

# 2000 Lifestyles

**Free**

**Vol. 16 Issue 1**

**January 2014**

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



# The Bellevue Hospital Welcomes



## Dr. Michael Davis, *Cleveland Clinic Cardiologist*



**Education:**

Undergraduate: Wheeling Jesuit University, Wheeling, WV  
Medical School: Wright State University, Dayton, OH

**Residency:**

Internal Medicine, The Ohio State University Hospitals, Columbus, OH

**Fellowship:**

Cardiology & Interventional Cardiology, The Ohio State University Hospitals, Columbus, OH

**Certifications:**

Internal Medicine – Interventional Cardiology  
Internal Medicine (AOA)  
Internal Medicine – Cardiovascular Disease  
American Board of Vascular Medicine

## Dr. John Abboud, *Cleveland Clinic Cardiologist*



**Education:**

Medical School: Damascus University, Damascus, Syria

**Residency:**

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Internal Medicine, St. John Hospital & Medical Center, Grosse Pointe, MI

**Fellowship:**

Cardiology Transplant, University of Utah, Salt Lake City, UT  
Cardiovascular Disease, Baystate Medical Center, Springfield, MA

**Certifications:**

Internal Medicine – Cardiovascular Disease  
Internal Medicine  
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Cardiovascular Computed Tomography  
Certification Board of Nuclear Cardiology – Nuclear Cardiology  
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# Lifestyles 2000

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Vol. 16 • Issue 1  
[www.lifestyles2000.net](http://www.lifestyles2000.net)



## Out to Lunch

By Lynn Urban



### Oregon Inn

I always say word of mouth is the best advertising. A friend suggested that I try the Oregon Inn for a dinner review, that it was a very nice place. A little out of the way, but definitely worth the trip. It's off of Route 2 just west of Maumee Bay State Park. Take Stadium Rd. until it ends at Bay Shore, turn right and it's on the left, not too far. It's a very popular neighborhood restaurant with a friendly and inviting atmosphere. Reservations are recommended on Saturday nights as it fills up fast.



They've got many specialty favorites. For starters, their artichoke dip (\$6.49), is a large portion of warm creamy, cheesy dip served with toasted European multi grain bread. If you like onion rings (\$4.99), they are thick hand battered sweet onions served with horseradish sauce, unbelievable. Another favorite, are the homemade mozzarella wedges (\$6.99); hand breaded with panko crumbs and fried.

Many people go for the slow roasted Prime Rib. They offer five different cuts from \$9.99 [6 oz.] to \$32.99 [30 oz.] all cooked to perfection. It was delicious. I ordered the Lake Erie Perch (\$12.99 & \$16.99) which was lightly dusted in a blend of seasoned flour, and fried. I was a little disappointed in the size, but they were very good.

Other recommendations by our helpful waitress were the BBQ Ribs, scallops, and the Artichoke Chicken. All dinners are served with either homemade soup or a nice sized dinner salad with homemade dressings and another side.

For a lighter fare, there are many specialty sandwiches and loaded salads. If a burger sounds good, you may build your own with a large assortment of toppings and homemade sauces.

And for your sweet tooth, the delectable deserts include Carrot Cake, Fudge Pie, Cheesecake, and a six layer Chocolate Fudge cake to name a few.

When the weather is warm, there is a nice deck for outdoor seating.

As always, you can go to the web site, at Oregon Inn on Bayshore.com, for a full menu.

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30 Ponds Side Drive  
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## Publisher's Letter

Dear Readers,

Happy New Year! I cannot believe 2014 is upon us, it seems like just yesterday we published our first magazine...and that will soon be 15 years ago!



We wish you all the best in the coming year and appreciate your faithfulness as readers. We also appreciate our advertisers that make it possible to bring you our publication every month.

God bless you, may you have great health and prosperity in the coming year.

Joanne & Pete



It is so much fun to draw for winners and see all the cities represented! This month we received 65 entries via email and 75 in the mail. The majority had it correct, O.E. Meyer, a few had it wrong, but not many. And as usual we received more entries from the ladies than the men!

## Find Pete Winners

The following were sent gift certificates from our sponsors: Fremont: Jerrod Taylor, Joe Dohanos, Sandy Bennison, May Carlson, Steve Overmyer, Gerry Shimer, Mike Doty, Elaine Dickman, Mary Nossaman, Lynn Emery; Green Springs: Terry Dragon, Rachel Sanford; Bellevue: Debi Powers, Jan Jordan, Marie Smith; Burgoon: Sue Lawrence; Helena: Ann Foos; Perrysburg: Ed Cook; Clyde: Gloria Ramos; Tiffin: Carmee Hartenstein

## Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Old Fort Market, The Calico Cat, Jenesis Salon, and Rallys. You may request a specific prize.

## 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. You can now enter to Find Pete on our website at [www.lifestyles2000.net](http://www.lifestyles2000.net), just click on Pete's face!

## CRYSTAL ARBORS CATERING ANNOUNCES NEW BUSINESS LOCATION

Crystal Arbors Catering & Banquet Hall will celebrate 10 years in business starting January 2014. An expansion of services has been planned along with a new location.

The local catering company has finalized an architect design to include seating for 225 guest in a banquet hall facility along with an eatery which will serve soups, salads, sandwiches and hearty comfort style, lunch foods. The new location will be the Applewood Center at 1800 East State Street, Fremont and will possess a State of Ohio D-5 liquor license. Plans to open an expansive patio area in early summer will be the final stage of development.

Bookings for receptions and other event parties at the new venue have begun. The facility is handicap accessible and new heating and air conditioning systems have been installed. The Parking facilities are excellent with over 800 spots available.

The Eatery will provide fresh healthy homemade foods. Salads will be fresh greens to include spinach, baby red, green leaf lettuce, romaine, and arugula. Soups are homemade using super-foods like kale, broccoli, and spinach. The sandwich line features deli style with Whole Grain, Cuban, Wraps and Pretzel breads along with hot and hearty sandwiches. Hot lunch and dinner foods ready made for grab 'n go meals will help our customers who have busy households.

In 2011 the company expanded it's market to wholesale services and has a Food Safety Certification License which enables them to provide daily meals to schools, adult daycare, and childcare services.

Contact the business either by phone at 419-334-2058 or email: [crystalarbors@sbcglobal.net](mailto:crystalarbors@sbcglobal.net)

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## Consider this: Investment ideas for the new year

Before you shut down for the holidays, remember that just a few hours spent reviewing your financial life may help boost your bottom line - and put a dent in your holiday shopping bills! Here are six ideas to consider for your investment accounts before we ring in the new year.

**1. Sell winners in taxable accounts.** Although capital gains rates increased for individuals earning \$400,000 and joint filers who earn more than \$450,000, in 2013 married tax filers with taxable income up to \$72,500 (singles up to \$36,250) still have a zero percent tax rate on long-term capital gains and qualified dividends. If you are at the zero percent capital gains rate now, but expect your income to be higher later, you may want to realize capital gains today at the lower rate. Your taxable income includes the gain, so make sure that you factor that in when you make your decision.

**2. Sell losers.** If you have investment losses in a taxable account, now is the time to use those losers to your advantage. You can sell losing positions to offset gains that you have taken previously in the year to minimize your tax hit. If you have more losses than gains, you can deduct up to \$3,000 of losses against ordinary income. This is particularly useful, since your ordinary income tax rate is higher than your capital gains tax rate. A \$3,000 loss against ordinary income could be worth anywhere from \$300 to \$588 in reduced taxes. If you have more than

\$3,000 of losses, you can carry over that amount to future years.

**3. Avoid getting soaked by a wash sale.** If you are starting to clean up your non-retirement accounts to take losses, don't get soaked by the "wash sale" rule. The IRS won't let you deduct a loss if you buy a "substantially identical" investment within 30 days, which is known as a wash sale. To avoid the wash sale, wait 31 days and repurchase the stock or fund you sold, or replace the security with something that is close, but not the same as the one you sold- hopefully something cheaper, like an index fund.

**4. Minimize your dividend-paying positions.** Dividend income tax rates jumped this year for high wage earners. The net investment income tax levies an additional 3.8 percent on net capital gains, dividends, interest, rents and royalties. If you forgot to make the change last year, or think that your tax bracket could rise next year, consider shifting dividend-paying stocks and mutual funds into retirement accounts, where the increase will not be in effect.

**5. Give appreciated stock or fund shares to charity:** Get in the holiday spirit, with the help of Uncle Sam. One way to lower your tax bill in April is to donate appreciated securities, like stocks, bonds or mutual funds, to a charity. If you itemize deductions, you'll write off the current market value (not just what you paid for them) and escape taxes on the accumulated gains. The low cost basis does not impact the receiving charity, as long as it is a tax-exempt organization.

One note: For 2013, the overall limit on itemized deductions was reinstated for certain taxpayers. The limitation (known as Pease limit) is applied to single filers who earn more than \$250,000 and joint filers who earn more than \$300,000. Be sure to factor in the change when accounting for the value of the donation.

**6. Rebalance your investment accounts:** The suggestions above should be part of a larger analysis of your investment accounts. The soaring stock market has probably thrown your allocation out of whack, so it's time to rebalance and get back on track. One of the best aspects of rebalancing is that it can force you to sell while the asset value is high and buy when other asset values are depressed. Compare that with the usual "buy high-sell low" cycle that can ensnare emotional investors!

Next week, I will have more year-end tips to help you save or make money.

(Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at [www.jillonmoney.com](http://www.jillonmoney.com))

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## 'EARLY BIRD' RAFFLE DRAWING IS HELD

The second "Early Bird" drawing was held for The Bellevue Hospital Foundation's SOLD OUT 2014 "Is Your Heart Set on a Vette" Corvette Raffle. The Early Bird drawing was held on Dec. 14 and the winner of \$500 was Shirley Davis of Athens, TN. Early Bird winning tickets are returned to the drum after each drawing.

Davis is the third winner in the current raffle. Jerry Hoy of Wabash, IN won the "Loyalty Club" drawing of \$750 on Oct. 1. Hoy's name was drawn from all previous ticket holders who purchased a ticket during the month of September. On Nov. 14, Cynthia Evans of Fremont, OH won the \$750 Early Bird drawing.

One final "Early Bird" drawing will be held on Jan. 14 (\$250).

The fourth annual "Is Your Heart Set on a Vette" Corvette Raffle is being sponsored by The Bellevue Hospital Foundation, in cooperation with Steinle Chevrolet-Buick in Clyde. Grand prize in the raffle is a 2014 Stingray, or \$50,053 in cash. The grand prize drawing will be held on Feb. 14 at the Clyde Steinle location on U.S. 20 West.

The raffle was sold-out on Dec. 13 and because of that, the drawing will now be held on Tuesday, Jan. 14, 2014, at Steinle Chevrolet-Buick in Clyde. The public is invited to attend. The first ticket drawn in the raffle on Feb. 14, 2014 will be for the 2014 Stingray Corvette or \$50,053 in cash. Four other cash drawings include \$2,000 for second place, \$1,500 for third place, \$1,000 for fourth place, and \$500 for fifth place.

For additional information on the raffle, for a complete set of rules, or to be placed on the mailing list for next year's raffle, contact The Bellevue Hospital Marketing Department at 419.483.4040, Ext. 4899 or visit [www.VetteRaffle.com](http://www.VetteRaffle.com)



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**Appointments are required. Please call: 419.483.4040, Ext. 4326**





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

By Grace Sidell

One more Peacock story...will they never end you ask? It was Saturday evening about 8:30 p.m., the day of the big snow. I was finishing up cleaning the kitchen and beginning to set up for the next days dinner guests, when the phone rang. It was Brenda, my neighbor. "Ms. Grace," she said, "I think one of your peacocks is stuck way up high in the tree in my yard." "What," I said, "I don't think a peacock can get stuck in a tree, can they?" She laughed and said, "How would I know, they're your peacocks!" So I asked how high up it was and did it seem to be caught between the limbs. She told me 35' to 40' and that it flapped it's wings every once in a while but stayed in one place. We joked about calling the fire department with a ladder truck to come, in 8" of snow, to rescue a peacock stuck in a tree! I said, "I'll come over and see what we can do." So I put on my boots, and winter gear and out I went. It was beautiful, calm and a light snow was still falling. Sure enough there was Pete...at 40' up and out on a limb. I called to him and he moved some. In the beautiful light created by the snow reflecting off the low cloud cover, we could see him very clearly. After watching and calling to him, I was sure it was Pete. (this spring's hatch) and that he was not stuck, but scared. I figured he was "young and dumb", as they say and got too high in the tree and then looked down only to see a maze of branches he would have to fly through to get to the ground. He was afraid to try. It seemed unusual that Patsy, his mother, wasn't with him. They usually were together. So after calling to him and encouraging him a bit longer, I left to go home and see where Patsy was.

The short walk home with the snow crunching under my boots and the glorious light filling the night sky, I couldn't help but think of that holy night described so beauti-

fully in the Christmas hymns that tell the story of the birth of the Christ child—Oh Holy Night indeed. Once home, I found Patsy in the peacock house up on the roost. She looked lonely, wide awake and distressed. It occurred to me that she had let her almost grown child venture out without her. I said to Patsy, "Hey girl, I know how you feel. Us moms teach them, nurture them, love them and show them the right way, and then we let them go to fly on their own. We wait at home for them to come back. We pray they won't fly too high and if they do, that they will have the courage to stop and come back down to safety." Just then the phone rang. It was Brenda telling me that Pete had flown down. She said, "It wasn't graceful, but he did it! He hit the ground running as fast as he could for home!"

Thanks, Brenda for caring about those goofy birds of mine, and Pete, thanks for getting me out to enjoy the splendor of the Christmas story once again, and thanks Patsy for reminding me of the joy and rewards of being the mother of grown-children who have found their own way... and "your Pete" will too.

May the New Year bring health and happiness to you and yours and a firm belief that each new year confirms the truth in the words, LIFE IS GOOD.

(This article brought tears to my eyes, thank you Grace for sharing this...Joanne)

*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.*

## New Consignment Shop Opens in Fremont

NEW TO YOU is a new consignment shop that has opened in Fremont. The store takes furniture, toys, collectables, electronics, appliances, tools and other miscellaneous items. Items need to be clean and in good condition. The hours are Monday-Thursday 12-8pm, Friday & Saturday noon-6pm.

Erik Paulson is 19 years old and a student at Bowling Green State University. He came up with the idea after taking a class in entrepreneurship. He is commuting to his classes at school and working very hard to get this business started. Furniture, appliances and electronics seem to be the most popular items. He is offering a \$10 delivery or pick up for those who are not able to

bring items in or take them out of the store. The pick-up radius is in the Fremont area.

NEW TO YOU will take items then put them up for sale and once a sale is complete will take a percentage of the sale depending on the cost of the item. There is no appointment necessary to bring in items. If the item doesn't sell, you can pick it back up.

Erik is excited about opening a business in the town where he was born and raised and really likes working with people. The shop is located at 202 E. State Street next to Computer Man, or call 330-299-1990.

Add us as a friend on facebook: Newtoyouconsignments.

## SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JANUARY:

**Puddle Jumpers:** Tracks and Snow, Sat, Jan 11, 10am, Wolf Creek Campground, 2701 S. St. Rte 53, Fremont.

Ages 5 and younger will walk the trails looking for animal tracks. Registration required: [www.LoveMyParks.com](http://www.LoveMyParks.com) or 419-334-4495.

**Bird Feeder Banding,** Jan 11 & Jan 25, 8:00 am, Park Office, 1970 Countryside Place, Fremont. Join Park District researcher, Tom Kashmer, in observing frequent bird feeder visitors in the winter. 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, call 419-638-1027.

**HIKE for the Health of It,** Mon, Jan 13, 8pm, Wolf Creek Campground, 2701 S. St. Rte. 53, Fremont.

**Story & Stroll,** Wed, Jan 15, 2-4pm, White Star Campground, 910 S. Main, Gibsonburg. Ages 3 to 7 are invited to sit around the campfire for a short story about winter. Then we'll go for a hike to do some exploring and return to the fire for a hot dog roast. Registration required: [www.LoveMyParks.com](http://www.LoveMyParks.com) or 419-334-4495.

**Meet Me at the Cabin:** Winter Weed Bouquet, Jan 20, 4pm, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. Bring any old container that you like to hold your winter creation. Registration required: [www.LoveMyParks.com](http://www.LoveMyParks.com) or 419-334-4495.

**Sensory Hike,** Mon, Jan 27, 4-6pm, North Coast Inland Trail-Elmore. Test your senses as we walk the bike trail. Do you sniff as well as a fox? Hear like a deer? Come outside and find out!



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My Answer

The Bible still tells great truths

By Billy Graham

**Q:** Why do you preachers quote the Bible all the time? Don't you know it's out of date and utterly useless today? People thousands of year ago might have found it useful, but we live in a different time. - R.R.

**A:** If the Bible were truly out of date and useless today, then you'd be right - it would be foolish for us to turn to it for guidance and inspiration. But it's not out of date - and I hope you'll come to understand why.


The reason the Bible is just as relevant today as it was thousands of years ago is because it tells us of truths that never change. It tells us, for example, about God - who He is, what He has done, and what He is like. God, it tells us, is all-knowing and all-powerful, and He made everything that exists - including us. He also is completely pure and loving. And God is just the same today as He was thousands of years ago - and as He will be thousands of years from now. The Bible says, "I the Lord do not change" (Malachi 3:6).

But the Bible also tells us about ourselves - who we are, where we came from, what we're like, and what will happen to us when we die. It tells us also that we are separated from God because of our sins - but God came down to earth in the person of His Son to bring us back to Himself. This too never changes.


The greatest truth you will ever discover is that God loves you, and He wants you to be part of His family forever. And this can happen, as you commit yourself to Jesus Christ. By faith invite Him into your life today, for "Jesus Christ is the same yesterday and today and forever" (Hebrews 13:8).

(Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).) (c)2013 BILLY GRAHAM

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(Jane Iredale is the skin care makeup, a mineral make-up that is safe for all skin types!)

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# Memorial Hospital psychiatrist earns child & adolescent board certification

Joseph Rieman, D.O., recently earned sub-specialty board certification in child and adolescent psychiatry from the American Board of Psychiatry and Neurology, Inc. (ABPN). Dr. Rieman, a fellowship trained child psychiatrist, was already board certified in general psychiatry. Dr. Rieman sees patients full time in Fremont at the Memorial Hospital Center for Mental Health & Well-Being.

According to the ABPN Web site, board-certified psychiatrists “complete rigorous training and achieved the gold standard in each of six core competencies of patient care, medical knowledge, interpersonal and communication skills, professionalism, systems-based practice, and practice-based learning and improvement to practice quality specialized medicine in psychiatry.” To earn child and adolescent sub-specialty certification, Dr. Rieman demonstrated proficiency related to skills and training in the diagnosis and treatment of developmental, behavioral, emotional, and mental disorders of childhood and adolescence.

According to Jeff Vogel, M.A., L.P.C.C., director of the Memorial Hospital Center for Mental Health & Well-Being, “We are very fortunate to have a psychiatrist with Dr. Rieman’s specialized training seeing patients full time in our community.”

Child and adolescent psychiatry specialists treat a wide variety of mental health related conditions. Dr. Rieman specializes in caring for patients with depression, anxiety, obsessive compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), autism spectrum disorders and much more.



Dr. Rieman completed his medical training at the Ohio University College of Osteopathic Medicine. He completed his medical residency at Michigan State University (MSU), where he served as chief resident from 2010 – 2011. Dr. Rieman also received his fellowship training in child and adolescent psychiatry at MSU. Dr. Rieman is a member of the American Osteopathic Association.

The Memorial Hospital Center for Mental Health & Well-Being provides comprehensive outpatient mental-health counseling services for children, adolescents, adults and couples. In addition to counseling services, the center also provides medication management for its patients. At Memorial Hospital, board-certified psychiatrists, licensed professional counselors and social workers provide mental health care. For more information, visit [memorialhcs.org](http://memorialhcs.org). To schedule with Dr. Rieman, call the Memorial Hospital Center for Mental Health & Well-Being at 419.334.6619.

# Longtime Fremont podiatrist John Clarke, D.P.M. recognized for service to Memorial Hospital

On December 3, the Memorial Hospital Board of Trustees honored local podiatrist John Clarke, D.P.M. for his many years of service to Memorial Hospital and the Memorial Hospital Board of Trustees. Dr. Clarke was recognized with a proclamation that was presented to him by chairman of the board Al Mehlow. Dr. Clarke served on the board since 2004; his term expires at the end of this year.

According to Mr. Mehlow, “Dr. Clarke has been a tremendous leader at Memorial Hospital. We are fortunate to have had his wisdom to guide us in our efforts to meet the healthcare needs of the communities we serve.”

While on the Memorial Hospital Board of Trustees, Dr. Clarke served on various committees, including nominating, physician recruitment, joint conference, bylaws, ethics and professional affairs. Dr. Clarke served as chairman of the board during 2009 and 2010.

Dr. Clarke joined the Memorial Hospital Medical Staff in 1980. During his time on the hospital’s medical staff, he has served as secretary/treasurer, vice chief of staff and chair of the continuing medical education committee. Dr. Clarke has also served on other committees at the hospital, including the expansion and planning committee, infection control committee and patient care evaluation committee.

Dr. Clarke is a podiatrist who sees patient full time in Fremont at his office on Hayes Avenue; he is in practice with Dr. Steven Rusher and his daughter, Dr. Jessica Lewis (Clarke). Dr. Clarke lives in Fremont with his wife Joyce. They have five children - Justin, Leah, Jessica, Stephanie and Emily.

The Memorial Hospital Board of Trustees is the governing body of Memorial Hospital. It is a volunteer board made up of community members and healthcare leaders. For more information, visit [memorialhcs.org](http://memorialhcs.org).



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# Helen Marketti's Music Corner

**Don Aters**  
**Winds of Change**

## **Life with Icons of Sixties Counter Culture**



Jorma Kaukonen (Jefferson Airplane, Hot Tuna) and Don at Jorma's Fur Peace Ranch.

Rock photographer and historian, Don Aters has taken iconic images since the early hippie madness of the Haight Ashbury days in San Francisco where access

to shows was easy and friendships were lasting. It was a time when the counter culture was changing the direction of a very memorable era. Don's latest photography book, "Winds of Change, Life with Icons of Sixties Counter Culture" (2013) is a collection of images taken from the early days of rock at The Fillmore, Avalon Ballroom and Golden Gate Park. Time travelers will remember the good ole days of music, peace and love. A book of photos includes images from B.B. King to Alice Cooper with a journey-filled text that will allow the reader to recall fond memories yet having an awareness of how that time has brought us to where we are.

Don remembers the early days of being a rock photographer, "It used to be fun when you had access, no restrictions and no security guards. All you had to do back then was talk with the club owner and you got in to take photos. These days, most photographers are permitted to take pictures during the first three songs of a show or sometimes less. You're very limited now and sometimes the lighting is poor and no flash allowed so you take as many pictures as you can hoping some of them turn out." "The sixties generation was a unity thing. The music of that time has lasted from one generation to another. The rea-

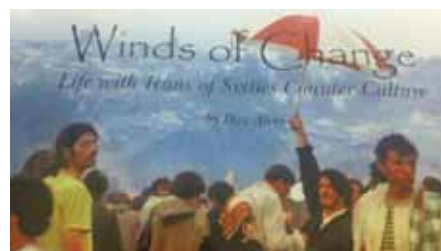
son for that are the song lyrics and their meaning," explains Don. "It's about the legacy of the people who wrote the songs that stay with us. It's a storied past with songs that matter. However, it doesn't mean there are not any new artists of today that haven't impressed me. When I first saw Grace Potter about seven years ago at Bonnaroo Music Festival, I had said to a friend that she would be the next Grace Slick. She has now established herself and it is because she has enough elegance, noted history and stage charisma to make it work. There are talented people out there but not as many."

Reminiscing about the days of taking photos at the Fillmore West, Fillmore East, Avalon Ballroom and other classic venues, Don shares his memories of that time, "Everyone who went to shows were an integral part of the band. Poster artists, writers, photographers and the audience all experienced the music together. Bill Graham and Chet Helms worked together to book bands at the Fillmore West until Bill started going behind Chet's back to book shows, which made Chet go out on his own and open the Avalon Ballroom. Bill was a businessman, you either liked him or you didn't. He had a knack for booking and gave bands the exposure they wanted. Chet did not have a mind for business because to him, it was all about the music. They both changed the face of music, as we know it. I did not know Bill as well as I knew Chet but I never had a problem with him. I would call Bill and ask if I could go to a show at the Fillmore in New York because I was living in Chicago at the time and it was closer. He gave me permission and that's how I got my photos of Led Zeppelin when Robert Plant was only twenty."

Chet Helms was the manager for Big Brother and The Holding Company. They recorded their first album in Chicago, which is where Don is from. "Chet was like a big brother to them and that's where the name of the band came from. Chet made his own legacy because of who he was and everyone loved him. I have been friends with Jerry Miller (Moby Grape) since I was nineteen years old. I am friends with

Tom Constanten (The Grateful Dead), Jorma Kaukonen, Jack Casady and Paul Kantner from Jefferson Airplane since the very early days. I have known them a very long time. Why is that? It is because I have never wanted anything from them or asked them for anything. I have given all of them photos I have taken, either of their bands or individually. That is what they will remember, not the 300 people who stood in line for their autograph, but the people who gave something back to them for a change."

Speaking of photographs, Don has taken over 200,000 images and the number is still growing. "It was very difficult to choose which photos I wanted to put in the book. I wish I had included images of Patti Smith and Linda Ronstadt. There was not enough room. I had the book written for a while. It was a matter of finding the right way to publish it



and get it out there. I met a gentleman named Walt Gross and he is a huge fan. He talked with some publishers and helped me to get the book off the ground."

"People still like to see the classic rock artists. I believe the most sensationalized and idolized era known to man is the time from 1967 to 1977. People are still trying to live the dream forty-five years later and you will always find new hippies who are trying to be a part of it now. It's all still captivating."

*For more information about Don's book and ordering copies, please contact him through Facebook.*



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# 12 Acres in Ohio

By Robin Arnold / Gena Husman

## The Clumsy Ruddy Duck/Invasion of the Snowy Owl/Forecasting Winter

This past year was a year of extremes. First came the severe summer storm that ripped through here, damaging property, leveling buildings and trees, and causing power outages that lasted for days. Then we ended the year with frigid December temperatures and a storm that dumped several inches of snow on the area within a few hours.

Just before the onset of the extreme cold, we suffered through another attack by the same dog on our new flock of chickens. This time, we let the authorities deal with the situation and we hope the neighbor has taken care of the dog problem. Fortunately, there were no deaths but several of the chickens were badly mauled and lost much-needed feathers and patches of skin. We spent the better part of a week tending to wounded hens and had to turn on a heat lamp at night. Willow took the brunt of the attack—she lost almost all the feathers on her back and was so traumatized we were afraid she wouldn't live. She spent the week in the house in our spare bath-tub, living the good life—eating healthy food and listening to PBS in the next room in the evening. Slowly she came around. We're not sure she wanted to go back to the coop, but we finally decided she was well enough to return and take charge of her flock. All of them seem to have recovered physically—but now they are apprehensive about going outside.

At the end of November, before frigid temperatures hit the area and froze much of the open water—including our pond—Robin noticed a strange-looking, strange-acting lone duck wobbling around on top of a log in our pond. At first, she thought it was hurt or sick. When she got closer she realized it was a male ruddy duck, and though she'd seen several of them in the water over the years, she'd never seen one out on land. She got a couple of good photos of it and posted one on Facebook where she discovered that not many other people had ever seen them out of water, either. Apparently, ruddy ducks are noted for their awkwardness on land because their legs are set back farther than other ducks' legs—making them graceful swimmers but clumsy walkers.

They are shy little ducks that like to hang out in the weeds. They are easily identified—in the water, at least—by their blue bill, red-brown body, and black tail—which is often held erect when they swim. Ruddys are migratory ducks and Robin just happened to spot this one when he stopped by to rest and preen as he was passing through.

Be on the lookout for snowy owls—there have been several dozen sightings in Ohio—many in our area. Although their



native habitat is the tundra in the Arctic Circle, many have drifted southward and no one is sure why this has happened. One theory is a shortage of food—either because of a lemming “crash” (lemmings are a major food source for snowy owls), or because of an overpopulation of owls, causing a food shortage. It is thought that ones being seen around here are females and juveniles that will return to the tundra in the spring. Meanwhile, it is a good excuse to get outside and take a drive or go for a walk. Look low—on the ground or lower branches of shrubs and trees—apparently there aren't any tall trees in the tundra. They have been seen in downtown Port Clinton—recently a friend of ours reported seeing one perched on the drawbridge. We've been watching here, hoping one will land on the deck railing....

For the last few months I've been paying close attention to woolly bear caterpillars in an effort to see what kind of winter we might expect. I know it's not a scientific method but it's fun. According to folklore, the darker band indicates how long, cold, snowy and severe the winter will be, while the lighter band is an indicator of how mild it will be. Location of the dark bands on the caterpillar's body foretells what part of the winter will be bad, while location of the lighter band shows when winter should be mild. So far, all the woolly bears I've seen have narrow dark bands at both ends with a broad light section in the middle. This would seem to indicate a severe beginning, a mild midwinter and a cold end. We'll see.... Looking back at December, it seems like the worm has been right so far!

Happy New Year! Goodbye 2013—we hope 2014 is a better year for everyone!

To contact us or to see more of Robin's photos, go to [www.robinarnoldphotography.com](http://www.robinarnoldphotography.com)

# My Mother's Recipes

By Joanne McDowell

It is snowing like crazy, even though it is beautiful, I don't like being stuck at home! Needless to say, what a great day to finally break down and type in the recipes that Hilda Burkett sent me months ago. (After looking at the two desserts it must have been summer time!) These look extra easy to make, enjoy.

### Broccoli Casserole

1 10 oz. package of frozen Broccoli Florets, thawed  
1 can cream of celery soup (10 3/4 oz.)  
1/2 cup shredded cheddar cheese  
Cook broccoli according to package directions. Drain, spread in bottom of greased baking dish. Cover with celery soup. Sprinkle cheese over the top, bake at 350 degrees for 20-25 minutes.

Strawberry season is only months away, but then you can always pick up some California berries, either way this is an easy recipe,

### Strawberry Ice Cream Pie

1 (3 oz.) package strawberry gelatin  
1 pt. vanilla ice cream  
1 pt fresh or frozen strawberries

Prepare gelatin with one cup boiling water. Mix well until gelatin is dissolved. Stir in ice cream, then the berries. Chill and serve as pudding or pour into a prepared pie crust.

### Cherry Cobbler

1 20 oz can cherry pie filling  
1 box of yellow or white cake mix  
1.5 sticks margarine or butter, sliced

Spread cherry pie filling in a greased 9x13 baking dish. Sprinkle with dry cake mix. Top with slices of margarine. Bake at 350 degrees for about 35 minutes. (Other pie fillings can be substituted for the cherries).

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# What is Deep Tissue Massage?

By Jamie Meade, LMT

Deep tissue massage is a type of massage therapy performed by a licensed therapist, that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as sore shoulders, stiff necks, and low back tightness.

Some of the same strokes are used as in classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain.

## How Does Deep Tissue Massage Work?

When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments. Adhesions can block circulation and cause pain, limited movement, and inflammation.

Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement. To do this, the massage therapist often uses direct deep pressure or friction applied across the grain of the muscles. At certain points during the massage, most people find there is usually some discomfort and pain. It is important to tell the massage therapist when things hurt and if any soreness or pain you experience is outside your comfort range.

## How will I feel after the massage?

There is usually some stiffness or pain after a deep tissue massage, but it

should subside within a day or so. The massage therapist may recommend applying ice to the area after the massage.

## What are the benefits of deep tissue?

Unlike classic massage therapy, which is used for relaxation, deep tissue massage usually focuses on a specific problem, such as:

- Chronic pain
- Limited mobility
- Recovery from injuries (e.g. whiplash, falls, sports injury)
- Repetitive strain injury, such as Carpal tunnel syndrome
- Postural problems
- Osteoarthritis pain
- Fibromyalgia
- Muscle tension or spasms

Deep tissue massage is also recommended for fibromyalgia pain. People often notice improved range of motion immediately after a deep tissue massage.

## What can I expect from a deep tissue massage?

During the massage, the Massage therapist may use their fingertips, knuckles, hands, elbows, and forearms. You may be asked to breathe deeply as the massage therapist works on certain tense areas. It is also important to drink plenty of water after the massage to flush metabolic waste from the tissues.

To schedule a massage, please contact Jamie Meade, KNEAD it Massage, @ (419)307-2324.

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# Omarr's Astrological Forecast



By Jeraldine Saunders

**ARIES** (March 21-April 19): When you go along with the crowd you often get no further than the crowd. Being independent allows you to go places no one else has ever been before. You should think for yourself.

**TAURUS** (April 20-May 20): Anyone can love you and it's easy to show love toward others when the sun is shining. It's when you must share an umbrella that love is tested. .

**GEMINI** (May 21-June 20): The best diet for you is not prepackaged "happy" meals available 24 four hours a day at a fast food kiosk but happy thoughts. What you think about today sets the stage for tomorrow.

**CANCER** (June 21-July 22): Look on the bright side. Now that the shortest day of the year has past, every day will be fuller! Keep your positive attitude in full gear to cope with last-minute crises.

**LEO** (July 23-Aug. 22): Devote more energy to achieving your hopes and dreams and less energy to your fears. Try to be less defensive and more understanding if the hustle and bustle becomes briefly exasperating.

**VIRGO** (Aug. 23-Sept. 22): Use logic to evaluate financial matters and imagination to consider ways to make improvements. You might see where changes are needed, but wait until after the holidays to implement them.

**LIBRA** (Sept. 23-Oct. 22): In the month to come, cuddle up with whatever and whoever makes you happy to be alive. There will be plenty of time for social activities, but remember to take care of necessary obligations.

**SCORPIO** (Oct. 23-Nov. 21): Sometimes being tested doesn't show your weakness, but proves your strengths. You may be challenged to find a last-minute gift in the weeks ahead, but will pass the test with flying colors.

**SAGITTARIUS** (Nov. 22-Dec. 21): If problems crop up, the situation will change soon, but if you're experiencing smooth going, things will simply get better. Put your networking skills to work with helpful new acquaintances.

**CAPRICORN** (Dec. 22-Jan. 19): An edgy undercurrent may tempt you to take actions you might regret later. Be patient and abide by the rules during the month ahead, even if key contacts push your buttons or challenge your patience.

**AQUARIUS** (Jan. 20-Feb. 18): The itch to fight off what you consider to be senseless traditions could put you at odds with those in charge during the holidays. It might be wise to simply go along with the crowd and avoid confrontations.

**PISCES** (Feb. 19-March 20): Be glad you have some glad rags. There may be numerous occasions to dress up in the new year.. You'll also have plenty of opportunities to show off your sparkling personality and entertain others.

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I often see parents in the office who are worried that their child might have diabetes. It is important to know the symptoms of type 1 diabetes, previously known as juvenile onset diabetes.

While there's plenty of coverage on type 2 diabetes, which is typically related to childhood obesity, the mystery of type 1 diabetes has not yet been totally explained. Type 1 diabetes affects about 1 in 400 children and adolescents.

There does seem to be a genetic predisposition (certain genes are being identified) to the disease, and then "something" seems to trigger the development of diabetes. Researchers continue to look at viral triggers, as well as environmental triggers, such as cold weather, since diabetes is more common in cold climates.

Early diet may also play a role, as there is a lower incidence of diabetes in children who were breast fed and who started solid food after 6 months of age.

In type 1 diabetes, the pancreas does not produce enough (or any) insulin. Insulin is needed to help sugars (glucose) in the diet to enter the cells of the body to produce energy. Without insulin, the body can't make enough energy and glucose levels in the blood stream become elevated, which leads to numerous problems. Children with type 1 diabetes are often fairly sick by the time they're diagnosed.

The most common symptoms of type 1 diabetes are extreme thirst (while all kids drink a lot, this is over-the-top thirst), frequent urination (sometimes seen as new onset bedwetting with excessive daytime urination, as well), excessive hunger, and despite eating all the time, weight loss and fatigue.

Any time a child complains of being thirsty or seems to have to go the bathroom a lot, parents (including me) worry about diabetes. But, this is not thirst or having a few extra bathroom breaks or wetting the bed one night. The symptoms worsen and persist, and parents soon realize their child is also losing weight and not feeling well.

Although diabetes is currently not curable, great strides have been made in caring for diabetics and improving their daily life. I now have children who are using insulin pumps, and one mother has had an islet cell transplant. The research being done is incredible, and hopefully there will one day be a cure.

In the meantime, try not to worry every time your child tells you he or she is thirsty or tired, as all kids voice these complain from time to time. Do watch for ongoing symptoms.

Lastly, eating sugar does NOT cause type 1 diabetes. It may lead to weight gain, which can lead to type 2 diabetes, but that's another story.

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

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## The International Center for Reiki Training: Science Measures the Human Energy Field

By Pat Zilles

Energy is a theme that permeates many areas of complementary health care, including Reiki. For historic and emotional reasons, two key words have not been mentionable in polite academic research society: "energy" and "touch." Hence it is not surprising that Reiki therapy has been neglected by mainstream biomedical science.

This picture is changing rapidly because of exciting research from around the world. The tale of how concepts of "healing energy" have swung from suspicion and ridicule to respectability is one of the most fascinating and clinically significant stories that can be told.

As in many other areas of investigation, what we were absolutely certain about 20 years ago has changed dramatically. For example, in a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, we have begun to understand the roles of energy fields in health and disease. Most people are simply not aware of this research, and persist in the attitude that there is no logical basis for energy healing.

The main reason for the change in outlook is that sensitive instruments have been developed that can detect the minute energy fields around the human body. Of particular importance is the SQUID magnetometer (1) which is capable of detecting tiny biomagnetic fields associated with physiological activities in the body.....

E-Mail: [center@reiki.org](mailto:center@reiki.org) • WebSite: [www.reiki.org](http://www.reiki.org)

Reiki Circle, January 14 at The Bellevue Hospital, 6 PM to 8 PM, Conference Room A & B

Join us at our next Reiki Circle Group to hear more about the new research development of human energy, and our plans for 2014. We wish the community the best of Reiki health, balance and well being. Happy New Year.



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## New Lifetime Learning Program Debuts at the Y!

The Sandusky County YMCA is pleased to announce a new platform of programs available to Sandusky County. In collaboration with the YACA (Youth and Adult Community Association) and their new Lifetime Learning Coordinator, Don Stull, the Y will be offering a wide array of programs and excursions to promote a lifetime of learning and adventure. The YACAs new Lifetime Coordinator, Don Stull will be organizing informative and useful topic workshops and luncheons to solidify the junction between the two organizations.



As a lifelong resident of Sandusky County, Don Stull holds a Bachelor's Degree in Technology from BGSU, and a Master's in Education from Heidelberg. With over 6 year's experience organizing excursions and learning programs in our neighborhood, Stull is utilizing his skills to help launch the new alliance between the YACA and the Y.

With deep roots in the community, Don and his wife Laura have been active with many organizations. As an Eagle Scout, Don stays involved with local Boy Scout Troops, as well as volunteer for ADAI (Assistant Dogs for Achieving Independence), training dogs to go into service for the disabled. At the Y, in addition to being a Y member for several years, Don previously held a position on the Sandusky County YMCA Board of Directors.

Our new venture, Lifetime Learning at the Y, will give our community the opportunity to not only exercise their body, but their minds as well. "I look forward to bringing my experience and knowledge to the Lifetime Learning Program at the Y and the residents of Sandusky County", says Stull. Program offerings will vary from History both Local and National, Senior scams, lunch 'n learn sessions, relative and meaningful programs, short day trips, and even Adventure Excursions to see America! Extended learning sessions (usually lasting 4-6 weeks) will cover topics ranging from history to politics, music to religion, and are often group suggested.

For more information about our Lifetime Learning program, current and upcoming offerings, please visit our website at [www.ATtheY.org](http://www.ATtheY.org) and sign up for our free email newsletter.

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## In Your Own Backyard

**PRICKLY PEOPLE:** Come enjoy lunch and a program with Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Avenue, on Tuesday, January 14, 11 am – 12:30 pm . Cost \$12.00 (incl). The Feature and Speaker will be Debbie Potts from Rochester, MI. Debbie is a Certified Personality Trainer and will be speaking on "Making Peace with Prickly People". For luncheon and free child care, call by January 9th, Donna at 419-680-2251 or email Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com).

**Women of Grace,** Cinderella Charity Ball, Sat. Feb. 15th at The Heights, Fremont American Legion, \$20 per ticket includes dinner and dance. Tickets in advance by mailing check or money order Payable to: Women of Grace Ministries, PO Box 1001, Fremont, Ohio 43420. For more info call 419-332-1001. Tickets must be purchased by February 9th, 2014

**Fremont Seniors Trip:** Myrtle Beach/Charleston S.C. April 28-May 3, 2014, Cost: \$699.00 Dbl. Occupancy. For more info contact Barb at 419-334-8383.

**The next Sandusky County Prostate Cancer Support Group** (previously known as Man to Man) meeting will be held Wednesday, January 29th at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. There will be a guest speaker followed by a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more information, contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

## Campfire News & Notes

Creative gifts were made by youth that attended Camp Fire's annual Gifts of Love held in early December. Camp Fire would like to send a big thank you to the Woodmen of the World for sponsoring an entire craft; Pam Wolff for sponsoring her leather punch craft and staffing her station with volunteers; Sandusky County Chamber of Commerce for the use of their facility; and the many volunteers that worked side by side to make the day possible. On the same day at 4 p.m. we participated in Downtown Fremont's Holiday parade. A special thanks to the youth and parents who walked in the extreme cold showing their holiday spirit!

As part of Camp Fire's ongoing self-reliance courses we will offer for youth in 5th grade and older our "I'm Taking Care" program. This class is great for youth who are left home alone or to learn babysitting skills. The subjects covered are: safety measures, basic care, safe play with children and job ethics. The class will be held Saturday February 1 from 9 a.m. to 4:30 p.m. Pre-registration is required by January 23rd. Space is limited, so please contact the Camp Fire office for a registration form and details.

Camp Fire's annual Board of Trustees meeting will begin at 6:30 p.m., Mon. Jan. 27, 2014 at Camp Fire.



Supporting members, leaders, past and present board members and adult members are encouraged and welcomed to attend. If planning to attend, please contact the Camp Fire office at 419-332-8641.

Camp Fire will host its annual fundraiser, Uncork the Fun, on Friday February 28 where attendees will enjoy ticket-type raffles, door prizes, refreshments and bundles of fun. Household items, gift certificates for area businesses and restaurants, tools, gift baskets, gas cards and unique items will be available. If you would like to contribute an item or a cash donation to be included in the event or would like to purchase a ticket to attend, please contact us at the Camp Fire office.

Camp Fire sends their wishes of happiness, love and prosperity to each and all in the New Year.

## Cat reluctant to use the litter box may be in pain

**Q:** I adopted a cat from the streets 19 years ago; she was about a year old at the time. She used the litter box for years, but recently stopped. I haven't changed the brand of litter. At the moment, she uses newspapers placed next to the box. What's going on? - T.M.

**A:** Doing the math, your cat is now quite elderly. Beth Adelman, a New York City-based certified cat behavior consultant, is concerned that the change in behavior might be due to a physical problem, so please see your veterinarian. When you do, "Be sure to explain to your vet what's going on. Specifically ask to check for arthritis," Adelman says.

Transitioning your cat to a litter box which would not require her to step over the side might solve the problem. However, if your cat is hurting, pain relief might also be appropriate.

Adelman suggests substituting the kind of box you might store sweaters in under the bed. Cut out a large U-shaped entrance in front which will require little effort for

your cat to use. Make sure there are no sharp edges on this 'door.' As options, you could try an extra-large cookie sheet or cafeteria tray. Since your cat seems to like newspaper, consider going with shredded newspaper. Or try a litter brand made from newspaper.

Keep in mind that it's no more unusual to see changes occur in a 20-year-old cat than it would be to see them in a 100-year-old person.. Overall, your cat seems to be doing remarkably well.

**Q:** As a kitten, my cat would cough and sneeze frequently, but this went away for years. Now he's at it again, sneezing a thick yellow discharge. My veterinarian says the cat has the feline herpes virus. The veterinarian put him on an antibiotic and said he'll get better, but only for a short time. I'm going to try a grain-free diet for my cat. I'm concerned about him being on antibiotics frequently. Any advice? - S.H.

**A:** "Cats can get bacterial infections secondary to the feline herpes virus," says Dr. Susan Little, of Ottawa, Ontario, Canada. "And the antibiotics certainly are important to address any bacterial infections, but really don't affect the primary cause, which is a viral infection."

The majority of feline upper respiratory infections are caused by one of two viruses, herpes virus or calicivirus. Often times, the virus - which may always lurk in a cat's system - only unmasks and causes illness randomly throughout a cat's life, perhaps triggered by stress.

Little, who is the editor of the textbook "The Cat: Clinical Medicine and Management," Elsevier, St. Louis, MO, 2012; \$151) says you likely need to move to the next level of treatment, and suggests consulting a feline veterinarian, who may consider more thorough blood work and an antiviral medication. Little says that while a grain-free diet might not hurt your cat, it's not likely to help. In fact, if transitioning to the new diet is stressful for your cat, it might even contribute to the problem.

(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 Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve.dale.tv. Include your name, city and state.)

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# Shelter Tails

By Joanne McDowell

It was Christmas and I couldn't get Stuart off my mind. You see, she came to the shelter in mid December after her "mom" passed away. She is an older cat, maybe eight or so, and shelter life was too hard on her. She refused to eat and hid in a litter box. After a week or so she became very ill with an upper respiratory infection. I knew then that if I didn't take her home and force feed her meds and food she wouldn't survive the holidays.



I "hid" her in our den...of course she was discovered after a day or two! It took several days to get her to eat, and then she would only eat out of my hand. It has now been almost a week and she is eating and starting to breathe freely. I know she is still grieving, but she is starting to perk up when she sees me.

My "Mew Year's" wish is that someone will call me and take Stuart home. She would fit in well with an older person or couple, she is declawed and fully vetted. She will never fit in here due to three barking dogs, so I really need just the right home for her.

The shelter is still overflowing with cats and kittens so if Stuart isn't right for you, go on out and take a look. All through January our cats are still adopt one and get one free. We are thankful that through the generosity of our community we have survived another year.

If you think Stuart would fit well into your lifestyle, give me a call. (419 334 3602) There is no adoption fee, I just want this cat to have some happiness. Happy New Year!

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# Calendar of Events

January 2014 Sandusky County

**1/1/2014 – 1/31/2014** Rutherford B. Hayes: Buckeye President, Hayes Presidential Center, Tues- Sat: 9am to 5pm, Sunday: Noon – 5pm, Closed Mondays, Cost: 7.50 adults; 6.50 seniors; 3.00 kids 6-12 In his first term as Ohio governor, Rutherford B. Hayes urged the legislature to establish a land-grant college funded by the sale of public lands given to the state by the Morrill Act of 1862. His persistence resulted in creation of The Ohio Agricultural & Mechanical College - later known as the Ohio State University. The Hayes Presidential Center highlights the strong link between Rutherford Hayes and the university in its new exhibit, Rutherford B. Hayes:

**1/1–1/4** Hayes Train Special Hayes Presidential Center, Sat: 9am-5pm, Sunday: Noon-5pm, Closed Mondays, \$7.50 adults; \$6.50 seniors; 3 kids 6-12. Everyone is a kid again as they watch eight different model trains travel a 12x24-foot, three-tier model train layout. All of the trains are styles that relate to 19th U.S. President Rutherford B. Hayes and his family. Visitors act as engineers lifting gates, flashing lights, sounding the whistle, and more, via a series of interactive buttons. A miniature Victorian village provides a picturesque setting through which the trains travel.

Horse-Drawn Sleigh Rides through Spiegel Grove. 1 PM. \$3 per rider. Young and old alike will delight in these nostalgic horse-drawn tours through Hayes' 25-acre estate offered by South Creek Clydesdales. Afterward, warm up with a visit to the newly restored 31-room Hayes Home or the 2-story Hayes Museum. [www.rbhayes.org](http://www.rbhayes.org)

**1/4:** Silent Movie Night, Pemberville Opera House, 115 Main Street, Pemberville, 7:30 PM. How about Cowboys and Indians? We're bringing back Lynne Long to play along on the piano. <http://pembervilleoperahouse.org>

**1/9:** January Social Wine Tasting: Ralph's Joy of Living, 113 S Front St, Fremont, 6 PM, \$10. Explore new wines and try some of our gourmet products in a relaxed and social atmosphere. For only \$10, you will have the opportunity to sample 4 of our 6 featured wines along with an assortment of light appetizers to complement and enhance your wine tasting experience. Please call 419-332-1928 to reserve your glass.

**1/10-1/11:** V is for Variety, Fremont Community Theatre, 1551 Dickinson St, 8 PM, 12 adults, 10 seniors. An original FCT variety show filled with magic, dance, music, comedy and more than a few surprises. The well known and sometimes hidden talents of FCT members and others will take center stage for an evening of fresh entertainment mixed with some old favorites. <http://fremontcommunitytheatre.org>

**1/18:** Tracing Your House's History, Hayes Presidential Center, 9:30 AM, \$10/adult, \$5/students through high school. Hayes Presidential Center Head Librarian Becky Hill switches gears from people genealogy to explore the genealogy of houses. She explains how to use printed and online sources to track down the owners and history of a property through: deeds, Sanborn Maps, city directories, tax records and other sources. Pre-registration required. Sponsored by RootsMagic Inc. visit: [www.rbhayes.org](http://www.rbhayes.org)

## Classifieds

### FOR SALE

Unframed mirror, 50x76, nice for a master bath or exercise room, gym, \$50. Call 419-334-3602 for info.

For Sale: 1996 Liberty Mobile Home in Emerald Estates between Clyde and Fremont. Three bedrooms and two full baths, large kitchen and master bath, new roof in 2013. Asking \$10,000, \$260 lot rent per month, full tank of propane included, refrigerator and A/C. Call 419-334-3602 for info.

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