleaned. Dry cleaning can leave subtle odors that a cat may want to cover up with their urine.

Finally, when everything is clean, spray your bed, sheets, and quilt with feline pheromones and/or put a feline plug-in pheromone near your bed. You won't smell the pheromones, but she can, and it may calm her and prevent her from urinating in your room again.

Dear Cathy,

We have a 3 1/2-year-old Labradoodle named Rocco. He is basically a good dog, but he has a bad habit we can't seem to break. He constantly steals stuff, socks, clothing, paper, anything he can get his paws on, and chews them and sometimes even swallows them. He even vomits stuff up sometime. We have tried everything, including hiring a professional dog trainer who was quite expensive. Nothing has worked. Can you please give us some advice? - Frustrated Dog Owner, Allentown, Pennsylvania

Dear Frustrated Dog Owner,

Your dog sounds curious and smart. Keep training him as much as possible. Trained dogs often behave better overall because the training engages and keeps their minds busy.

Next, pet proof your house, as if he is a puppy. Put clothing in the hamper, papers in drawers, books on shelves, shoes in closets, etc. I know you can't secure everything, but secure as much as possible to remove temptation.

Finally, buy him puzzle toys. Start with simple toys like a Kong Wobbler and work your way up to more challenging puzzle toys that will engage more of his brain. When he has a puzzle toy that dispenses treats, he will more likely forget about the socks and paper. By training and engaging him in the right activities every day, he will stay engaged and eventually lose interest in the "nonrewarding activities."

(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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @ [cathymrosenthal](https://twitter.com/cathymrosenthal).)

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# NEW YEAR, NEW YOU? Or Same Ol' Same Ol'

Dr. Paul Silcox

Like so many people, as the end of 2018 approached, I began to take stock of myself thinking about things that had been accomplished in 2018, but also things I wanted to change. I had been reading statistics about health, lifespan, etc. now being in my early (closer to mid) 60's, my work, work, work, mentality and lifestyle is catching up with me.

One of the statistics, Life Expectancy, shows that overall prevalence for being overweight among the age of 20 years and older is 75% for men and 67.8% for women. In that life expectancy report, the age group 45-64, cancer and heart disease were the top two causes of death. That REALLY got my attention!

So I had to face facts. The old saying of "If you keep doing the same things you've been doing, you're going to keep getting the same thing you got!" or some reasonable facsimile of that.

The reason I chose this topic for February is this: This is really sad, and it may be hard to believe, but statistical surveys show that roughly 40% of people who made weight loss their New Year's resolution have already given up! That means Same ol', Same ol' not New You.

I had been hearing of a weight loss program in the chiropractic profession called ChiroThin. I talked with several people that have used it and knew of a couple doctors that used it in their practices. They said that they were VERY pleased at how well the program was working for them and their patients.

Like any weight loss program, results will vary, but the average weight loss is between 20 -35 pounds on a 42 day program. After 42 days, if a person wants to progress more, another 42 day program can be started after a brief reprieve. A maintenance program is available to help keep the weight off as your body and mind adjust to a new metabolic rate.

This is a doctor supervised program. Weekly appointments are included for accountability. A menu suggestion guidebook is provided and the recipes in there have been delicious.

My motivation? Ellie Marie and Hudson Joe, my 3 year old and 1 year old grandchildren. In order for me to go to their school programs and their weddings, I want to dance on my feet, not in a wheel chair.

For me, I've had Same ol', Same ol' for years. And I see the handwriting on the wall. They're called Statistics. And I don't like em! So, I've got to change. It is a new year. And I definitely want a new me. (So far, 21 days in and I'm down 13.5 lbs!)

# In Your Own Backyard

**Birchard Library Programs in February:** Adult Book Discussion Thursday, Feb.,14, 7 p.m. Join the discussion of the sci-fi classic Foundation, by Isaac Asimov. Books are available at the adult reference desk. Crochet Connection Tues. Feb.19, 6:30 pm. All experience levels are welcome. Bring your own hooks and yarn and drop in for an evening of crocheting fun. Third Thursday Movie Club Thurs., Feb. 21, 1:30 pm When Rachel accompanies her boyfriend to Singapore for a wedding, she finds out he is a wealthy, much sought-after bachelor in this crazy, 2018 film. Adult Coloring Monday, Feb. 25, 6:30 - 8:15 pm. Join us for a stress-relieving evening of coloring, conversation, and refreshments. All supplies are provided. Movie Classics Matinee Thurs.,Feb. 28, 1:30pm. This classic WWII film about building and sabotaging a bridge was voted best film of 1957 and Alec Guinness was honored with an Oscar for his starring role.

**February 23rd - Washington School - 63rd Annual Chili Festival** - Lindsey, 5pm - 8:30pm. Join us for games, raffles, 50/50, bingo and CHILI! Fun for the whole family. Help us celebrate Washington School's 90th birthday!

**"Chimney Swifts...Nature's Imperiled Avian Insectivores"**-- a public program coming to Washington Elementary School auditorium. Feb. 13 (bad weather date, Feb. 20) 6:30 pm. This program will be presented by Judy Semroc, Conservation Outreach Specialist, Cleveland Museum of Natural History. Free, open to the public, light refreshments will be available.

**SERVICE DOG BENEFIT DINNER:** Sat., Feb. 23rd, Dinner-Italian Night, 5pm-8pm (or till sold out), \$10, carryout's available. Demonstrations by Canine Companions for Independence with a Meet & Greet with Graduates, Puppy Raisers & Dogs, Family-Friendly Activities. Name will be put in for a Drawing. 50/50. Open to the public. VFW, 204 Birchard Ave., Fremont. Sponsored by the Women of the Moose, Fremont Chapter 624. Questions? Call Cindy at 419-559-6190

**Fremont Area Women's Connection** extends an invitation to the monthly luncheon at Anjulina's Catering, Fremont, Tuesday, Feb. 12, 11-1 pm. The program will include Mary Arndt, an award winning quilter who will share a display of her creations. Guest speaker, Theresa Herr from Sylvania, Ohio will share her life story of victory over rejection. For reservations and free child care, please call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by Feb. 7. Cost is \$12 inclusive. Any cancellation also needs to be reported to Donna or Carrol. Fremont Area Women's Connection was organized in 1971 and is affiliated with Stonecroft Ministries.

**Fremont Tree and Beautification Commission's meeting** is Feb., 4 at 6 PM at the Fremont Rec Center. We are always looking for new members- you don't have to have a green thumb! Call Rick at 419 307 8924 with any questions. "Like" us on Facebook.

# Classifieds

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## Humane Society of Sandusky County Events

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