

2000 Lifestyles

A photograph of a person's hand feeding a speckled chicken with yellow corn. A mallard duck is visible in the background.

Free

Vol. 15 Issue 1

January 2013

www.lifestyles2000.net

TULIP awareness

Garden

on The Bellevue Hospital
Wellness and Walking Trail

In the spring, when winter exits its gray skies and snowy grounds, the tulips spring forward with bright colors, decorating with promises of fresh beginnings and kind remembrances of seasons past. Join The Bellevue Hospital Foundation in celebrating hope and recognizing journeys made and victories won - In honor or memory of someone who continues to brighten our path as do the tulips in our Awareness Garden.

Tulip Awareness Garden - located on TBH Wellness and Walking Trail. Bulbs may be purchased for \$1.50 each.

<u>Awareness Color</u>	<u>Number</u>	<u>Honor of:</u>	<u>OR</u>	<u>Memory of:</u>
Black (Melanoma Cancer)	_____	_____	_____	_____
Blue (Child Abuse & Colon Cancer)	_____	_____	_____	_____
Gray (Asthma & Brain Cancer)	_____	_____	_____	_____
Green (Cerebral Palsy, Kidney Cancer & Traumatic Brain Injury)	_____	_____	_____	_____
Gold (Childhood Cancer)	_____	_____	_____	_____
Lavender (All Cancers)	_____	_____	_____	_____
Light Blue (Prostate Cancer)	_____	_____	_____	_____
Orange (Leukemia & Multiple Sclerosis)	_____	_____	_____	_____
White (Lung Cancer)	_____	_____	_____	_____
Pink (Breast Cancer)	_____	_____	_____	_____
Purple (Alzheimer's Disease & Pancreatic Cancer)	_____	_____	_____	_____
Red (Heart and Stroke)	_____	_____	_____	_____
Teal (Ovarian Cancer & Gynecological Cancer)	_____	_____	_____	_____
Yellow (Bone Cancer)	_____	_____	_____	_____

Total _____ @ \$1.50 each = \$ _____

- ☐ Please plant my tulip(s) in the Tulip Awareness Garden
☐ I would like to pick up my tulip(s) in the hospital gift shop
☐ Please mail my tulip(s) (\$5.00 fee to mail)

Mail order form and payment to:
The Bellevue Hospital Foundation
1400 West Main Street • Bellevue, OH 44811



Name: _____ Phone Number: _____
Address: _____ City, State, Zip: _____

☐ Check - made payable to: The Bellevue Hospital Foundation
☐ Credit Card - Number: _____ Exp. Date: _____ 3 Digit Code: _____



Lifestyles 2000

January 2013

Vol. 15 • Issue 11

www.lifestyles2000.net

facebook



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It is with a heavy heart that I write this column--the headlines read "28 dead, including 20 children in shooting at Elementary School Massacre." This is not the first such headlines. Within the last several years we have had mass shootings in theatres, shopping malls, college campuses and other schools. When will we be outraged enough to ask the hard questions and demand the answers and then be willing to give up what we need to and change what ever we have to in order to prevent their reoccurrence. Twerny to 25 years ago these things did not happen and certainly not as often and with so many innocent lives being taken. We need to ask what has changed in our society over the years? How has it changed the way we raise our children into adults?

Twenty-five years ago there was a saying, "As the little twig is bent, so grows the tree." The wisdom in that saying is as true today as it was then, but bending and shaping those little twigs in today's world is a different story. It is a tremendous task and sometimes done against all odds. What about the violence in the most popular movies? What about the violence in the computer games and the "too young" young people who watch them? What role does our access to instant everything play in this? Or maybe it doesn't. Maybe the shooter in Newtown was seriously mentally impaired and acted out of this conditions. Were all the others who committed the other shootings mentally insane at the time? If so, how did they live to the ages they were without someone seeking treatment for them. How did they go unnoticed or untreated? How did they slip through the cracks? If they were in treatment why wasn't it determined they needed to be confined for their own safety and the safety of others? Maybe these aren't even the right questions to ask, I don't know, but I do know that one more media coverage of another mass shooting and the mourning and sadness that fills every heart today, won't stop it from happening again. We must be outraged enough to ask, Why did this happen? We must be open to examine and accept the answers and be willing to change what is necessary to once again become a less violent nation-one that will not tolerate another mass

shooting. This is America the land we all love, what is happening to us?

December has been a busy month here at the old garden house. The sights and sounds of Christmas are wonderful. They fill the house with laughter and love and friends and family. It doesn't get any better than that.

January is busy until the 11th when the decorations will come down and be put away for another year.

Until next month pray for answers---shovel the neighbors sidewalks---make New Years resolutions---tell your kids you love them and always know that LIFE IS GOOD and must be protected.

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.



Carpets • Linoleum • Tile
Hardwood • Laminate Floors

New Selection
of Carpet & Vinyl
Remnants
Now in Stock!

Largest selection in
Sandusky County

20-50% OFF

"Quality Floor Covering at
Affordable Prices"

www.fremontfloorcovering.com

218 N. Front Street,
Fremont, Ohio 43420
(419) 355-8480

NEWS & NOTES

Program Helps Dads Bond with Their Children.....	5
Hospice of Memorial Receives Grant.....	6
Local Has Aplastic Anemia & Needs Your Help	8
Memorial to Host Sibling Class	9
United Way Funds Help Conquer Uncertainties.....	11
Camp Fire News & Notes	11
TBH Employee Earns Certification	15

ENTERTAINMENT

Omarr's Astrological Forecast, Jeraldine Saunders	4
In Your Own Backyard.....	5
SCPD Events.....	6
Helen Marketti's Music Corner-"Slick"	10
History Notebook: Mary Miller Hayes, Nan Card.....	12
Out to Lunch, Lynn Urban.....	13

HEALTHY LIVING

Mayo Clinic	9
-------------------	---

HOME & HEARTH

Kiss-Me-Over-The-Garden-Gate, Grace Sidell.....	3
12 Acres in Ohio, Gena Husman/Robin Arnold	6
Should You Buy Life Insurance on Your Children, Howard Wright	8
The Price They Paid, Submitted by Roger Rounds	13
Shelter Tails, Joanne McDowell	14
Pet World, Steve Dale.....	14
"Grate" Treats and Eats, Chris Timko-Grate	15

Cover by Robin Arnold

Lifestyles is available at local Subways in Fremont & Clyde.

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

TC Creative Services

Email: trcalhoun@me.com

Advertising/General Information

For advertising and general information call, 419-334-3602, or e-mail 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 by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received.

Lifestyles 2000 is a monthly publication available free of charge at over 200 retail locations in Sandusky, Ottawa and Erie counties.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

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

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy 2013!

Seems like just yesterday we were all in a panic over the approach of 2000 and impending doom with the new century. All of us were sure that our computers were going to crash at midnight!

Today is Dec. 21st and as I write this I know that the Mayan calendar is ending and again people are awaiting the world's end. However, if you are reading this...we once again avoided it!

So I wish our readers a Happy New Year. I am praying that this year is better than 2012 with so many tragedies, homelessness, loss of jobs and world turmoil.

*God bless everyone,
Joanne*



Almost 200 correct entries for the December contest! The correct answer was Top Flight Kennel. (Please, we do not want the ad, just the name of the ad. Several of you sent the ad with no name and address. In the future, entries with the ad will be disqualified. Thanks!)

Find Pete Winners

Winners were: Mary Raifsnider, Mark Butz, Janice Hess, Thomas Shannon, Bellevue; Danyelle Lantz, Jessica Anderson, Erin Gray, Joanne Wasserman, Sheila Meyer, Tanner Hisey, Clyde; Sam Moyer, Dave Doty, Elmore; Terry Dragon, Green Springs; Bill Frank, Kent Williams, April Ratliff, Susan Koebel, Betty Behlmer, Fremont; Karen Perry, Vickery; Bonnie Findlay, Kansas.

Find Pete Prizes

"Find Pete" and be eligible to win any of the following \$5 value gift cards: Old Fort Market, Legends, Rally's Combo Meal, Jenesis Salon or Calico Cat. You may suggest a prize 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. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Rolling stones gather no moss. Expect to be moss-free in the month to come as you get a chance to visit a variety of places and spend time making the rounds with friends. Steer clear of investment advisers.

TAURUS (April 20-May 20): Be patient. Relationships may experience ups and downs or be stalemated by a businesslike attitude, but are sure to change for the better by the middle of the month. Focus on pleasing a special someone.

GEMINI (May 21-June 20): Throw enough darts and eventually you will hit the target. This could be a good month to address ongoing problems and issues. You see what you should be aiming for rather than acting on blind faith.

CANCER (June 21-July 22): Stiff white collars and white gloves went out of fashion quite some time ago. You might be called upon to attend formal functions this month, but can relax your standards. No one will judge you.

LEO (July 23-Aug. 22): You've got the moves. Holiday spirits and an optimistic outlook may spur you on when challenged to gamble. Avoid unnecessary risk in the early part of the month. Concentrate on fun; defer business decisions.

VIRGO (Aug. 23-Sept. 22): Learn by doing. There is nothing to compare with a hands-on approach when you want to learn a new subject thoroughly. You will be successful in whatever topic piques your passions.

LIBRA (Sept. 23-Oct. 22): Bring along extra binoculars. Sharing your vision of the future can open doors within a key relationship. Travel, explorations or studies with a congenial other could widen horizons

SCORPIO (Oct. 23-Nov. 21): When traveling through the forest, do not feed the bears. When traveling through life, do not feed the fears. In the month ahead, your mood may lighten up as you embrace a philosophy of positivity.

SAGITTARIUS (Nov. 22-Dec. 21): Enjoy the long and winding road. Take advantage of a generally jolly mood - but where business is concerned, leave the driving to the experts. You can overcome negativity.

CAPRICORN (Dec. 22-Jan. 19): The mouse that roared was brave, but perhaps foolhardy. You could be brave when caution is called for - and vice versa. Avoid making changes or crucial business decisions in the first half of the month.

AQUARIUS (Jan. 20-Feb. 18): All work and no play is a recipe for boredom. You may spend too much face time with business associates in the early part of the month. Develop better plans rather than accepting what is offered.

PISCES (Feb. 19-March 20): Nurture the needy. A relationship can experience tensions unless you consciously strive to make the other person feel loved. Put business matters on the back burner. (c) 2012 TRIBUNE MEDIA SERVICES, INC.



Holiday
Credit Card
Bills Got
You Down?

Ask About Our
Debt
Consolidation.

**Fremont
Federal**
Credit Union

"Committed to Excellence"

FREMONT 419-334-4434 | WOODVILLE 419-849-2570

www.fremontfcu.com

Membership Eligibility Required Federally Insured by NCUA



In your own back yard

The next **Man to Man Prostate Cancer Support Group** meeting will be held Wednesday, January 23th at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. There will be a guest speaker and also private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info, contact Beverly Hart RN at 419-547-8273 or any one of the Man To Man Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

Findlay Dance Party, Saturday Jan. 5th at the Findlay Moose Lodge (1028 W. Main Cross St.. Singles and couples welcome. Dance from 7pm to 11pm. Admission \$9. Call 419-992-1215 for info. Following are the dates for 2013: Jan. 5th & 19th, Feb. 2nd & 16th, Mar. 2nd & 16th, April 6th & 20th.

Elks Host Wine & Beer Tasting: The Fremont Elks are having a special wine & beer tasting event at 7:30 pm, Saturday, February 23rd at the Fremont Elks Lodge, 436 Croghan Street in Fremont. Collins Fine Foods of Van Wert Ohio will be providing an assortment of interesting wines & beers, both domestic and imported to sample. Tickets are \$15 per person. Tickets must be purchased by Feb 15th at the Lodge or call 419-332-3691 after 3 p.m. Monday thru Saturday, or Mary Beaston at 419-680-5911. At that time you must select whether you will be sipping beer or wine. Cheese, crackers, and a variety of other snacks with music entertainment will be provided. Proceeds

from this event will help fund the Elks lodge community projects throughout the 2013 year.

Elks host 2nd annual Soup (no chili) Cook Off: The Fremont Elks are again having a soup cook off Saturday, January 5th, upstairs in our ballroom. The tasting and judging will begin at 6-8 pm. with a \$5.00 cover to participate. Eat till the soup is gone! Again this year we will have 3 celebrity Judges picking the 1st place winner, with 2nd & 3rd the people's choice. Sandwiches snacks and dessert will be provided along with music. Ticket available at the Lodge by calling 419-332-3691 Monday thru Saturday after 3pm or Mary Beaston 419-680-5911. Come join us for a fun filled night!

Memorial Hospital's will hold its next Sibling Class on Saturday, February 2 from 10 - 11 a.m. This fun class teaches children what they can and can't do with their new baby sibling. Using dolls, children in the class also practice feeding, changing and holding a baby. Children will also visit a room in the OB department at the hospital and have the opportunity to ask questions. Participants will receive a t-shirt and coloring book. Registration is required for Sibling Class at Memorial Hospital. Cost is \$10 for first child, \$8 for each additional child. Contact the Memorial Hospital Obstetrics Department at 419.332.7321 ext. 3253 to register or for more info.

Memorial Hospital hosts Parkinson's fitness program: Tuesdays from January 8 - March 12, the Memorial

Hospital Physical Medicine Department will host the Delay the Disease (DTD) Parkinson's exercise class at the Fremont Moose Lodge. The class will meet from 1 - 2 p.m. Memorial Hospital professionals, who are certified in the Delay the Disease program, will lead the class. Cost is \$50 per individual. Contact the Memorial Hospital Physical Medicine Department at 419.334.6630 for info or to register.

Memorial Hospital hosting senior fitness class: On Tuesdays and Thursday from January 15 - March 21, the Memorial Hospital Physical Medicine Department is hosting Senior Fitness Class. The Senior Fitness Class is set up to meet needs of all involved, regardless of current fitness level. Participants can choose from two session in the ten week class, session one is 11 - 11:45 a.m.; session two is noon - 12:45 p.m. at the Memorial Hospital Herbert-Perna Center for Physical Health. Class size is limited to 15. Cost is \$55. Call Memorial Hospital Physical Medicine at 419.334.6630 to register. Registration is required by January 11.

The Clyde's Eagle-mania Quarter Auction is going to be nuts this month. Well, at least there is going to be one nut there. THE BIG NUT! Sunday, Jan. 13th the Big Nut is going to be joining us to raise money for the Big Nuts Scholarship Fund. The fund benefits High School Seniors who will be attending OSU. There will be one scholarship awarded to each school in Sandusky County and one to Oak Harbor as that is the Big Nuts Alma Mater. Doors open at 12:30 at the Clyde Eagles located as

1120 South Main Street and the Mania begins at 1pm. Please bring items for the Clyde Back Door Food Pantry to be entered into the door prize drawings.

Riders Unlimited, Inc. is seeking military veterans with disabilities who might benefit from receiving therapeutic horseback riding lessons at no cost. If interested, please call 419-898-6164 or email us at ridersunlimited@gmail.com. Riders Unlimited, Inc. is a nonprofit equine assisted activities and therapies program located outside of Oak Harbor. We are also looking for individuals, groups, businesses to sponsor veterans participating with us.

The **Fremont Area Women's Connection** invites all women to our **New Year's Luncheon, "HAPPY NEW YEAR"**, at Anjulina's Catering, 2270 W. Hayes Avenue, Fremont, Tues. January 8, Luncheon 11am - 12:30 pm. Cost \$12 inclusive.

The Feature will be Nancy Williams. New Bremen, Ohio, showing her handbags and jewelry. Nancy will also be the Speaker and will tell you why "You Are Priceless". For luncheon and free child care, please call by January 3rd - Donna at 419-680-2251 or email - Carrol at fawcluncheon@gmail.com

"Crafting for a Cause", Sat., Jan. 19th from 9:30-3:30 at Grace Lutheran Church, West State St., Fremont; free will donation for space for "My Brother's Keeper". Bring your craft supplies, any age welcome.



Is Your Heart Set On A Vette?
www.VetteRaffle.com

Win a 2013 Corvette Convertible 1LT OR \$50,000 in Cash

\$100 per ticket ♥ **Drawing February 14, 2013**

BUY YOUR TICKETS NOW AT www.VetteRaffle.com - OR - Scan this CODE →

OTHER PRIZES: 2nd Prize: \$2,000 3rd Prize: \$1,500
4th Prize: \$1,000 5th Prize: \$500

Early Bird Drawings!
Nov. 14 - \$750 • Dec. 14 - \$500 • Jan. 14 - \$250

Additional Information:
419.483.4040, Ext. 4319

The sooner you buy your tickets, the faster you can START Winning!!!



Is Your Heart Set On A Vette?
www.VetteRaffle.com

Only 1,500 tickets to be sold!

Method of Payment:
☐ Check - Make checks payable to: The Bellevue Hospital Foundation
☐ MasterCard ☐ Visa ☐ Discover

Name: _____ Acct. #: _____
 Address: _____
 City/State/Zip: _____
 Phone (Day): _____
 (Email): _____

Exp. Date: _____ 3 Digit Code: _____
 Cardholder Name: _____
 Signature: _____

For Additional Information: 419.483.4040, Ext. 4319

Mail to: The Bellevue Hospital Foundation
 1400 West Main Street
 Bellevue, Ohio 44811-8004

Number of Tickets @ \$100 Each: _____
 Total Enclosed: \$ _____

12 Acres in Ohio

By Robin Arnold / Gena Husman

Batty About Bats... and the Goose Whisperer

Why write about bats this time of the year when most of our bats are hibernating in caves in southern Ohio, Kentucky, and Tennessee? Well, one unseasonably warm afternoon just recently, while she was running her courier route, Robin found a little brown bat sleeping under an overhang outside the door at one of her stops. She was excited by her sighting and thought it was pretty neat—it wasn't every day you got to see a live bat in broad daylight. Of course, she just happened to have her camera in the car with her so she snapped off a couple of quick photos of the little bat.

Needless to say, the workers inside the building weren't nearly as enthusiastic when they heard about the bat hanging upside down just outside their door. Many people have heard stories about them carrying rabies or getting entangled in someone's hair. Unfortunately, these poor little creatures have acquired an undeserved negative reputation—maybe through their resemblance to flying mice, or their role in horror movies, either as Dracula himself, or just one of the bats flying around his castle. According to the ODNR website, most bats don't carry rabies, attacks by bats are very rare even when they're provoked, and bats aren't blind nor are they attracted to human hair.

Yes, bats do look like flying mice with fangs and big ears, but other than the fact that both are mammals, that's where the resemblance ends. Something good about mice may be written somewhere, but we are not aware of it; mice are known to carry disease—as well as being destructive pests. In all the information we've read, we've not seen any reports on specific diseases carried by Ohio bats; very few of them even have rabies.

Most bats are good for the environment—many warm summer evenings at dusk we've sat on the deck and watched 2 to 4 fly back and forth overhead—especially around the pond—catching mosquitoes and other bugs. Some bats even help in pollination. Although we've never seen any bats hanging around any of our buildings, Robin drove past one hanging upside down on a weed stalk in the field one day when she was mowing.

There are about 13 species of bats in Ohio—the most common is the little brown bat like the one Robin saw on her route. They are rarely seen during the day because they are most active at night. Bats are the only



mammals capable of flight (the “flying” squirrel glides but cannot actually fly). Part of the reason bats hang upside down instead of perching upright like birds is because the bone structure in their lower skeleton is reduced in size and thickness and won't support their weight. The lighter bone structure enables them to fly.

Brown bats breed in late fall but ovulation and actual fertilization of the egg occur in spring after the females wake from hibernation. During the summer, female bats gather in “maternity” colonies—male bats take no part in raising the young. In early summer, each female bat gives birth to a single young—called a “pup”—which depends on its mother's milk for survival. Young bats are able to fly after about 3 weeks and begin to leave the roost after 4 weeks. One last interesting bit of information: bats can live to be 30 years old.

Meanwhile, on a lighter note from the backyard, Robin and Magnus are developing a unique relationship: Magnus is teaching Robin “Goose.” They stand together and make strange sounding grunts and squeaks at each other. It looks—and sounds—odd but the 2 of them appear to know what the other is saying—or at least Magnus seems to be making Robin do what he wants her to do. More on this later....

Finally, we want to wish you all a Happy and Prosperous New Year!

To contact us or to see more of Robin's photos, log on to www.robinarnoldphotography.com

Program helps dads bond with their children

All dads who feel they need a new way of connecting with their children but struggle with how to do that can discover new tools at the Fatherhood Connection program operated by WSOS Community Action Commission.

Father-centered, free, and available to all fathers, this program aims to help men develop healthy, lasting relationships with their children and give them the tools to maintain those relationships. They learn strategies and exercises that allow them to become the father their children need.

All fathers, regardless of economic status – custodial and non-custodial, stepfathers, fathers-to-be, father figures, grandparents serving as fathers, disabled fathers and others can participate in this program.

“I really did not know what to expect when we started,” said Gary Davis, a past participant of the program. “I appreciate everything I learned. I learned about myself, and how to find help and handle problems. It was really helpful.”

George Dupey, the family advocate for the program, said that all information fathers shared while in the program is all confidential.

“What's said in the room stays in the room,” he said.

However, the program provides more than parenting exercises and information. Other services these men receive include job development, economic stability workshops, financial education training, life skills training, referrals to other needed services, basic and occupational skills advancement, educational certificate programs, domestic violence education, support services

One aspect of developing healthy, long-lasting relationships with their children is to assist the men to develop the tools needed to provide economic stability for their families.

For information on how to participate in this program, call George at 419-334-3332.

Happy New Year from Rally's!

Rally's
BURGERS • FRIES • COLAS

609 E. State
Fremont
419-334-7901

New: Aussie Swiss Burger
Garlic Ranch Burger
Smokin' Sausage
\$1.00 Exp. 1/27/13

CALICO CAT
Antiques & Collectibles
Collection of Old & New Items

Children's Books • Furniture • Toys • Kitchenware
• Primitive • Linens • New Items Weekly

SNOW PEOPLE & CHRISTMAS ITEMS ON SALE
Celebrating Our 5th Year

115 S. Main St., Clyde
(Former Dime Store Building, next to Our Town's A Brewin')

Now Open Thurs 3-7pm

Call 419-547-2701 for seasonal hours.

CLYDE ST. MARY'S
615 Vine St., Clyde

ALL PAPER BINGO – NO SMOKING BINGO
\$500 BONANZA in 56#
The last Tuesday of the month drawing for \$100.00

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

B-I-N-G-O

BIG GAME SUPER 19 \$1000.00 Consolation of \$150	JACKPOT \$1000.00 in 54# 1 Consolation of \$150
--	--

HOME MADE DESSERTS & SANDWICHES - WIDE VARIETY OF INSTANTS, KENO & SEAL CARDS -
GROUND FLOOR - PLENTY OF PARKING - SECURITY - REFRESHMENTS - LIC. 0276-45

SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JANUARY:

Sandusky County Park District
419-334-4495 to register

Bird Feeder Banding, Jan 5, 13, 19, 27, 8 am, Park Office, 1970 Countryside Place, Fremont. Join Park District researcher, Tom Kashmer, in observing frequent bird feeder visitors in the winter. Travel to private property around the marshes of Sandusky Bay. In indoor comfort, view a 'window on wildlife' and learn about bird banding research as you watch the process up close. The facility is accessible and all ages are welcome. Time may vary based on weather conditions. Registration required by calling 419-638-1027.



SANDUSKY
PARK DISTRICT
COUNTY

Yo-Yo Quilting, Sat, Jan 5, 10:30am-12:30pm, Creek Bend Farm, 654 S. Main, Lindsey. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Weeds & Wieners, Mon, Jan 7, 4:30-6:30pm, White Star Campground, 910 S. Main, Gibsonburg. Join Naturalist Debbie for a look around the campground at last year's seeds and weeds. We'll have a wiener roast to end our walk. Registration required.

Puddle Jumpers: Winter in the Park, Tues, Jan 8, 10am, Blue Heron Reserve, 2134 Co.Rd. 260, Vickery. Ages 5 and under should dress for the weather to look for winter happenings along the trail. What will we see? Join Naturalist Linda and explore. Registration required by calling 419-334-4495.

HIKE for the Health of It, Tues, Jan 8, 2pm, North Coast Inland Trail, Wendelle Miller Park, 240 S. Main, Lindsey. No registration needed, just show up and walk with Naturalist Linda.

Yo-Yo Quilting, Mon, Jan 14, 3-5pm, White Star Cabin, 5013 C. R. 65, Gibsonburg. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Meet Me at the Cabin: Knitting 101, Tues, Jan 15, 6pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Never learned to knit, but wanted to? Here is the chance to learn knitting basics. Bring yarn, knitting needles and scissors as we create some basic stitches and pat-

terns. Dress in layers as cabin can be chilly or cozy warm. Registration required.

Nature Discoveries, Sat, Jan 19, 1-3pm, White Star Main Entrance, 925 S. Main, Gibsonburg. The beginning of a year-long exploration of nature. For January, we'll study trees and their branches. Bring a hand lens if you have one. Open to ages 10 and up. Registration required.

Yo-Yo Quilting, Tues, Jan 22, 4:30-6:30pm, Park Office, 1970 Countryside Place, Fremont. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

Story & Stroll, Wed, Jan 30, 5:30-7:30pm, Wolf Creek Campground, 2701 S. S.R. 53, Fremont. For ages 3-7. Enjoy a book reading about animals in winter then we will stroll around looking for animal sleeping places. Registration required. Bring a blanket or cushion to sit on.

Hospice of Memorial Hospital receives \$1,000 grant

The Dow Chemical Company Foundation announced that it will provide Hospice of Memorial Hospital with a \$1,000 grant to help extend their Veteran Program.



According to Vicki Meade, Director of Hospice of Memorial Hospital, "We are extremely appreciative of the generosity of Dow Chemical. This grant will help Hospice of Memorial Hospital serve its Veterans at their end-of-life."

The grant is part of The Dow Chemical Company Foundation's support to local communities where employees and retirees live. The grant is made in recognition of the value of hospice in a community's health care system and to honor hospice volunteers for their special contribution.

"Hospice of Memorial Hospital is your hometown hospice; we are committed to giving those in our care the best available service and support possible," said Meade.

Hospice of Memorial Hospital has partnered with the National Hospice and Palliative Care Organization (NHPCO) and the VA in the We Honor Veterans Campaign. The goal of this partnership is to spread awareness of Veterans needs at end-of-life and also express appreciation for their sacrifice. Hospice of Memorial Hospital has a program in place to have a special pinning ceremony for each patient who is a Veteran. Family members and friends are invited to this ceremony where the Veteran is pinned and given a personalized certificate.

According the memorialhcs.org/hospice, Hospice of Memorial Hospital is committed to enhancing quality of life by supporting patients and families physically, emotionally and spiritually. For more information, visit memorialhcs.org/hospice or call 419.547.6419.

If you are interested in supporting Hospice of Memorial Hospital, contact Chasity O'Neill, director of development and marketing at 419.334.6667 or Chasity.ONeill@memorialhcs.org. For more information, visit memorialhcs.org.

Fremont Family Dental

Now accepting new patients

FREE EXAM
On your first visit to Dr. Klassen
"No charge for new patient exam when done with all needed x-rays" 1 coupon per family
New Patients only. Must present coupon. Expires 01/30/13, LS

**1717 Croghan St.
Fremont**
419-334-4479

Should You Buy Life Insurance on Your Children and Grandchildren?

~Howard Wight~

Should you buy life insurance on your children and grandchildren? Most members of the financial press would advise against it because they feel it is a poor investment. That is an opinion. It is not necessarily a fact. As you might expect, I totally disagree with that opinion.

Why do people buy life insurance for their children or grandchildren? You will notice in this instance that I used the word "for" rather than "on." When you buy insurance "for" your children or grandchildren, you are providing them with a gift that will help form the foundation for financial freedom or financial security for the child or grandchild's future family. You are giving them a head start financially. Right now, hopefully your children or grandchildren are in good health, and they are not smoking or involved in drugs. They haven't started bungee jumping or other death-defying avocations. They haven't chosen a career that an insurance company might find risky.

Right now, they can probably qualify for life insurance at a more favorable rate than will ever be available to them again in their entire lives. No one has a lease on life or on good health.

Over the long haul, cash value life insurance is an excellent example of compound interest at work. The sooner you start, the sooner you have the power of compound interest working for you, or in this case, for your children or grandchildren. The cash value will be there for them in the event it is needed for business or investment opportunities.

If you wait, your children or grandchildren's health might change or they might die. Waiting means the cost will increase and the benefits will decrease.

Let's think about another reason for buying life insurance on your children or grandchildren. What impact would the death of one of your children have on your ability to focus on your work? Would you be as effective as you normally are? What would be the financial impact? If you have your own business, would it be business as usual? If you work for someone else, are you going to be able to perform productively, or will you just be going through the motions?

In recent months, I've encountered several situations where someone has lost a child. Recovery from such a tragedy is a long and difficult process. This can have a profound emotional impact. When you combine an emotional loss with a potential financial loss, it can become virtually unbearable. Life insurance is a cash cushion to fall back on that can make all the difference in the world.

The likelihood is that your children and grandchildren will live to a ripe old age. Cash value life insurance will be a valuable asset for them to have during their lifetimes and for their families when they die. You will have given them a significant legacy that will last a lifetime and beyond. Looking back, you will wish you had bought more...sooner.

A life changing moment- Local has Aplastic Anemia & Needs Your Help

Labor Day weekend- an ordinary day, waking up and getting ready for work, Patrick Forsyth, 18, awoke and found unusual bruising and black spots on his tongue. He showed his mother, Lucy (Rendon) Winters and they decided they would call the doctor first thing Tuesday morning since it was a holiday weekend. The doctor got him in right away and did blood work and gave him some medicine. Two hours later they received a phone call from the lab saying Patrick's blood counts were extremely low and he needed to be seen by a doctor at the Cleveland Clinic Cancer Center immediately.

He was admitted to the hospital and was diagnosed with Aplastic Anemia. Aplastic Anemia is a condition where bone marrow does not produce sufficient cells to replace blood cells. The condition, as the name indicates, involves both Aplasia and Anemia. Typically, Anemia refers to low Red blood cell counts, but Aplastic Anemia patients have lower counts of all three blood types: red blood cells, white blood cells, and platelets.

Patrick's case is severe and he is undergoing the newest treatment available and is on a waiting list for a bone marrow donor. Patrick must travel 2-3 times a week to Cleveland Clinic for transfusions to keep his blood levels up until he can receive a bone marrow transplant. Since Patrick is high risk, someone must be with him twenty-four hours a day and he must stay in a very sanitary environment.

Patrick graduated from Fremont Ross in 2011 and had two jobs locally. He is the son of Lucy and Jon Winters and Jim Forsyth. Lucy, who has worked at Kroger Pharmacy for years, was recently able to go back to work only part-time due the help of immediate family.

A fundraiser will be held Saturday, January 26th from 11am to 2 pm at The First Brethren Church, 2510 Hayes Ave., Fremont, (across the street from the Moose Lodge). There will be an Enchilada Dinner with rice and beans for an \$8 donation. Also, you may purchase a dozen tamales or enter in a 50/50 or other raffles. Local delivery and pre-orders available.

For information please call Rende (Rendon) Beeker at 419-307-5611 or Tommie (Munoz) Chesser at 419-341-7469. All proceeds will go to the family of Patrick for his treatment. There is also a website www.savepatrick.com and an account set up at Old Fort Bank in Fremont, as well as collection cans placed at various local businesses. Thank you for supporting Patrick in his fight!



Laurie (Miller) Sistrunk, CLU
Financial Advisor

(419) 262-1518

lsistrunk@financialguide.com
financialguide.com/Laurie-Miller-Sistrunk



2536 N. River Rd.
Fremont, Ohio 43420

Insurance Representative of MassMutual, Registered Representative of and offers securities and investment advisory services through MML Investors Services, LLC, a member of the MassMutual Financial Group. OSJ 1760 Manley Road Maumee Ohio 43537-9400. (419) 893-9759 MassMutual Financial Group is a marketing name for Massachusetts Mutual Life Insurance Company (MassMutual) and its affiliated companies and sales representatives, Springfield, MA 01111-0001.



Bethany Place Senior Apartment Community

916 North Street • Fremont, Ohio • www.lhsoh.org

Check Us Out

Experience how good life can be at Bethany Place!
Sample what we have to offer by staying a night, a weekend, a week or longer in one of our beautifully furnished apartments.

- Enjoy all the amenities and services available to our residents
- No obligation or minimum stay required
- Social activities offered daily
- Pets welcome

*If you decide
Bethany Place is
right for you, we
will discount your
first month's rent!*

**For rates or more information,
call Patty at 419-334-5500.**



Bethany Place is a ministry of Lutheran Homes Society.



DEAR MAYO CLINIC: My mother has been coughing for months and finally went to her doctor. She was told she may have interstitial lung disease and should see a specialist. What is this? Is it curable, or will she have it forever?

ANSWER: Interstitial lung disease is a term used to describe a large group of disorders that cause scarring and inflammation within the lungs. Diagnosing interstitial lung disease can be challenging, so it would be advisable for her to seek care from a lung specialist who has experience identifying and treating the disease. Some forms of interstitial lung disease are serious, progressive disorders, while others are not.

Some interstitial lung diseases have an identifiable cause. The disease may result from lung damage caused by toxins or pollutants in the air or by an underlying medical condition, such as lupus, rheumatoid arthritis or scleroderma. Certain medications and some medical treatments, such as radiation therapy, can sometimes result in long-term lung damage that leads to interstitial lung disease. But, in many cases, pinpointing an exact cause is impossible.

Whatever the cause, interstitial lung disease seems to develop when lung damage triggers an abnormal healing response. This response results in the tissue around the lungs' air sacs, called alveoli, becoming thick and scarred, a condition known as pulmonary fibrosis. The scarring can result in a persistent cough and makes it difficult for oxygen to get into the bloodstream. That lack of oxygen can lead to symptoms that include shortness of breath.

Because many conditions fall into the category of interstitial lung disease, and because its symptoms are similar to many other lung problems, diagnosis can be difficult. A variety of tests are usually needed to rule out other lung disorders, including blood tests, imaging studies - such as a chest X-ray or a computerized tomography (CT) scan - and lung function tests. Once other possible disorders have been ruled out, accurately identifying interstitial lung disease may require obtaining a sample of lung tissue that can be examined in a laboratory.

If your mother is diagnosed with this disease, treatment may improve her symptoms. If the interstitial lung disease is determined to be caused by a medication or an environmental exposure, eliminating the drug or environmental factor may sometimes suffice in treating the disease. Medications such as corticosteroids to decrease inflammation and drugs that help suppress the immune system are often used to treat interstitial lung disease. In addition, oxygen therapy can ease breathing problems and help the body get the oxygen it needs.

Pulmonary rehabilitation can also be quite helpful for people who have ongoing breathing problems caused by interstitial lung disease. The goal of this therapy is to make day-to-day life easier and more manageable. Pulmonary rehabilitation typically focuses on exercise, breathing techniques, nutritional guidance and emotional support.

When other treatments do not improve symptoms and the condition continues to get worse, a lung transplant may be a possibility for some people with inter-

stitial lung disease. But a lung transplant is usually used only as an option of last resort in severe cases.

In your mother's situation, the best next step is to see a lung specialist who can help accurately identify what is causing her symptoms. If it is interstitial lung disease, that specialist can work with her to create a plan for evaluation and treatment that best fits her needs. - Jay Ryu, M.D., Pulmonary and Critical Care Medicine, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT SIGN\)mayo.edu](mailto:medicaledge(AT SIGN)mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.)

(c) 2012 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH.

DISTRIBUTED BY TRIBUNE MEDIA SERVICES INC. ALL RIGHTS RESERVED.

Memorial Hospital hosting Sibling Class

Memorial Hospital's will hold its next Sibling Class on Saturday, February 2 from 10 - 11 a.m. This fun class teaches children what they can and can't do with their new baby sibling. Using dolls, children in the class also practice feeding, changing and holding a baby. Children will also visit a room in the OB department at the hospital and have the opportunity to ask questions. Participants will receive a t-shirt and coloring book.

Registration is required for Sibling Class at Memorial Hospital. Cost is \$10 for first child, \$8 for each additional child. Contact the Memorial Hospital Obstetrics Department at 419.332.7321 ext. 3253 to register or for more information.

Classifieds

MISC.

Dustfree Cleaning wishes you a Happy New Year! Call Therese at 419-603-6667; \$12 per hour, 4 hour minimum, insured, references.

Advertise here for \$20 per month!

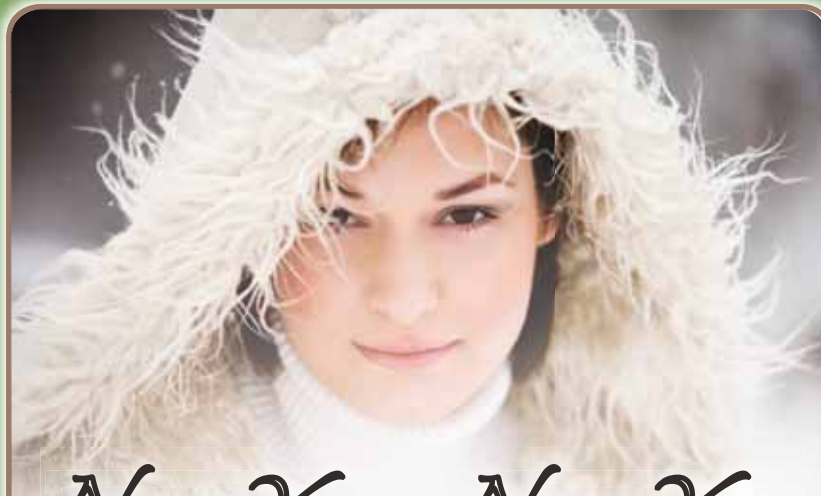
Nationally recognized home health provider

MEMORIAL HOME HEALTH

MEMORIAL HEALTH CARE SYSTEM

TOP 500
2012 AGENCY
HomeCare Elite

419.334.6626 • memorialhcs.org/home-health



New Year, New You

Breathe new life. Be radiant. Let time stand still.



Current Services Available: Botox and Dermal Fillers (Juvéderm, Restylane), Skin Care, Laser Hair Removal, Laser Vein Removal, MicroLaser Peels, Chemical Peels, Thermascan, Intense Pulsed Light and Zerona Non-Invasive Body Slimming.

Glytone & Avène Skin Care Products. Jane Iredale Make-up.
(Jane Iredale is the skin care make-up, a mineral make-up that is safe for all skin types!)

419-355-9440 • renewspa.net • 1479 N. River Rd., Fremont, OH



Helen Marketti's Music Corner



Slick!

Mark "Slick" Aguilar is the lead guitarist for Jefferson Starship. He is in need of a liver transplant and has a 50/50 chance of survival over the next two years without one.

"I've always had the music bug in me," says Slick. "It all started with The Beatles and The Kinks, all of the classic rock stuff. I actually became interested in the guitar by watching Ricky Nelson on 'The Ozzie & Harriet' show during the late 50s. It was usually at the end of the show where Ricky would do a song or two with his band. He had guitarist James Burton in his band and then Elvis had Scotty Moore and I thought that was cool."

His voice becoming serious, Slick said, "For now my run with Starship is probably done due to my health issues. I'm unable to tour right now. I've got a pretty hard road in front of me."

Slick has been diagnosed with Hepatitis C and is in need of a liver transplant. He has been given a 50/50 chance for survival over the next two years if he does not receive one. Slick explains, "During the last nine months or so I started to notice my hands were cramping up and at first I thought it was maybe because I was dehydrated. So I started drinking more



Photo by Mike Thut

water and Gatorade. Then I started to notice when we were on flights, my ankles were swelling up and at first, I didn't know what the hell was going on. Swelling ankles are one of the first signs for congestive heart failure. The doctors said my liver was not processing, as it should. When the liver isn't processing, as it should, it will push fluid into your stomach and after that, it will travel anywhere it wants to in your body and that is why my ankles started swelling up. The doctors ran blood tests, I asked them to check for Hepatitis C, and when the results came back confirming I had it, I went numb. I went cold. Everyone from the baby boomer generation should get themselves checked for that and while you're at it, it is important to get a colonoscopy. I've also had colon cancer within the last six years and when the doctors caught it, I was at stage one. They performed the surgery and thankfully, I'm free of colon cancer. There are a lot of things we can do early on to prevent what I have to go through now."

He continues, "I'm taking medicines right now but the bottom line is that I need a liver transplant if I am going to survive. There is absolutely no way around it. Nothing else is going to work. My liver is not functioning properly and it's not going to get any better at this point because it also has Cirrhosis. The doctors have me on several different meds and what that is basically doing is keeping me alive until I can get a liver transplant."

In continuing to speak openly, Slick shares his thoughts for seeking help in the form of donations so this will be possible. "I do have insurance but it will not be enough to cover all of the expenses. I am a working musician and right now because of my health, I'm not working at all. Being a musician is a great job and I love what I do but not all of us are paid like Paul McCartney. It's a decent living but not enough to cover something as big as a liver transplant. Donations in any amount are going to be helpful. I've never had to do anything like this before but with the way the situation is I have no other source of income."

It should also be noted that Slick is not paid any type of royalties or anything of that nature from bands or individual artists he may play with. He receives straight pay at a flat rate for doing a gig and that is how he earns his pay.

Slick spends every couple of days talking to David Crosby. David had a liver transplant several years ago and provides friendship and support. "He's my coach because he knows what I am going through," said Slick. "I would like to encourage people to sign up to be organ donors. I know it's hard because it means that one family loses someone but it also gives another family hope for a loved one to survive, someone else has a chance. What I am trying to do is pull off a miracle so that I can live."

For more information on how you can help Slick, a fundraising site has been set up for him at the following link:

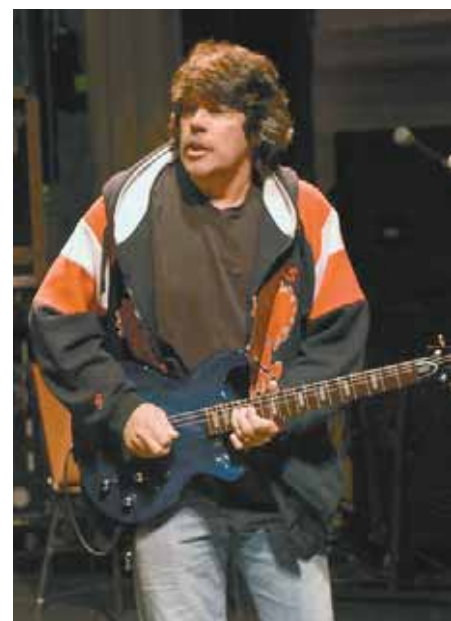


Photo by Mike Thut

<http://www.indiegogo.com/Slick-Aguilar>

For further updates on Slick, please visit his Facebook page:

<http://www.facebook.com/MarkSlickAguilar>

Photos of Slick may also become available to order with all proceeds going directly to him. If interested, please send a message of inquiry on his Facebook page. Please state if you are interested in an autographed photo as well.

For anyone who prefers "snail mail", checks made out to Slick Aguilar may be sent to the following address: Slick Aguilar, 1775 Deer Run Drive, Montgomery, IL, 60538



OLD FORT COUNTRY MARKET

8080 Main Street,
Old Fort
419-992-4666

Mon-Fri
7:30am-6pm
Sat 8am-5pm
Sun 10am-2pm

Take and Bake Items
Homemade Meatloaf
Homemade Chicken Pot Pies

Enjoy our famous homemade
sandwich spread and shredded
sandwiches everyday.

Fremont Country Club

2340 E. State Street
Phone
419-332-0581
www.fremontcountryclub.com

Book Your 2013 Party
Wedding Receptions
Reunions - Showers
Company Lunch &
Dinner Meetings

**Club Closed January 1st thru
mid February**

Pinnacle Hearing

- Diagnostic Hearing Evaluations
- Digital Hearing Aid Sales & Service
- Cerumen (Wax) Removal
- Financing Available

419.639.6251
Aaron Burks, Au.D.
Doctor of Audiology

**401 N. Broadway • Green Springs
Elmwood at The Springs**

Mary's Pampered Pets
Grooming Dogs & Cats
Mary Miller, CMG

*"Let me pamper your
pet when you can't."*

Services - Hydrosurge Bath
and Shedless Furminator

**Bring Your
Pets in Out
of the Cold!**

**New Items!
20% Off Toys
& Treats**

M-F 9-5, Thurs PM by appt only,
Third Sat. 9-close
108 E. Buckeye St, Clyde
1 block east of Main St.
419-547-9100

United Way Funds Help Conquer Uncertainties and Enable Independence

Have you ever found yourself afraid of the one that once made you feel so secure? Imagine waking up one day not knowing where the day is going to take you, or if you may survive to make it to the next? Now picture someone, who you have never met before, taking you by the hand, and making you feel that sense of comfort you thought you once lost.

Since First Step started in 1973, the United Way of Sandusky County has been a proud supporter. First Step is a Healthy Family Resource Center in which provides legal advocacy, shelter, a 24-7 hotline, Passages Healthy Relationship class, Operation Starshine for kids, volunteer and community service opportunities and much more. These programs receive funding every year through fundraisers, grants, donations and campaigns pledges that provide resources that empower individuals and families to make healthy relationship choices.

One particular resident, Sandy, stated it best, "I felt a sense of comfort and being when I was at First Step. The kindness, comfort, and support I received as a client was more than I could have ever imagined! I finally did not fear being a victim of Domestic Violence, but a person with a purpose!" Sandy learned about First Step when she contacted local law enforcement seeking guidance on how to get out of an abusive marriage and become finally feel a sense of freedom. With Sandy feeling a sense of freedom and being, with First Step's guidance, this not only promoted her to engage in her career path she had always wanted to take on, but overall led her to have a better quality and outlook on life. First Step helped Sandy feel at home in the shelter, and also transformed her independent fears into becoming reality. Sandy now feels like she has a purpose in life and is able to be herself.

Any resident of Sandusky and Seneca County have the opportunity to take advantage of First Step's programs and guidance. Last year First Step took in 22 adult and 27 children shelter residents, 384 outreach client, and 3,335 outreach advocacy hours. Due to First Step's successful programs and resources, the individuals and families throughout the community are able to feel a sense of being, safety, and happiness that there is a place to go within their community to help them successfully develop as one or a family.

Chris, a client of First Step stated, "First Step really believed in me and taught me how to start living. The individuals that helped me as a whole made me feel like one of their own family members. I hope more people in the community come here and find their happiness. I could not be happier that I attended their Passages program even on negative circumstances."

Since Chris was 12 years of age he was on the run due to his family abandoning him, having drug issues, and him being put into a foster home. Chris never felt a sense of being wanted, or really knowing what a healthy relationship with family members, or anyone in the community really felt like. With Chris's past experiences, crime record, and tattooed body, he always felt judged and out of place. In 2011 Chris and his significant other had their child taken away from them due to being homeless. Chris felt he would never get back on his feet or ever be the same again. In the summer of 2012 Chris had an altercation with a loved one that led him here to First Step to take the Passages Healthy Relationship class. Just from the moment Chris stepped into First Step he felt a sense of success and a step in the right direction. Chris not only has bettered his relationships with his loved ones as a whole, but has successfully gotten his own place and his little girl back. "First Step not only led me in the right direction, but helped me be the man I am today in just a few short months of their kindness, time, and hard work." Chris now has a home, a job, and his family all back into place.

With a humongous thanks to the generous donations, time, and patience from United Way donors and community members patients like Sandy and Chris are able to rely on the resources and programs of First Step to lead them in the right direction towards success.

For additional information regarding First Step and its services please call (419) 435-7300, or visit them online at firststepweb.org. Take the First Step with them today and they will guide you in the right direction.

Camp Fire News & Notes

The New Year marches in with more fun in fundraising then you've ever experienced. During the first three months, our line up is sure to appeal to all. Whether you enjoy the excitement of quarter mania, the thrill of a murder mystery or Chinese auctions, Camp Fire has what you're looking for. All three events will be

held at the Camp Fire complex, Misty Meadows, 2100 Baker Rd. Fremont. Presale tickets for the Feb. and Mar. events may be purchased at Camp Fire or Wendt Key Team Realty. Together with your support and Camp Fire's vision, we can spark our youth's interest and light the fire within them. Save the dates now!

Tired of sitting in the house? Got cabin fever? Here's your chance to get rid of the winter time blues and join us at our first Quarter Mania on Thurs., Jan. 10 at 7:02. (Doors open at 6:15) For a complete listing of vendors, contact the Camp Fire office at 419-332-8641 or go on line at www.campfirefremont.com. Admission price of \$5.00 includes one paddle. So grab your rolls of quarters and help make this a fun and successful event.

Back by popular demand, Camp Fire is hosting a murder mystery play entitled "Couples Retreat" on February 9th at 7:00 p.m. and again on Sunday, Feb. 10th at 2:00. The story line is based on four couples attending a relationship counseling camp. Things get

out of hand when the couples begin arguing and screaming at each other to "drop dead" and one actually does. Who done it? It's anyone's guess! Tickets (\$12.00 each) are available for presale through Jan. 3 which also includes light refreshments. Alcohol permitted - BYOB. Seating is limited, so purchase your tickets soon.

The momentum continues into March with "Uncork the Fun" a wine and fundraising event. Gift baskets, unique items and more are raffled off in a ticket type drawing. The event will take place Friday, Mar. 8 from 7:00-9:00. Presale tickets price: \$15.00 each includes light refreshments and bottled water or soda. Ticket sales end Feb. 28.

Until next month,
Cheryl



Jenesis Salon

Visit Jenesis Salon for all of your haircare needs.

Happy New Year!!

Thanks for a great 2012!

Brazilian Blowouts \$100.00 with coupon Expires 01/31/13

FREE Eyebrow Wax with every color service with coupon Expires 01/31/13

HAIRSTYLIST WANTED
Booth rental or commission
Apply within

We Love Walk Ins!

419.333.0031
607 Walnut Street, Fremont
Corner of 5th Street and Walnut

MINT condition Monday-Thursday 7:5-30, Friday 7:30-5, Saturday 8-2
1612 West State St.. Fremont

NEW YEARS RESOLUTION
LOSE WEIGHT NOW
ASK ME HOW!

WE will PAY YOU per lb lost for one month of being on the products!

FREE FIT CLUB! Inquire within
Call or text Jamie Meade to set up an appointment (419) 307-2324 to discuss the details!

Mary Miller Hayes: A Woman of Her Time

Young women born to wealthy Victorian families often received an exclusive education at finishing schools in the East. There they learned appropriate dress, refined etiquette, proper conduct, management of household staff, drawing, sewing, and a smattering of foreign languages. As genteel ladies, they were groomed as suitable marriage partners for those of their own class.

But at the turn-of-the-century with war clouds looming, much was changing in American society. Many discovered their once meaningful refinements were now merely useless talents. They were unprepared for the blurring of the classes and the challenges of the rapidly changing 20th century.

Mary Miller Hayes was not one of these. The eldest daughter of one of northwest Ohio's successful pioneer families, Mary indeed received that privileged education and then returned to Fremont, where she later married Samuel Brinkerhoff. An astute businessman, Brinkerhoff invested in fledgling businesses that brought them personal wealth and helped establish Sandusky County's sound manufacturing base. After a dozen years of marriage, Brinkerhoff died.

Some 6 years later, Mary married Webb C. Hayes, the President's second son. Influential, active, a world traveler, and a soldier at heart, Webb fully embraced the 20th century and all it had to offer. Although she was 56 years old, Mary Miller Hayes was up for the challenge. Leaving her busy but quiet life behind, she joined Webb on adventures that took them around the globe more than once.

Before Christmas 1913, they booked passage for Australia via the Fiji Islands,

New Zealand, Tasmania, New Guinea, the Philippines, China, Korea, and Japan. For Mary, it was a time of adventure and discovery. She rode out rough seas and hurricane winds, played cricket, fished, faced a small pox epidemic, and traveled through mud, rain, swollen rivers, and snow.

Well educated and a keen observer, Mary was fascinated with the native peoples and their cultures. Webb happily arranged journeys by train,

car, and boat far into the backcountry so Mary could attend rituals and festivals and taste exotic foods. Sensing that colonial powers would soon decimate their cultures, Mary Hayes photographed and recorded much of her experience.

When war broke out in Europe in 1914, most Americans were grateful to be an ocean away, but not Webb. He had to "see something of the war!" Three days later, Mary found herself bound for the heart of the conflict. She witnessed unthinkable devastation, shellings, and bombings. Before many days passed, Mary was helping wounded soldiers in makeshift hospitals and serving with the American Ambulance Corps.

Though Webb and Mary would return to the war zone and continue to travel the world, Fremont and Spiegel Grove remained their touchstone. Mary used her wealth to help found Fremont's Memorial Hospital and its nursing school. She donated her Court Street home to the Fremont Federation of Women. Together, Mary and Webb endowed the Hayes Foundation. Mary's death in 1935 marked the passing of a remarkable woman, who willingly left a fading culture behind to fully embrace the future.



Webb (left) & Mary Miller Hayes (second from right) Meeting with Missionaries



**Chris Haas,
Events Coordinator**

the Heights

Banquet Hall • Professional Catering
2000 Buckland Avenue • Fremont
419-332-3391

450-500 SEATING CAPACITY



The Price They Paid

Submitted by Roger Rounds

Have you ever wondered what happened to the fifty-six men who signed the Declaration of Independence? Five signers were captured by the British as traitors and tortured to death. Twelve had their homes ransacked and burned. Two lost their sons in the Revolutionary Army and another had two sons captured. Nine of the fifty-six fought and died from wounds and hardships of the Revolutionary War.

They signed and they pledged their lives, their fortunes and their sacred honor. What kind of men were they? Twenty-four were lawyers and jurists, eleven were merchants, nine were farmers and plantation owners, men of means and well educated. These men signed knowing the penalty would be death if they were captured.

Carter Braxton, of Virginia, saw his ships swept away by the British navy. He sold his home and properties to pay his debts and died in rags.

Thomas McKean was so hounded by the British that he had to move his family constantly. He served in the Congress without pay while his family hid. His possessions were taken and poverty was his reward.

At the Battle of Yorktown, Thomas Nelson, Jr. noted that General Cornwallis had taken over his home for British headquarters. Nelson asked Washington to open fire, destroying his home and leaving him bankrupt.

Francis Lewis had his home destroyed and his wife taken prisoner by the British. She later died in prison.

John Hart was driven from his wife's bedside as she was dying. Their thirteen children fled for their lives. His property was destroyed and he lived for a year in forests and caves before returning to his home, to find his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar fates.

Such were the stories of the American Revolution. These were not wild-eyed rabble rousers, they were men of education and means that valued liberty above all else.

Our history books never told us much about the Revolutionary War. We didn't just fight the British we were British subjects that fought our own government. This is the reason our founding fathers found the Second Amendment so valuable, that men have the freedom to be armed.

Reading this makes one proud of these brave men and the history of our country. Never forget those that sacrificed so much to give us our freedoms and rights.

Out to Lunch

By Lynn Urban



Bierkeller-Bellevue

When some friends and I were looking for something different for dinner, we found it in Bellevue. Just north on Rt. 269 is a tavern style German restaurant called Bierkeller.

When you walk in, you immediately feel a cozy warm feeling, mainly due to the large wood burning stone fireplace on the front wall. The opposite wall holds a large full service bar with several Imported and Domestic beers on tap.

There are lots of appetizers on the menu, but the signature appetizer is the sauerkraut balls. They are golf ball sized, filled with sauerkraut, corned beef, and cream cheese, the deep fried into a crispy treat all for \$4.95. Another starter is a choice of the Beer Cheese soup or the Tomato Bisque. The Bisque is topped with green onions and bacon. It was really good.

They offer a nice variety of entrees starting a \$9.95 to \$14.95, such as chicken dishes, fish, bratwurst, steaks, and corned beef and cabbage to name a few.

I got the Chicken Spaetzle. The chicken was a breaded and deep fried chicken breast. The Spaetzle is small handmade dumplings tossed in a special tomato basil and garlic cream sauce. The sauce had a very good flavor, but the chicken was a bit crispy. Another German dish, the Jaeger Schnitzel, was also very good. Like the chicken, the pork cutlet was breaded and deep fried a little too crispy, but the mushroom and vegetable sauce went well with it. It was served over creamy homemade mashed potatoes.

The Sheppards pie also was good. A ground beef and gravy mixture with vegetables then topped with homemade mashed potatoes

and cheese. Also similar to Sheppards pie is the Guinness stew, made with slow cooked beef and vegetables and Guinness beer over homemade mashed potatoes.

There were the traditional German sides to choose from, such as German potato salad, sweet and sour slaw, and sauerkraut cooked with apples and brown sugar.

They also had a nice selection of desserts. I had the Creme Brulee, one of my favorites. It was topped with fresh mixed berries, for a nice extra touch. The desserts started at \$1.95 to \$3.75.

This restaurant was a nice change of pace with the authentic German comfort food, but not for someone that's on a diet.

Hours: Mon-Thurs 11am-12am/ Fri-Sat 11am-2.30am/ Sun Closed
www.bierkellerpub.com



Mannington Ceramic Tile

Look Laminate
15 year warranty

\$289 Sq. Ft. Free 2-1 pad

50 rolls of **Shaw Click**

carpet in stock **LVT**

starting at **69¢** sq. ft. **2 colors in stock**
\$289 sq. ft.

While supplies last
Free Take Up & Haul Away

\$100 Off any purchase of
\$1000 or more with coupon.
Offer expires January 31, 2013.
Must present coupon at time of purchase.

**"No Job Too Big or Too Small,
Snyder's Does It All!"**

12 MONTHS FREE CREDIT

SNYDER'S
FLOOR COVERING
OUTLET

214 STATE ST.
BETTSVILLE
419-986-5599

Owners:
Bob & Linda Snyder

www.snydersfloorcovering.com
MWFF 9:30-5:30; Tue, Th. 9:30-7; Sat 9:30-1:30

"Small Town Style, With Big Town Flair"

- Hair Services
- Massage
- Skin Care
- Tanning
- Natural Nail Care
- Waxing
- Makeup



419-639-2010

222 Smith Street, Green Springs, OH 44836 Salon
Hrs: M-F 9-6 Sat 9-4 Walk-ins Welcome or Call for
an Appointment • We Now Have Bare Minerals by
Bare Escentuals Make up
Lahaird2012@yahoo.com Join us on Facebook

**\$5 Off with ad for
April, Jody or Lorrie**

FREMONT

ACE
The helpful place.

1108 Oak Harbor Road
Potter Village
Shopping Center
Fremont, OH 43420
419-333-0370

Lawn & Garden

Hardware

Tools

Outdoor Accessories

\$5⁰⁰ OFF

Regularly Priced Merchandise
with purchase of \$50

With Coupon or more Expires 02/15/13



Pet World

By Steve Dale

We don't know for sure if pets 'grieve' the way we do

Q: We lost our Soft-Coated Wheaten Terrier, and it's still very difficult to talk about and deal with the loss. Poor Gracie, our other dog, has also had a tough time, and it's been heartbreaking. I think Gracie is still waiting for McGee to come home. There's no way to tell her that's not going to happen. How can we help Gracie through this difficult period? - S.O.

A: I'm very sorry for your loss. I - and many other readers - have felt a similar hole in our hearts.

We don't really know what surviving pets are thinking when it appears for all the world as if they're grieving. They may be, or they may be merely picking up on our sorrow. It could be they're only responding to a sudden change in the household - or the changes may be a combination of all those things. Personally, I'm convinced that pets (who we know, for a fact, feel emotion) can grieve. But why do some pets appear absolutely unaffected by the loss of a best pal? No one knows.

"On average, people actually take about two years to grieve the loss of a loved one," says Sue Yellen, Glenview, IL-based clinical psychologist and chicanow.com blogger. "I suspect many pets do grieve, though we don't understand that grieving period."

She adds, "It's a difficult balance, you want to give attention to people who are grieving, and I believe the same is true for grieving pets. However, you also don't want to reward sad behavior too much."

Try to keep a regular schedule for Gracie's activities, so there's a consistent structure to her life. Feed her and take her for walks at about the same time you always have. Playing with a dog's favorite toy is probably the best antidote (for dogs who enjoy play), and the exercise is a great outlet for both you and your pet.

Q: Our Australian-shepherd mix doesn't have fleas, but he scratches constantly and has developed many sores on his body. The vet gives him cortisone shots and then sends us on our way. The cortisone only lasts for a short time and I worry about the long-term effects of these shots. We've tried Benadryl and Chlorotrimeton, which do nothing, and we tried to change the dog's diet. The

veterinarian has no further advice. Do you have any ideas? - K.C.

A: Dr. Cecilia Friberg, a Chicago-based veterinary dermatologist, is concerned about those sores, which may be bacterial or yeast infections triggered by allergies. In any case, they should be treated. Obviously, you need to treat infections, but additionally they can be very itchy. Until you deal with these sores and relieve the itching, there's no way to know if the Benadryl or Chlorotrimeton might actually help the allergies.

Friberg adds, "Steroids are a great choice to treat allergies for short-term relief, as you've learned. Steroids also can diminish the immune system, which may more easily allow for infections to occur. The use of steroids should be carefully controlled."

Apparently, you've ruled out flea allergies. Still, a pet doesn't need to be infested with these pests to develop a severe reaction.

The most likely possibilities for your dog's problem are food allergies or environmental allergies. You mention that you tried to change the dog's diet, but it's necessary to transition to a specific single-protein prescription diet or home-made diet (one specifically recommended by your veterinarian). Those are the only choices for a reliable food trial, and your dog must remain on the new diet for several months, without a scrap of table food or unapproved dog treat. Your veterinarian should oversee the food trial.

If you did go through a proper food trial, then environmental allergy seems the most likely culprit. Since your veterinarian is unsure about the next steps, it might be best to request a referral to a veterinary dermatologist.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state.)

(c) 2012 DISTRIBUTED BY TRIBUNE MEDIA SERVICES, INC.

Shelter "Tails"

by Joanne McDowell

A year ago at this time I was thinking where we could place 140 cats and fifteen dogs- the shelter's future looked so bleak. A year later I am so appreciative for all of you that continued to donate and support our fundraising efforts. We made it through 2012 and now look forward to protecting our county's abused and neglected pets for another year, with your help!

Currently we are housing 140 cats and kittens and twelve dogs. We still have the 30 cats that were taken several months ago from a hoarding incident but hope they soon are adopted into homes. We are doing a cat special again in January as the shelter is still overcrowded, so if you are looking for that special cat, I am sure we have one that can fill your need.

This is membership month for the shelter; we just ask that you join and attend meetings if you can, but if not, we appreciate your membership dues. Our first meeting for 2013 will be Monday,

January 7th at 6:30 pm at the Fremont Rec Center. At that time we will begin planning our fundraising calendar for 2013 and hope to have a Spaghetti

Dinner scheduled in the first quarter. As the weather warms up we will again have our Shelter Shuffle and begin our chicken dinners.

Happy New Year to all my fellow pet lovers!



January Adoption Event!



Photos by
Danielle Nicole



All fully vetted (spayed/neutered, shots, wormed, fel leuk tested) adult cats are \$25 with approved adoption

All kittens are \$40

Senior Citizen Special:
All adult cats over age 2 are Free in January!

**2520 Port Clinton Road
419-334-4517**

Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE



Please join us in 2013
and support your local shelter!

To become a member choose from the
following pledge levels:

- \$15 Senior Citizen (60 yrs. plus)
- \$25 Single Membership
- \$45 Couple Membership
- \$100 Family Membership
- \$500 Lifetime Membership

**Please, we need your help to continue to
operate this facility!**

Name _____

Address _____

City _____

Phone# _____

Email _____

Mail to:

The Humane Society Shelter,
2520 Port Clinton Rd, Fremont, OH 43420
419-334-4517
www.hs-sc.org
Sponsored by Lifestyles 2000

TBH EMPLOYEE EARNS CERTIFICATION

The Bellevue Hospital (TBH) has announced that Denise Bullion, RN, CDE, has officially taken over as the Certified Diabetic Educator in the hospital's Cardiac Rehabilitation & Diabetic Education Departments, with the recent retirement of Eileen Hay, RN, CDE. Hay retired on Dec. 5 after 40 years with TBH.



Bullion earned her certification in May as a diabetic educator with the National Certification Board for Diabetic Educators. Requirements of the program are 1,000 hours of teaching time and passage of an exam and other course requirements.

Candidates in the Diabetic Educators Program must meet rigorous eligibility requirements to be able to take the examination. Achieving certification status demonstrates to people with diabetes and employers that the health care professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes. Currently, there are over 17,400 diabetes educators who hold NCBDE certification.

Several program changes are in the works for the Diabetes Education Department, including continuous glucose monitoring, meter instruction and downloading, and additional community education and services.

Bullion can be contacted at 419.483.4040, Ext. 4303 for questions about any of the cardiac or diabetic programs at TBH.

Bullion and her husband, Eric, are parents of four daughters. They reside in Bellevue. Denise has been with TBH for the past 22 years.

"Grate" Treats & Eats

By: Chris Timko-Grate

January 2013, can't believe we have started a new year, just seems like we were in the middle of a busy summer and now it is cold, dreary and dark by 5:00pm. This time of year calls for casseroles and favorite oven baked dinners. We don't mind the oven being on and it always makes the house smell so very good and inviting.

With the Club closed in January I get to spend some time at home and get to cook every night in my own kitchen. Wait, not every night because there are some restaurants the Klein's (members out at the Club) have been telling me about that are a must try during my time off. But it truly is my favorite time of year since being at this job. I get to reconnect with my friends, get caught up on correspondence with people that are out of state, cook new recipes, and look through all the cookbooks I have accumulated over the last year! And this year I get to finish unpacking the last of the boxes from our move and arranging and organizing the closets. It is going to be a busy January but fun.

There are two recipes I am going to share this month and honestly I have not made them myself yet but are on my to do list. The chicken one looks similar to one my sister - in -law had made a few times a long while back, and the Cabbage Roll I haven't tried at all, so I'll get back with you if I make any changes, or if anyone else knows these recipes and makes them different, let me know. Enjoy!

Chicken Breasts in Sour Cream

Six whole raw chicken breasts, boneless and skinless, cleaned and halved.

Six slices of bacon cut in half

Two cups of undiluted cream of mushroom or cream of chicken soup. I will be using the chicken soup

One-pint sour cream

One-half real mayonnaise

One package dried beef

Wash and dry chicken. Wrap a half slice of bacon around each piece of chicken, secure with a toothpick. Lay dried beef on the bottom of a 9x13 buttered baking dish. Place chicken on top of dried beef. Combine soup, sour cream, and mayonnaise. Pour over chicken

and bake in a 300-degree oven for three hours. Sprinkle with paprika before serving.

Recipe by Susan Jenkins found in Soroptimist Cookbook

Cabbage Roll Casserole

Eight cups chopped cabbage

One and one-half pounds lean ground beef

Three - quarter cups of uncooked white rice

One chopped medium onion (I'll use more because I love onions)

Two egg whites

One-teaspoon pepper

One tablespoon dried Italian Herbs

Layer six cups of chopped cabbage on the bottom of large casserole dish. Mix raw beef, uncooked rice, onion, herbs, egg whites, and pepper. Spread evenly over cabbage. Layer remaining cabbage over beef mixture. Top all with Ginger Ale Sauce and bake at 350 degrees for One and half to two hours.

Ginger Ale Sauce

One 8oz can tomato sauce

One and one half cup of ketchup

Two and one-half cups regular or diet Ginger Ale

This also came from the Soroptimist Cookbook. Recipe from Laurie Miller Sistrunk

Any questions, comments, suggestions, recipes please contact me at ctimkograte@midohio.twcbc.com

April L. Smith
Clairvoyant Psychic
Asartist13@gmail.com
616 howland street
Fremont, Oh 43420
419-603-3573
By Appointment Only
20 minutes for \$20
Medium ~ Card Reader ~ Past Life

SUN JAN 6 NOON TO 4PM
SANDUSKY COUNTY YMCA
1000 NORTH STREET - FREMONT - 419.332.9622
www.ATtheY.org - Find us on Facebook & Twitter!
◆ DEALS ◆ DEMOS ◆ TOURS ◆ & MORE

Tiffin, Fremont & Green Springs

Elmwood Communities

- Affordable Living
- 24-hour Nursing Staff
- Alzheimer's & Memory Care
- Day Care & Respite Care
- Daily Activities

www.elmwoodcommunities.com

Assisted Living - Skilled Nursing Home - Independent Living

SATURDAY NIGHT BINGO!
Doors Open at 4pm Early Birds at 6:30pm
YMCA - 1000 North Street, Fremont 419-332-9622

<p>More FUN added Winner Take All Progressive Joker's Wild Bonanza (Win up to \$1000) New Jackpot Ticket \$1500 - \$1800 - \$2250</p>	<ul style="list-style-type: none"> - \$100 every game (with 100 players) - \$1000 progressive jackpot - Triple Jackpot Keno \$2400 - Handicap Accessible - Homemade refreshments - Casino trip given monthly - Lucky numbers - All PAPER - Lots of instant!
---	---

MAKING A DIFFERENCE



In Our Community

COMMUNITY BENEFIT REPORT 2012

QUALITY CARE

Emergency Department Visits:.....	21,921
Inpatient Admissions:	2,290
Inpatient/Outpatient Visits:	86,486
Surgery Patients:	2,582
Lab Tests:	282,212
Physical Therapy Treatments:	115,091
Diagnostic Imaging Procedures:	41,828
Pain Management Patients:	12,341
Home Health Visits:	8,608
Hospice Visits:.....	12,359
HealthLink Visits:	11,968

COMMUNITY INVESTMENT

Mobile Meals:.....	16,996
Total Volunteer Hours:	27,424
Total Payroll and Benefits:.....	\$32.5 Million
Charity/Uncompensated Care:....	\$16.2 Million
Capital Investments:.....	\$2.7 Million
Utility Payments:	\$1.1 Million
Dollars Spent Locally:	\$10.4 Million



Since 1918, Memorial Hospital has been dedicated to serving the local community through its mission, which is to continually improve the health and quality of life for the individuals and families in the communities we serve. Memorial Hospital provides essential services that help fulfill this mission each year.

- *Over 150 physicians on staff, with more than 100 specialists*
- *13 bay Emergency Department, completely renovated in 2010*
- *Auxiliary of Memorial Hospital Women's Diagnostic Center, opened in 2010*
- *Weitzel-Kern Surgery Center, opened in 2001*
- *Herbert-Perna Center for Physical Health, opened in 2007*
- *Inpatient obstetric and pediatric care*
- *Nationally recognized and accredited home health, hospice and diagnostic imaging services*

MEMORIAL
H O S P I T A L
MEMORIAL HEALTH CARE SYSTEM

memorialhcs.org