



# 2000 Lifestyles

**Free**

**Vol. 17 Issue 1**

**January 2015**

**Happy New Year!**

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# Lifestyles 2000

January 15

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www.lifestyles2000.net



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# My Mother's Recipes

By Joanne McDowell

This month I am so pleased to share recipes from my old friend Bonnie Dick of Clyde. Bonnie and I met many years ago when she came to my home to adopt a foster kitten, I believe the year was 1995! She then got involved in the Humane Society and served on our board. Our friendship has remained strong over the years and I am happy to share these recipes with you as I know she is quite the cook. Thanks Bonnie, I am planning on trying all three of these.

### CHICKEN CASSEROLE

4-6 chicken breasts, cooked & cubed  
2 cups mozzarella cheese, shredded  
1 can cream of chicken soup  
1 cup milk  
1 box stuffing mix, prepared as directed

Layer chicken in 9" x 13" pan. Sprinkle with cheese. Mix soup and milk and pour over the chicken. Prepare stuffing mix as directed and spread over the top. Bake at 350 degrees for 45 minutes.

I'm always looking for ways to use leftover ham, and when I tried this recipe my guys and I loved it. It's also quick to prepare.

### HAM AND BISCUITS

Prepare a can of large biscuits and set aside.

#### CREAM SAUCE

1 c. cubed ham  
¼ cup chopped onion  
3 tbl. Oleo or butter  
½ tsp. chicken bouillon granules  
½ tsp. Worcestershire Sauce  
1/8 tsp. pepper  
3 tbl. All purpose flour  
1 ¾ cup milk  
1 tbl. Dried parsley

In a large skillet, saute ham and onion in oleo 3-4 minutes or until onion is tender. Stir in bouillon, Worcester and pepper. Combine flour and milk until smooth and gradually stir into pan. Bring to boil, cook and stir for 2 minutes or until thick. Gently stir in the parsley. Serve over split biscuits.

--and an easy and quick dessert.....

### APPLE ANGEL FOOD CAKE

1 can prepared apple pie filling  
1 box angel food cake mix  
Nuts – (optional)

Preheat oven to 350. Mix pie filling with the cake mix and stir. Batter will be stiff. Pour into a 9" x 13" baking dish. Top with nuts. Bake for 25-30 minutes. That's it!

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

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

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

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30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Happy 2015 to our readers!

Seems like just yesterday we were all so very worried about 2000 and the catastrophe that awaited us on January 1st! As it turned out, nothing happened and here we are fifteen years later. Time certainly does fly.



Our issue is a bit thin due to going to print over the Christmas holiday, we hope to be back bigger than ever in February. However, we have lots of great recipes and a kitten story that will warm your heart.

We wish you health and happiness in the new year and look forward to bringing you the best in reading in 2015.

Joanne & Pete



There were 154 correct entries for the December issue, of those 92 were emailed and 62 were mailed. The correct answer was Dr. Gary Strauchler Podiatrist/Community Health Services.

## Find Pete Winners

Winners are: Tammy Taylor, Annette Mavros, Marianne Renzenbrink, Tim Willis, Georgia Moore, Tyler Jo Smith, Clyde; Ann Foos, Helena; Pat Smith, Olive Mygrant, Bellevue; Randy Smith, Pete Naderer, Alice Hasselbach, Linda Tucker, Mike Mutchler, June Knepper, Olga Lopez, Kendra Provard, Fremont; Kylie Gleba, Gibsonburg; Holly Anderson, Green Springs, Shyann Woodruff, Kansas.

Thanks for entering!

## Find Pete Prizes

Prizes are from Jenesis Salon, Dairy Queen West, Rally's Fremont, The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry.

## Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, 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

## REIKI CIRCLE GROUP

By Patricia Zilles

If you have felt the power of Reiki and want to broaden your experiences we have the tools to provide our students with the fundamental hand positions for healing to using the advanced techniques. This training provides the essential keys to Reiki Level I for beginners and advanced practitioners as well as teaching caregivers that have the responsibility to care for family members.



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Beginning January 2015 the Reiki Circle will be introducing to the new students the First Comprehensive Training Program for Reiki with DVD, Audio, Music, and written instructions. Our practitioners will be sharing their experiences of Reiki as well as teaching the newest class material and skills review.

Reiki Circle will resume on February 10, at The Bellevue Hospital, conference room A-B beginning 6 to 9PM.

From all the Reiki Practitioners, we wish you a very Happy, Healthy New Year. Many thanks to all that attended and volunteered their time and services as our guest speakers.



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# In Your Own Backyard

The Exchange Club of Fremont is looking for new members to help us make our town the best it can be. During the months of January, February & March our organization has a campaign called "Stand Up America" when new members get three months of free dues! Our club has wonderful events like the summer concerts in Birchard Park, the annual Brat-Fest, Fremont's Got Talent and more.

We support our youth, honor, patriotism and acknowledge extraordinary folks in the community with Golden Deeds and other awards. We give back thousands of dollars every year to lend our assistance in programs needing funding. We meet Fridays at 11:45 at the Fremont Eagles. Join us at any of our meetings for more information.

**FITNESS FOR THE NEW YEAR:** Luncheon and program with Fremont Area Women's Connection at Anjulina's Catering,

2270 W. Hayes Avenue, Tuesday, Jan. 13, luncheon 11 am - 12:30 pm, Cost \$12 incl. The Feature is Angie Schroeder, CPT, MBA. The subject Wellness, Fitness & Motivational Programs to promote your health & well being.

Our Speaker is Sandi Lemmon, Toledo, OH. "Confessions of a Workaholic". As a Type A Personality, Sandi embraced the Women's Movement for success. Call by Jan. 8th, Donna - 419-680-2251 or email Carrol at fawcluncheon@gmail.com

Anchored to the Rock Christian Store & Church Supply is now located at Fort Stephenson House Complex. Please spread the word we're back in town! 602 W State Street, 419) 250-1381.

Our Lady of the Pines Jan. events; to register: 419-332-6522 or e-mail: olprc@pinesretreat.org

Jan. 6: Centering Prayer; 7- 8 PM; centering prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer in which we experience God's presence within us. The focus on Centering

## HEALTHY LIFESTYLE CHALLENGE IS SET

The annual community Healthy Lifestyles Challenge, sponsored by The Bellevue Hospital and the Recreation Center, gets underway on Jan. 12, and all Bellevue residents and businesses are invited to participate! Competition runs from Jan. 12- April 3. There will be competition for business and individuals. The cost to participate is \$5 minimum, and prizes will be awarded to the top 5 males and top 5 females with the greatest percentage of weight loss at the end of 12 weeks. Prizes will also be awarded to those earning the most Healthy Lifestyle Challenge points over 12 weeks.

Prayer is the deepening of our relationship with Jesus. Free will offering.

Jan. 13 Reflection with a Cup of Tea: 2015 Another Year, Another Chapter, 9-10:30 AM. Two weeks after New Year's Day is a good time to take a second look at our "resolutions" for the new year. We will 'tweak', prioritize, and "write them into the Chapter of 2015. Presenter: Sister Eve Marie Korzym, OSF/S is a Sylvania, Ohio Franciscan. Her background qualifies her to work in religious formation and on-going adult religious education. \*\*

Jan. 26 Evening Prayer: Softly Chanted; 7-8PM Join in a sung evening prayer, thanking God for the graces of the day and asking for His blessings through the night. Presenter: Sr. Breta Gorman, RSM is a long time educator, retreat and spiritual director, who has served at The Pines. Free will offering; refreshments to follow.\*\* registration would be appreciated  
Jan. 28: Noon to 2:30 PM, lunch & lecture with Kevin Anderson Author and psychologist from Toledo.

Author and psychologist Kevin Anderson, Ph.D. will speak on his new book "The Inconceivable Surprise of Living and his award-winning book Divinity in Disguise". Books will be available to purchase and Kevin will sign if requested.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held Jan. 28th 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.

Healthy Lifestyle Challenge points can be earned by daily exercise, getting at least seven hours of sleep each night, eating a minimum of five servings of fruits and vegetables each day, and drinking a minimum of six 8-oz. glasses of water each day. Points can also be earned by completing Healthy Lifestyle quizzes. Participants will receive a monthly calendar with which to track their points.

Businesses can register with Mandi Artino at martino@bellevuehospital.com or by calling 419.484.5425. Individuals can register with the Bellevue Rec Center staff by calling 419.483.5555.

# Happy New Year



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## Surprise! / Chickadee! / Happy New Year!



Robin Arnold



Gena Husman

What is the last thing you would expect to find woven through the branches of your artificial Christmas tree when you take it out of storage and uncover it? A snake skin?...How about TWO snake skins? (Note: we don't store the tree in the house--it was in the barn covered with a plastic bag to keep the dust off).

Late one afternoon about two weeks before Christmas, I went over to the barn to bring the tree back to the house. As I pulled the dust cover off I knew right away something didn't look quite right. It took a few seconds to realize exactly what I was looking at because it wasn't something I was expecting to find there: two snake skins were intertwined among some branches along the tree trunk. I jumped back a step (I react to snakes like Robin does to mice). If the skins were there, might the original occupants be somewhere near?

I realized that was rather absurd--who ever heard of snakes shedding their skins in artificial Christmas trees? I decided Robin must have placed them there for a joke. She didn't.

"No, I wouldn't have even thought to do something like that!" she said when I asked her. "But, I've run across at least two or three snakes over there this summer. I'll bet it--or they-- thought it was a real tree and crawled up into it." She laughed; I shuddered. What if I had heard strange noises and whipped off the cover and come face-to-face with a snake shedding its skin in the tree earlier in the fall? I might never have decorated another Christmas tree again.

In the end, I cleaned the tree from top to bottom and we decorated it. Meanwhile, a birding friend on facebook told us about a tree at the Toledo Zoo that was decorated with snake skins. Hmmm....

"Chickadee-dee-dee!"... the chattering of chickadees is one of our favorite sounds from one of our all-time favorite little birds. Black-capped chickadees are common year-round residents in the northern half of Ohio. They are usually found in wooded areas and are frequent visitors to bird feeders in the winter.

For the first eighteen years that we lived here there were so few trees that we never saw a single chickadee. In 2004, as we were



slowly letting the land go wild, Robin spotted and photographed the first chickadee that we were aware of. Since then we have seen and heard others sporadically over the years. Within the past two years as the trees have grown bigger and thickets have grown thicker, we've seen two or three chickadees come to the special feeder we put up in back of the pond--away from the house and the hordes of sparrows which swarm the backyard feeder. This year a couple of chickadees came closer to the house and found the black oil seeds we put in a nearby maple tree for the nuthatches. Now we can look out and see nuthatches running up and down the tree trunk and at least a couple of chickadees perched on the branches waiting for their turn.

One of our best "presents" this Christmas was a "presence." As we were walking around the marsh one morning a week before Christmas, Robin suddenly stopped. "Did you hear that?" she asked. "Chickadees!" And there, right in front of us along the edge of the dike we saw not one...not two...but FIVE chickadees perched on the branches of a scrubby tree. They followed along beside us for a short distance, flitting among the trees and chattering..."chickadee-dee-dee!"

We hope your New Year is safe, happy and prosperous!

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## Corporate Anointing helps Local Women

By Jeannie Weber

It is 2015 and time to think "Budget for the new year". During this time please consider a local community outreach by partnering with us to touch and change lives that ultimately strengthen our community! Now..before you move onto the next article read Jenny's story and thoughtfully consider supporting "CORPORATE ANOINTING" Ministries (CAM) a local 501(c)3, all volunteer organization that is changing lives of the hopeless, homeless, and lost.

**JENNY'S STORY:** Jenny was a prescription pill and heroin addict for 9 years. After the death of her daughter she spiraled down even farther but still had not hit bottom. She saw no hope in life only pain and loneliness. It wasn't until being sent to jail that she began to look up and find God. She also found CAM's Sober-Living program, a safe environment that would allow her to reestablish her life, build a relationship with God, see and feel God's love in action, and see there is hope.

Today, Jenny is stable, full of faith, grounded in the local church, has rebuilt family relationships, and found a friend who will never leave...Jesus! Oh and incidentally Jenny works 40 plus hours a week, just bought her first car (a 2015 flaming red Kia Rios), and is now assisting others in the road to recovery and restoration....all things are possible!

There are many more stories like this that I would love to share with you, your friends, family, and organization, stories where seeds are sown, individual's faith is restored, where recovery from addictions is possible and families are reunited.

We are reaching those that are lost, struggling to overcome barriers and bad choices...but it takes money to do this work. Your assistance is needed and here are six ways you can partner with us to reach souls and build our community: 1) Designate one percent of your or your organizations annual budget 2) Receive a designated coin offering once a month 3) 3. Sponsor a Sober-Living individual (\$75 per week or \$300 a month) 4) Commit to a month donation 5) Conduct a fundraiser donating all proceeds to CAM 6) Receive a Love offering twice a year or 7) Give a one-time donation.

Please prayerfully consider partnering with us to reach the lost, sow seeds of hope, and point the way to being all that God desires for us. "Together we can make a difference!"

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# "Grate" Treats & Eats

By: Chris Timko-Grate

Happy 2015! Oh my it just seems like it was only a few months ago I was saying Happy 2014! It is true the older you get the faster time passes. After the crazy holidays my plans are to make sure my cupboards and freezer are stocked then snuggle in for the winter and read a few new books.

My college roommate, Tricia Vincelli from Ocean Port, New Jersey sent me her copy of "The Help" because she couldn't believe I hadn't read it or seen the movie. I told her I worked so much I didn't have time for pleasure reading, let alone movie going! So this month I am going to do just that, read some good books.

The ones I have lined up along with "The Help" are, "Killing Patton" and, "Killing Kennedy" by Bill O'Reilly. I heard him talking about his books on a late night talk show and they sounded like ones I would like. If I like those I will get his "Killing Lincoln". While in the book store I saw another book called Manson "The Life and Times of Charles Manson" and that caught my eye too. I know Manson is a little dark, but years and years ago I read "Helter Skelter" by Vincent Bugliosi about the Tate-LaBianca trials and I was hooked on True Crime. I don't miss an episode of Homicide Hunter with Lt Joe Kenda.

For January I am going to share a couple of new recipes that I am sure will end up being favorites. They are both casseroles and will be good on these cold winter nights. Enjoy and let's hope for a healthy and great 2015!

## Chicken Paprikash

4 cups dried medium noodles  
3 slices bacon, chopped  
1 large onion chopped  
2 medium carrots chopped  
2 stalks celery chopped  
2 teaspoon paprika  
1/2 teaspoon finely shredded lemon peel  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper

1 8oz carton dairy sour cream  
1/3 cup all-purpose flour  
1 3/4 cups milk  
3-4oz cream cheese softened, cup into small cubes  
6 skinless, boneless chicken breast halves  
Paprika  
Salt and ground black pepper

Preheat oven to 375 degrees. Cook noodles according to package directions, drain and rinse. In a large skillet cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon and drain on paper towels, reserving drippings in skillet. Add onion, carrot, and celery to the reserved drippings; cook for 5 minutes, stirring occasionally. Stir in the 2 teaspoons paprika, lemon peel, 1/4 teaspoon salt, and the 1/8 teaspoon pepper.

In a medium bowl combine sour cream and flour. Gradually stir in milk. Stir sour cream mixture into onion mixture. Add cream cheese, cook and stir until thickened and bubbly. If to thick add a little more milk. Stir in cooked noodles and bacon.

Transfer noodle mixture into an ungreased 3 quart rectangular baking dish. Arrange chicken on top of noodle mixture. Sprinkle chicken lightly with additional paprika, salt, and pepper.  
Bake uncovered for 35 to 40 minutes or until chicken no longer pink. (170 degree's)

## Chicken Supreme Casserole

8 ounces dried rotini pasta  
1 16 ounce package frozen broccoli stir-fry vegetable  
2 10.75-ounce cans condensed cream of chicken soup  
2 cups milk  
1/4 cup mayo or salad dressing  
1/4 cup sour cream  
1/4 teaspoon ground black pepper  
2 cups cooked chopped chicken  
2 cups cubed French bread  
2 tablespoons butter, melted  
1/4 teaspoon garlic powder  
1 tablespoon snipped fresh parsley

Preheat oven to 350 degrees Cook pasta according to package directions, adding frozen vegetables during the last 5 minutes of cooking, drain.

Meanwhile, in a large bowl combine soup, milk, mayo, sour cream, and pepper. Stir in pasta mixture and chicken.

Transfer chicken mixture to an ungreased 3-quart rectangular baking dish. In a medium bowl combine bread cubes, melted but-

ter, and garlic powder; toss gently to coat. Sprinkle over chicken mixture.

Bake, uncovered for 30 to 35 minutes or until heated through and bread cubes are golden brown. Let stand for 10 minutes before serving. Sprinkle with parsley.

Contact me with questions, comments, suggestions, and your recipes at ChrisTimkoGrate@roadrunner.com

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# Helen Marketti's Music Corner

## Give Me A Chance



Gail Renard was 16 years old in 1969 when she climbed up a fire escape behind the Queen Elizabeth Hotel in Montreal, Canada. She was bound and determined to meet her idol, John Lennon. He and Yoko were staying at the hotel for their "Bed In" for Peace. She wanted to interview John for her high school newspaper. Gail



not only met John and Yoko but became their personal assistant and friend during their 8-day peace campaign. John encouraged Gail to become a writer and helped her along the way. She was offered to continue touring with John and Yoko after their stay in Montreal was over but Gail decided to pursue her own interests. She had an opportunity that many Beatle fans could only achieve in their dreams. John Lennon seemed to have a sixth sense about people and he knew Gail was a genuine soul that he could trust. Give Me A Chance (Walker Books, London) is a rock and roll story written by a fan who became a friend to one of the world's well loved rock icons. The reader will feel as though they are on the journey along with Gail and she describes in great detail the atmosphere, feeling and emotion.

### What gave you the idea to write a book?

I'll always be grateful to John Lennon for everything he did for me, including giving me confidence which, for a teenager, is a priceless gift. One hears so many terrible stories about our heroes these days, I wanted to tell a happy one. John was a kind man and a good friend to me. I wanted to thank John by getting his peace message out into the world again.

### How did your article ever turn out for your high school newspaper?

I'd like to think it was the best article they'd ever had!

### Why do you think you were accepted rather easily into John & Yoko's world at that time?

A mutual friend told me John could decide within 20 seconds whether he could trust someone or not and he was always right. After all, I came in peace! We also shared a sense of humor.

### Did you ever keep in touch with Derek Taylor?

(Derek Taylor was the press officer for The Beatles)

Not as much as I would have liked and unfortunately he died too soon. A lovely gentle man and a gentleman.

### You were given an opportunity at a young age that many people dream about their entire lifetime, yet you seemed to understand and appreciate the opportunity. What life lessons did you learn from that experience?

The main thing I learned from John and Yoko is that you can change the world, or at least your bit of it. Everyone laughed when the Lennons announced they were going to lie in bed for eight days for peace but John said if they're going to be giving interviews non-stop, they might as well be comfortable!

The Bed In led to 500,000 people marching on Washington six months later to protest the Viet Nam War. They were singing Give Peace A Chance. It's said that the Bed In

was instrumental in shortening the war. That's a powerful lesson to learn.

### I admire you for turning down the opportunity to travel with them and perhaps work full time. I understand you had wanted to explore and live your own life rather than through someone else's schedule. Do you believe John admired your strength for sticking with what you felt was right for yourself?

I think John got over it! We stayed friends.

### You met several celebrities during that time. What did you come away with after meeting them? Did you find them to be "just normal people?"

Like John and Yoko, the celebrities were all passionate, talented people who wanted to make the world a better place. We all loved coming together at that special time.

### It was eight days of working and speaking towards peace, how do you think that message is coming across today?

We need John and Yoko's peace message today more than ever so let's keep spreading it!

Please share any current projects or writings that you are working on...

I've written various television series but funnily enough, I'm just about to start on a sequel to my book Give Me A Chance. There's still another story about John to tell...

### Is there anything else you wanted to mention or discuss?

John's ambition was to write a peace anthem that would last for all time. Let's sing

Give Peace A Chance every chance we can and make it so.

Give Me A Chance is available through Amazon and Gail's web site: [www.gailrenard.com](http://www.gailrenard.com)



## FREE HIP SCREENINGS, EVALUATIONS BEING OFFERED AT THE BELLEVUE HOSPITAL

The Bellevue Hospital will be hosting a free hip screening and evaluation on Friday, Jan. 9 from Noon-4 p.m. Andrew Huddleston, D.O., with Northern Ohio Medical Specialists, and on staff at The Bellevue Hospital, will perform the consultations.

On the day of their appointment, participants will sign-in and be taken to the Radiology Department where x-rays of the pelvis area will be taken. Dr. Huddleston will then consult with each patient on the preliminary results of those x-rays, discussing any possible arthritic or degenerative hip concerns. Some participants may then be referred to their family physician or an orthopedic specialist for further treatment. The initial screening is free and reservations are required. A specific time may be requested.

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**The Calico Cat is napping in January 2015  
and will open again on February 3rd!**  
**Z-Z-Z-Z-Z-Z!**  
**See you then-Happy New Year!**

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

By Grace Sidell

## Out to Lunch

By Lynn Urban



### 5th Street Pub



What a great place to meet friends after work, or anytime. The 5th Street Pub is a neighborhood restaurant and bar just one block from downtown Perrysburg at 105 W. 5th Street.

Known for their pizzas, Italian sandwiches and desserts because all are baked in a 1000 degree wood burning open oven within view of the customers. This gives the pizzas a wonderful thin crispy crust, and the sandwiches toasty along with a wonderful aroma when you walk in. There are 15 specialty pizzas on the menu, from \$10.00 to \$16.00 or you can build your own from a large variety of toppings. The same goes for the build you own salads, along with large specialty salads.

Another favorite that they are known for are their large meatballs, spicy port, pecan veggie, chicken, and of course beef, and choose one of their 5 sauces, then have them on a hoagie, over pasta, or a plate, and topped with cheese.

We chose the meatball pizza, made with ricotta, tomato sauce, basil, meatballs, and Italian cheeses. It was a good choice. The appetizers from their small plate menu are all uniquely plated. I ordered Arancini, which are balls of goat cheese wrapped in risotto, breaded and flash fried on a bed of tomato sauce. I loved these, you get two large balls for \$8.50.

A few of the other items on the menu, besides the fire roasted Italian sandwiches, include homemade

soup, gourmet burgers, pork chops, beef tenderloins, and an Italian Mac and Cheese, made with Italian sausage and penne pasta, and all sandwiches are served with their homemade chips.

Some of the fresh baked desserts are biscotti served with chocolate, caramel and whipped cream, \$5.00 and the fire roasted large chocolate cookie topped with salted caramel ice cream, \$6.00.

I highly recommend this place for something unique and fun. Visit [www.5thstreetpub.com](http://www.5thstreetpub.com) for more menu items.

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419-334-4479**

Please wipe away that tear,  
For I am spending Christmas  
With Jesus Christ this year.

I hear the many Christmas songs  
That people hold so dear,  
But the sounds of music can't compare  
With the Christmas choir up here.  
I have no words to tell you  
The joy their voices bring.  
For it is beyond description  
To hear the angels sing.

I know how much you miss me,  
I see the pain inside your heart,  
Even though I am so far away,  
We really aren't apart.  
So, be happy for, loved ones  
You know I hold you dear.  
Be glad I'm spending Christmas  
With Jesus Christ this year.

I send you each a special gift  
From my Heavenly home above,  
I send you each a memory  
Of my undying love.  
After all, "Love" is the gift  
More precious than gold.  
It was always most important  
In the stories Jesus told.

Please love and keep each other,  
As my father said to do,  
For I can't count the blessings  
Or the love He has for you.

So, have a Merry Christmas  
And wipe away that tear.  
Remember, I'm spending Christmas  
With Jesus Christ this year.

Speaking of new ideas---today I'm making Dill Pickle Soup! Martha Lantz and the women in that Home Makers Club have been celebrating Christmas here at the Old Garden House for a few years. Their request has always been several kinds of soups and several salads served with warm yeast rolls and finished with a couple different kinds of pies. It's been fun and a change of pace for me. Jamie, one of the members, brought me the recipe and asked, "Ms Grace can you make us some Dill Pickle Soup?" Today is the day I will try---will see!

So until next month, welcome 2015, a new year...pack the Christmas decorations away, but store the memories in your heart, and always know that LIFE IS GOOD!

*Ms. Grace is the owner-manager of the Old Garden House. She is the mother of eight grown children, has 16 grandchildren and 7 great-grandchildren. She has over 45 years of "hands in the dirt" experience with flowers which she loves with a passion second only to her love for people - especially children.*

Happy New Year! Hope your celebration of Christmas was restful, meaningful and warmed your heart and soul. Mine was filled with family and friends, new ideas and old traditions. Christmas Day has passed, but the season is still with us, so perhaps this poem will bring some comfort to those of you who recently lost a loved one. I know it did for me 7 years ago when my husband Rollie had passed away and I was facing my first Christmas without him. My daughter Jane found it and gave me a copy. I read it many times then put it up on the bulletin board where every once in a while I would read it again. About a month ago, my sister Ginny Wegman passed away and once again it brought comfort to me and family members with whom I shared copies. The author is unknown, but his or her words of comfort are not...let us share them with you this beautiful season.

My First Christmas in Heaven  
I see the countless Christmas trees  
Around the world below  
With the tiny lights like Heaven's stars  
Reflecting on the snow.  
The sight is so spectacular!

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## Happiness Can Be Spelled K-I-T-T-E-N

C. S. Lewis once wrote, "When you lose a blessing, another is often most unexpectedly given in its place." So when Walter, our beloved cat of 14 years passed away, we decided a few years later it was time to get another cat. Our small family of three talked about it over supper. We missed the sound of purring, the way a cat will keep you company as they lay nearby with paws tucked under, the sandpaper licks, and the delightful afternoons with a dozing cat in the chair or on our laps.

Walter was an inside/outside cat, and very proficient at catching and eating all kinds of prey. He kept the neighborhood gardens free of rabbits and other pests. Our neighbors were fond of him because he kept down the vermin population. Unfortunately, his diet was his demise, and after two years of fighting some kind of intestinal problem, Walter was humanely euthanized at the age of 14. So it was decided that our next cat would be strictly an inside cat, and for my birthday this year, son Tim bought me an automatic cleaning litterbox. We also decided we would adopt an adult cat, which turned out to be a bad idea. The cat took one look at our dogs and disappeared behind the dryer, where she stayed for five days. Back to the Humane Society with cat in tow, Joanne suggested an older kitten, old enough to hold her own with the dogs, but not old enough to be afraid of them. The ladies at the shelter were most helpful suggesting this cat, or that cat to fit our needs. Eventually, a 12-week old female, who had been thrown from a moving car before she came to the shelter, became the best candidate.

All her injuries were healed, and the girls said she was a gutsy little thing in her cat room and a perfect selection for us. If I had to describe her color, I'd have to say

"camouflage." Different shades of gray and brown, with stripes on the tail and spots on the belly adorn this kitten. So, no beauty to be sure! Unfortunately, you can't hear her purr, but my vet, Laurie Hirt, says that's normal. "Some cats just purr louder than others," she said. The kitten used her litterbox right after we brought her home, and in these past four months has never missed it. She waltzed right by our 80-pound Labrador retriever, but skirted around my little terrier mix who hated her instantly.

I'd forgotten after fourteen years of how entertaining it is to watch kitten antics. Coming at the dogs sideways and running away is a favorite tease of hers. Toes peeking out of a blanket is a joyous pastime too, though somewhat painful for us as she learns to sheath her claws. Watching her play with empty boxes and paper bags can always get a laugh out of us as well.

Shelby the lab thinks we got the kitten especially for her. She washes it in certain places, and teases her with her big nose. I often find them sleeping together.

Naming an animal is important. She was with us a few weeks before my husband suggested "Willow." It seemed to fit with her camouflage colors, and she knows her name well. In fact, very un-catlike, she always comes when she's called. Willow began finding items around the house to play with right from the start: hanging plants, bits of thread, candy wrappers, Kleenex, and bottle caps. She carries the bottle caps around, jumps on our laps, and wants us to toss them. Then she runs and gets them and brings them back, just like a dog! Our first fetching cat! This delightful action brings gasps of disbelief and delight from friends and family.

I soon started to notice that the atmosphere in our house had begun to take on a new perspective. We began to talk to each other more, sharing our Willow stories with each other, laughing and smiling. Sometimes as we sit watching television, one of us will notice if she's not in the room, and call her. With her tiny little "mew" sounds she comes running, right into the lap of whoever called her. And so it seems the dismal future of long lonely days and nights in another Ohio winter have flown out the window, all because of a little five pound cat. The person who threw Willow out of a car window last summer will never know or understand what she means to us.

We're looking forward to many years of joy with our new feline friend, and we're glad we decided to adopt from the Humane Society. A shelter cat or kitten comes fully vetted, wormed, and with its first shots. A coupon for spay or neuter is also included in the adoption price. If you get a "free" cat from somewhere, all these expenses will add up to over \$300. It is very important to your cat's well being that they receive regular medical attention. So, if you have been thinking of getting a companion, come to the shelter and pick out your new family member. We are so glad we did!



### Fully Vetted Cats



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### LOST PET



Bella went missing on Sept. 24th when she escaped under a fence. She was last seen running down Michaels Road, off Hayes Ave., in Ballville Twp. Her family misses her terribly and we are hoping that she is in a safe place. Bella has rods in her legs because she was an abuse case, her owners spent thousands fixing her legs and would love to have her home for the holidays.

A \$300.00 reward is being offered for her safe return.

**Please call 419-334-3602 or 419-559-1238 if you have any information.**

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## Campfire News & Notes

The New Year is here! Camp Fire hopes each and every one of you had a wonderful holiday season.



Camp Fire hosted it's first ever "Freezin' for a Reason" fundraiser. We would like to send a big thank you to not only the participants, but the sponsors, and volunteers. We would like to keep this event growing so please help us spread the word to those who are crazy enough to jump into the pond in winter.

Camp Fire is now preparing for our next annual fundraiser, "Uncork the Fun", on February 27th. If you are looking for a nice adult night out with friends or family and a chance to win some amazing gift baskets then this is for you! Tickets will be available at the Camp Fire office.

Our programs and clubs have been successful this year. We hosted several preschool programs including Pioneer Day, plus a self reliance class to teach safety measures in order to stay home alone or babysit. Some of our families participated in Fremont's downtown parade in December.

Those who have been supporting Camp Fire through our annual appeal have been making these programs possible for our youth. Camp Fire has served many youth over the years. It is with volunteers, sponsors, United Way, and our gracious community that we are able to continue educating the youth of Sandusky County. For this we say, thank you and may this New Year bless you!

## YMCA OPEN HOUSE TO CELEBRATE NEW FITNESS ADDITIONS

YMCA OPEN HOUSE TO CELEBRATE NEW FITNESS ADDITIONS

The Sandusky County YMCA will be welcoming the community for their annual Open House on January 4th, with activities showcasing much of the Y's vast healthy living opportunities for adults and children.

Some enhancements revealed include the newly renovated Fred Durnwald Strength Training Center, new Indoor Cycling Bicycles for classes, and the addition of Smart Boards to the Child Development Center.

The new Fred Durnwald Strength Training Center was made possible through generous donations from the Durnwald family in honour of the late Fred Durnwald. Thirteen new Magnum by Matrix strength training equipment pieces make up the new center, which was officially dedicated in December.

Another improvement featured this year is the purchase of 15 new LeMond Revmaster sport Indoor Cycling Bicycles for their indoor cycling program. "The new LeMond's are all equipped with interface screens capable of syncing with users' heart rate monitors to provide instant heart rate and calorie feedback throughout the class." says Cahill.

A complete Open house schedule of free classes, activities, and areas open for public use can be found on the Sandusky County YMCA's website at [www.ATtheY.org](http://www.ATtheY.org) or contact Christy Zimmerman at 419-332-9622.

## Classifieds

### SERVICES

DUST FREE CLEANING wishes you a Happy New Year! The holidays are over, do you need a clean up? Rates, \$12 per hour, 4 hour minimum, references, insured, call 419-603-6667.

### HELP WANTED

Part time dog and cat kennel workers needed, minimum wage to start, apply at Humane Society, 2520 Port Clinton Road, Fremont. Apply between 1-4 daily, no phone calls. Must be 18 or older. Do not apply if not committed to hard work!



## Calendar of Events

January 2015 – Sandusky County

**Jan. 3:** Fremont Pigeon Club Show and Shop, starts at 7am, Sandusky County Fairgrounds. Free

**Jan. 10:** Second Saturday R 4 Kids, 11am-2pm, Hayes Presidential Center, Fremont. A hands-on educational series designed for children and parent/adult companions. Each session may include speakers, special guests, and a make-it-take-it craft. Attendees can come when they want during the time frame and spend as much time on an activity as they want. Cost: \$1/child 6-12, \$7.50/Adult, which includes Hayes Museum admission. Call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**Jan. 16-18 & 23-25:** Moon Over the Brewery, Fremont Community Theatre, 1551 Dickinson Street, Fremont. Friday & Saturday 8pm, Sunday 2pm. Cost \$12.00/Adult, \$10.00/Seniors. For tickets, call 419-332-0695 or [www.fremontcommunitytheatre.org](http://www.fremontcommunitytheatre.org).

**Jan. 17:** Tracing Your House's History Class 9:30am-11:30am, Hayes Presidential Center, Fremont. Hayes Presidential Center Head Librarian Becky Hill will switch gears and explore the genealogy of a house. She will explain how to use printed and online sources to track down the owners and history of a property through deeds, Sanborn Mays, city directories, tax records and other sources. Cost: \$10/Adult, \$5/Student through High School. For more information, call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

## CHS offering free assistance with Health Insurance Marketplace Enrollment

Open Enrollment for the Health Care Marketplace is now through February 15, 2015

Community Health Services is offering free assistance to people who need to enroll for health care coverage for 2015 through the Health Insurance Marketplace. Jennifer Leonard, CHS Certified Application Counselor for the Marketplace and Enrollment Specialist, is available by appointment to answer your questions, help people to identify plans that meet their needs within their budget, and walk through the process.

In addition to private counseling sessions, Leonard will be presenting a series of informational sessions throughout the area that will provide general information about the Health Insurance Marketplace and how it works. Individual sessions are by appointment only.

**NOW OPEN!**



## SATURDAY NIGHT BINGO!

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

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Or email: [martino@bellevuehospital.com](mailto:martino@bellevuehospital.com)

**Individuals Register:**

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