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2016



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Vol. 17 Issue 1

January 2016



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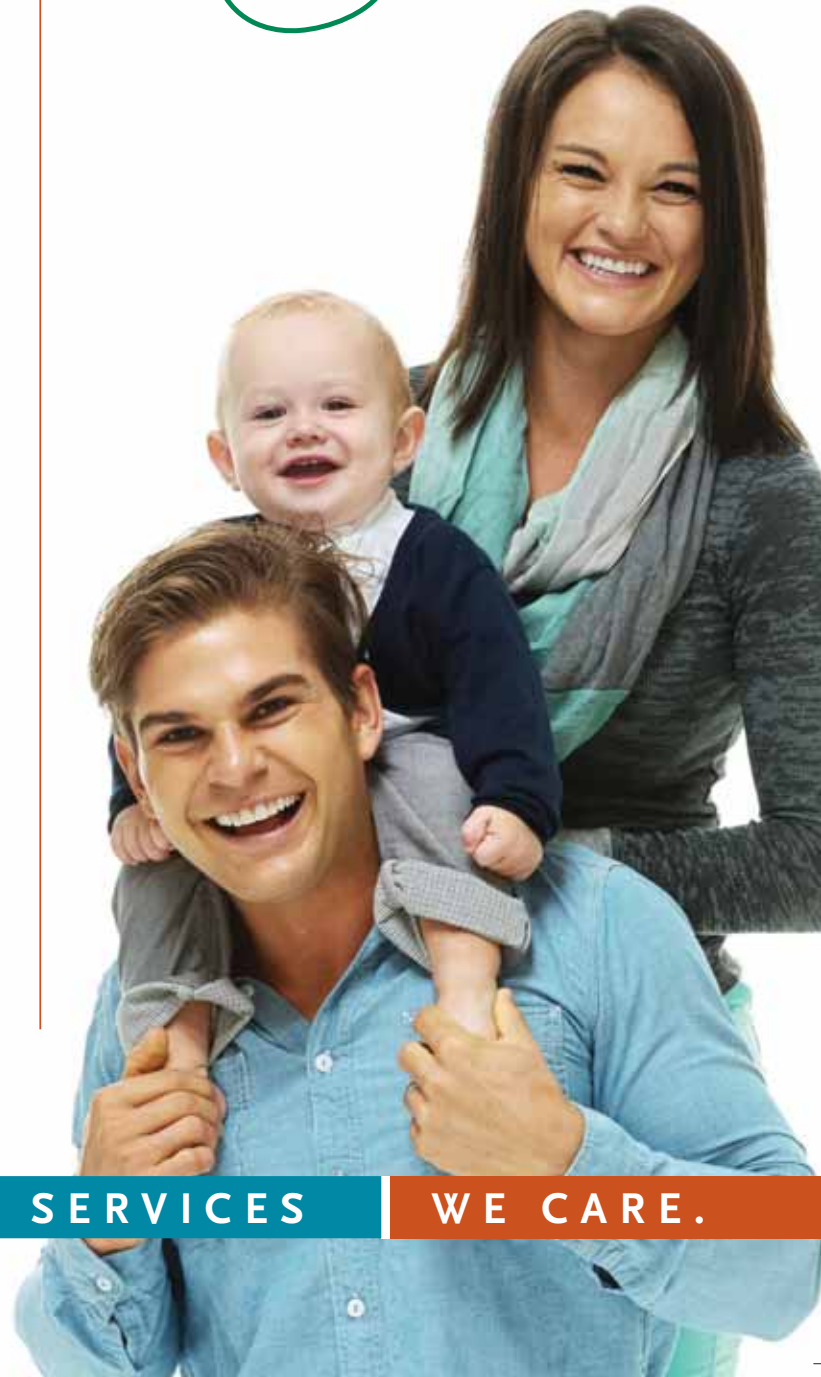
The Health Care Marketplace (Obamacare) is open for enrollment – but time is running out. If you don't have insurance, or you would like to change plans, you have until January 31, 2016 to log onto www.healthcare.gov or call **800-318-2596** to enroll. If you need help, CHS Certified Application Counselor, Jennifer Leonard, can provide free assistance. To schedule an appointment, please call (419) 334-3869 ext. 251.

4 WATCH FOR UPDATES!

We have exciting plans for 2016 and beyond, that will help us to provide quality health care for everyone for years to come. Watch for news updates throughout the year about:

- Expansion of services
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- Upgraded offices
- Updated website with more options for our patients and the community

Best wishes for a healthy, happy 2016!



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Lifestyles 2000

January 2016
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www.lifestyles2000.net



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

I'm so sorry that I missed the press deadline for last month's column. I was probably happily opening boxes and shouting for joy! My books had arrived! The publisher has done a really nice job on them.

In retrospect, the delay and waiting time was no one's fault. I and the computer operator had grossly underestimated the amount of time it would take to process the manuscript into book form for the publisher. Also, she was called into full time work from her original part-time schedule. This shortened her typing and processing time. So, we ask you to please ignore any typed errors or other mistakes you may find in our first adventure into the world of book publishing. I promise if I ever write another book, which is highly unlikely, it will be beautiful, without errors and on time! But, you know what, when you are human yourself, and you have lived in this world as long as I have, you know that no one is perfect and life goes on with or without perfection. Thanks for the positive comments and kind words you have shared with me after reading Heartbeats and Footprints-A Memoir of 30,000 Sunrises. I appreciate them very much.

If you would like a copy, they can be purchased at Whitey's Diner on E. State Street in Fremont, and at my home in Fremont. My phone # is 419-332-7427. Call to make sure I will be home.

Like they say, I've been "Busier than a Cat on a Hot Tin Roof". Lots of Christmas dinners to cook and serve for guests here at The Old Garden House. It's my favorite time of the year, with the sights and sounds and smells of the season. The house just 'comes alive' when it's filled with dinner guest or family members. Merry Christmas indeed!

Here are some upcoming dates to mark on that brand new 2016 calendar. Celena Smith, granddaughter of LaMar Gardner (and with his advice), will be teaching a chair caning class here on Tuesday evenings in January and February beginning with January 5th at 7:00 pm and ending with February 9th. A "Celebrate our Achievements" potluck meal will be held on the 16th for class members and their families. To register or ask questions, call Celena at 419-961-5367.

In March we will again have a booth at the Sandusky County Home and Garden Show to be held at the Fremont Rec. Center. Dates are Friday, March 4th, 9 am to 5 pm, Saturday March 5th from 10 am to 7 pm and Sunday March 6th from 10 am to 4 pm. More info to follow.

Also, Sunday March 20th is the first day of Spring-Yeah! We will hold our Celebrate the Season Dinner with a noon Sunday brunch on that day. Cost is \$12.0 and includes Tax and tip. Reservations are required and 30 people are maximum for our space. More to follow.

Also, the first Tea at Two of the 2016 season is set for March 29th at 2 pm Reservations required. Tea schedules will be available at the Home Show and will be mailed to our "Tea List". Call if you want to be put on the list.

Until next month, call a friend you haven't talked to in a while...visit an elderly family member just to say "hi"...check out those seed catalogs and order something new and count your blessings because 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.



Tim Braun

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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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Publisher's Letter

Happy 2016! Lifestyles2000 will be celebrating seventeen years in May and I am wondering where the time has gone. I have always believed that a job you love isn't really work, and as long as I love doing this each month, I don't see retirement in my future.

Thank you all for reading each month and sending in your entries. I love your notes that accompany your entries, keep them coming.

We wish you all a Happy and Healthy New Year!

Joanne & Pete



There were around 110 correct entries, and very few incorrect, the answer was the UPS Store. Thanks for entering!

Find Pete Winners

Winners are: Della Humbarger, Carrie Tasse, Gibsonburg; Sara Waggoner, Lindsey; Tammy Myers, Bettsville; Mimi Risner, Jim Bennison, Brenda Blodgett, Karen Lozano, Tom Bousquet, Shelby Forgatsch, Nate Binder, Edgar Sanchez, Fremont; Gail Myers, Brian Malott, Bellevue; Diane Stetter, Green Springs; Kathy Lowe, Woodville; Andie Dodson, Jeannie Kennedy, Clyde; Berta Seymour, Oak Harbor; Kaden Edmonds, Vickery.

Find Pete Prizes

Prizes are from Jenesis Salon and Rally's. 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. Please do not send us the ad.

Campfire News and Notes

On December 12th there was a big splash at Camp Fire's pond as six brave souls plunged into the cold water for this annual fundraiser. Thank you to all who sponsored this courageous group of individuals: Jennifer Ollom, Katie Stroup, Carley Hotz, Michelle Kiser, Rebecca Holland and Samatha Krauss. Together they raised over \$2,300.00 and each one of them have very warm hearts! We plan to continue with this event next winter and invite you to take the plunge!



Here we are now in the New Year with new dreams and ideas as we are already planning our summer camps! If you can't wait until summer for camp we are offering two Winter Day camps. At Camp Fire's winter camps, youth explore our grounds, investigate animal tracks, build snowmen and play outside in the morning and afternoon. They will warm up inside while playing games, enjoying a snack and completing a craft. The first camp will be held on Martin Luther King Day - January 18th from 9:00 - 4:30. The second camp is on President's Day, February 15th 9:00 - 4:30. Extended hours are available before and after camp. Both camps are open to youth in Kindergarten and older and the camps are limited in size so register today!

We will be busy the last week of January with area preschool children joining us for fun while learning about Groundhog Day and using our indoor sled. Also our annual meeting will be held on Monday evening at 6:30 at Camp Fire.

Tired of sitting in the house? Got cabin fever? Here's your chance to get rid of the winter time blues and join us at "Uncork the Fun" a wine and fundraising event. Gift baskets, unique items and more are raffled off in a ticket type drawing. The event will take place Friday, February 26th from 7:00-9:00. Presale tickets price: \$15.00 each includes light refreshments. Cash bar for wine.

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

Family Care from a caring team



In an effort to improve our care to our patients we now offer Monday, Tuesday, Wednesday and Thursday evening appointments as well as most Saturday mornings.

Accepting New Patients!

Jennifer Hohman, M.D., Mary Ruhe, FNP-BC, Becky Nelson, FNP-BC, Luann Wolf, FNP-BC & Mary Bower, M.D.



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The Innocence and Mysteries of Children

By Robert Morton, M.Ed., Ed.S

The innocence of small children lies in their candidness and honesty. Years ago I had difficulty evaluating a preschool girl for early entrance. She remained pokerfaced as the evaluation began, so I stopped the testing to establish rapport. When I asked her if anything was on her mind, her brown eyes grew wide and she asked, "Why are you so fat and what's that fur under your nose? My daddy's skinny and he shaves his fur off." Once I explained about overeating and that it's okay for men to grow a mustache, she became communicative and performed quite well on the evaluation, although she glanced up at my "fur" now and then.

Children also offer us mystery, like trying to figure out why your four-year-old is more delighted by a tiny, green worm crawling across the sidewalk than in the brand new swing set you assembled in the backyard.

A school psychologist experienced the mysteries of childhood when he met Becky, age five; she had never spoken since her first day of kindergarten. A classroom observation revealed an alert but "quiet" child. She smiled at the other kids, drew nice pictures, and learned her numbers and letters rapidly. But she just wouldn't speak.

The psychologist showed Becky pictures and asked her to point to the ones which represented the words he stated. Since she wasn't required to speak, it bypassed her "mutism." The results revealed an "above average" comprehension of the meaning of spoken words. Becky understood...but she just wouldn't speak.

The mother talked with her at home about the importance of speaking in class and they rehearsed a talk about her favorite doll which she was expected to give during "show and tell." The next day Becky held her prized doll up proudly for the class to see. But...she just wouldn't speak!

In desperation, the psychologist met with Becky in a quiet room away from her noisy classroom, hoping that the silence would illicit some dialogue. He asked her to draw a picture of her entire family with every one doing something. She quietly completed the drawing in five minutes, with no negative clinical indicators present.

Frustrated, he decided to just sit quietly alone in the room with her and see what happens. Ten minutes of stone silence transpired. Becky sat quietly, unafraid, and occasionally smiled politely. Suddenly, the antiquated radiator hissed and emitted a loud "ping!" Becky flinched at the unexpected noise. Her eyes grew wide and she blurted out, "My doggie Beauregard had nine puppies last night!"

The shocked psychologist spouted out, "Really! Tell me all about it!" Becky jabbered on about how Beauregard laid down in a box her mom filled with shredded newspapers. As he walked her back to the kindergarten room she continued chattering about how the puppies had to be dried off when "they came out". The kindergarten teacher looked on in amazement as Becky entered the room, chattering. For the rest of the school year she spoke.

Becky's teacher and mother anointed the psychologist into Sainthood. He enjoyed his saintly status...and never let mom or the teacher know about noisy radiators...or Beauregard.

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. He authors the book "Finding Happiness in America." Robert Morton, M.Ed., Ed.S

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Happy 2016! I hope you had a wonderful Christmas. After a busy holiday my goal is to have all of the holiday decorations put away and the house back in our normal order by the end of New Years day. That is not impossible these days because I do not decorate nearly as much as I use to. After the clean up we like to go to the movies on both Christmas and New Years Day. All the family get togethers are done with all the hustle that goes with them, so we pick a movie, get popcorn and relax and enjoy!

I will then start figuring out what indoor projects I want to get done this winter. I am not a cold weather person so I do not do much outside, I find projects around the house and get caught up on magazines and books I want to read. The first book will be "American Sniper". I saw the movie on Christmas day last year, bought the DVD and have been wanting to watch it again as it was just so good, but will wait till I have read the book. The other book I have plans to read is "The Help". I haven't seen the movie and will read the book before I watch the movie! I should read that one first because my college roommate Tricia Vincelli from Ocean City, New Jersey is

the one who sent me her copy because she couldn't believe I hadn't read it yet. I will also go through some more of my cookbooks and look for recipes that I will try along with the ones from the magazines, when I find ones I like I will share them with you

The recipes I am going to share with you this month are three I found in a cookbook my cousin Nancy Muggy-Hudec, who was living in Slidel, Louisiana at the time, gave to my Mom. Two of the recipes are appetizers and the third is a Chicken Artichoke Casserole. Enjoy!

***Boursin Cheese (I am use to buying this so found this one to be very interesting!)**

16oz cream cheese
3 cloves garlic, pressed
¼ teaspoon each thyme and pepper
1 teaspoon dill weed
8oz unsalted butter
½ teaspoon each salt, basil, chives, and marjoram
Cracked black pepper(optional)

Let cheese and butter come to room temperature. Add other ingredients and blend in mixer. It fits in a oversized Cusinart. Shape and wrap in clear plastic wrap. Store in refrigerator but bring to room temperature to serve. Serve with assorted crackers.

Optional: Roll in cracked black pepper

***Crab Dip**

1 pound white crab meat
2 bunches green onions, chopped
2 teaspoons garlic salt
3 teaspoons Worcestershire sauce
15oz Philadelphia cream cheese
1 ½ sticks butter
Dash of tabasco

Saute' green onions in butter until limp. Lower heat and add cream cheese, stirring until smooth and creamy. Fold in crabmeat. Season with garlic salt, Tabasco and Worcestershire. Taste for seasoning after carefully mixing. Remove from heat. Mix carefully if needed. May be served hot and cold.

Chicken Artichoke Casserole

8-10 chicken breast halves, boned and skin removed

1 ½ tsp. salt
½ tsp. each pepper and paprika
Flour enough to coat chicken
6 tablespoons butter
1/4 pound mushrooms, sliced
2 Tbsp. flour
2/3 cup chicken broth or bouillon
3 Tablespoons sherry or white wine
1 (12-15oz.) can drained artichoke hearts

Preheat oven to 375 degrees. Salt and pepper and paprika chicken pieces. Coat them lightly with flour. Brown chicken breasts in 4 tablespoons of butter. Put into large casserole dish. Set aside

Melt 2 tablespoons butter in a frying pan and saute' mushrooms for 5 minutes. Then sprinkle the 2 tablespoons flour over mushrooms. Stir in chicken broth and sherry or wine. While this cooks for 5 minutes open artichokes and arrange them between the chicken breasts. Pour mushroom-sherry sauce over them. Cover and bake for 40 minutes.

Contact me with any questions, or comments, and the recipes you would like to share at ChrisTimkoGrate@roadrunner.com

License Me!

My license helps everyone know I'm a member of the family and I'm loved.

Ohio Law requires all dog owners to buy a dog tag for their dog.

Tags are on sale for \$18.00 from Dec 1, 2015 until Feb 1, 2016. After that date tag price is \$36.00! Every dog over 3 months of age needs a tag.

Tags are available: **In Fremont:** The Auditor's Office, The Dog Warden office, Chud's, Fremont Animal Hospital, Humane Society, Dumminger Photo, Westview Veterinary Hospital. **In Bellevue:** York Animal Hospital, Bellevue Animal Hospital. **In Clyde:** Discount Drug Mart, First Financial Bank, Groomer's Corner, Paw Patch Veterinary. **In Lindsey:** Lindsey Market. **In Gibsonburg:** PupKus. **In Woodville:** True Value Hardware.

Tags can also be purchased online at www.doglicenses.us/OH/Sandusky. A fee of \$2.25 per dog will be charged online. A writing fee of 75¢ will be charged at all locations, except the Auditor's office and Dog Warden's office, where no fee is charged.



Helen Marketti's Music Corner

The Wrecking Crew!



Everyone has heard The Wrecking Crew! They were an outstanding group of studio musicians who played on nearly every hit record that came out of the LA area during the 60s and early 70s. Hundreds of songs have been played with The Wrecking Crew giving the signature sound to what we have loved and consider a favorite. A few examples of their musicianship can be heard on Be My Baby (The Ronettes), You've Lost That Lovin' Feelin' (The Righteous Brothers), These Boots Are Made For Walkin' (Nancy Sinatra), Rainy Days and Mondays (The Carpenters), and Indian Reservation (Paul Revere & The Raiders). This is only a small fraction of the influence and intensity these musicians had on a generation.

The Wrecking Crew was used as Phil Spector's recognized "Wall of Sound". Artists requested them and reserved studio space until the band or specific members were free and available.

Denny Tedesco is the son of the late Tommy Tedesco. Tommy played guitar for The Wrecking Crew. Denny has been working on a documentary about this talented studio group for 19 years. His labor of love is finally complete as The Wrecking Crew documentary is now ready for the public to enjoy. It is a documentary with 6 hours of bonus footage and a must for every music fan and collector.

"I am very fortunate that I was able to capture so many interviews. I had interviewed

Glen Campbell in early 2000 and feel grateful to have gotten his thoughts and memories on film," said Denny. What many fans may not realize is that before Glen Campbell became famous,

he too, was a member of The Wrecking Crew.

Many of the musicians that were interviewed for this documentary are no longer with us so it becomes more important to have a copy of this incredible story for future generations.

Denny's idea to capture the stories was to have the musicians sit at a round table, ask a question to prompt their memories and let them talk while the camera was rolling. "The reason it worked so well was because it was all I knew," said Denny. "I never saw them play but I did see them come over to our house and they would all sit around and talk. One story led to another. I feel the informal setting worked. I knew what I needed to get but then they would go in their own directions. For documentaries, you have to be prepared and open to anything that may change. The footage with the stories helps to make sense of what is being discussed."

He continues, "The hardest part was deciding what to put in the DVD. The last interview I did was with Michael Nesmith (The Monkees) and that was when I had finished. I was in the process of turning in the material to meet the deadline. There are out takes on the DVD from Bill Medley (The Righteous Brothers), Barry McGuire and many others. It seemed impossible to edit." The documentary is packed with interviews with original members of The Wrecking Crew as well as with music artists who recall fond memories of working with the musicians. Fans can enjoy interviews with Cher, Nancy Sinatra, Brian Wilson and many more!

The documentary was first shown at film festivals where it received many rave



reviews! "The feedback from people is what keeps me going," said Denny. "Every song in the documentary means something to someone. I receive letters from people all over the world. It blows my mind sometimes how it has touched so many lives. I am grateful that it did well at film festivals. I never really watched the film, however. I spent more time watching the audience and their reactions. I have had people approach me in tears after the film because a certain part made an impact. They were connected to an emotion or event from their life."

"Sometimes I still can't believe it's done. I always thought of what more I could have done to improve or add but now that it's complete, it's time to get the DVD to the public," Denny explains.

Tommy Tedesco passed away from terminal cancer in 1997. "I always had the thought that I would do a project like this for my dad and for the memories of those musicians. It is important to get the history and the stories preserved so they can be shared. I feel my dad would have wept at seeing all that was put into the documentary and what was invested to make it happen," said Denny. "My dad loved what he did. He played on many great songs that he was proud of but I don't think he thought about it until many years later. Some of my favorite songs where I can hear him play are Up, Up and Away and One Less Bell to Answer (The 5th Dimension) and Memories (Elvis Presley). I love hearing my dad play."



Denny has brought to the forefront the significant contributions of The Wrecking Crew and their influence on the music of a generation. "The Wrecking Crew contributed to the sound of rock and roll during the 60s and early 70s. They loved what they did and it showed."

Denny is offering a discount for North Coast Voice readers who wish to purchase Wrecking Crew merchandise!

Simply go to the site: www.wreckingcrew-film.com

When you are ready to make a purchase, you will be asked for the discount code, which is: NCV



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I would like to tell you about Lindsay Darr, she is presently a Junior at BGSU. When Lindsay was six years old, she began a "Make a Difference Day"



project of collecting and donating aluminum cans to Ronald McDonald House in Toledo. Her first year she collected 85 lbs. of tabs from friends and family. On "Make a Difference Day" she delivered them to the RMH charity.

It takes approximately 1300 tabs to equal one pound. The 85 pounds equals around 110,500 tabs. That is a lot of beverages!

Ronald McDonald House provides free food and lodging for parents of children who are suffering from medical conditions or disease and are hospitalized nearby. The families can be near their child without the burden of travel, cooking, cleaning, or lodging. Ronald McDonald House uses the money from recycling the tabs to provide food for the many families staying at their facility.

Every year since that first delivery, Lindsay has grown her project. She has enlisted the help of businesses, schools, recyclers, and even the snow birds who winter in warm climate states who save the tabs from their beverages all winter. This year, Lindsay donated 1,050 lbs. of tabs. Over 16 years, Lindsay has donated over 6000 lbs. of tabs, that is over three tons.

It doesn't cost a penny to pull off the tab and donate it to charity. Lindsay continues to collect and donate tabs every year. If you would like to join her network, you can donate your tabs at Progressive Iron and Metal or Burns Iron and Metal in Fremont. Like Ronald McDonald and Lindsay always say, "If we all work together, we can pull this off!"

One Internet blogger called it speed dating in the 19th century. And....in a way, it was! It was the tradition of New Year's Day Calling. The custom began in France and quickly spread throughout Europe and then to the United States.

Rather than suffering from a hangover, eligible bachelors often spent New Year's Day calling on refined young ladies. Instead of Facebook or eharmony, young ladies let men know they would "receive" callers by posting their names, addresses, and appropriate New Year's Day calling hours in the newspaper. Some carried as many as seven columns of ladies' names who were "receiving" callers on New Year's Day. Sending an individual invitation to a young man was not considered polite; "It appeared much like begging."

According to etiquette books, women should be prepared to receive callers between the hours from 10 in the morning until 9 in the evening. A "proper" call lasted 10 to 15 minutes, but if a young lady was particularly interested in an eligible bachelor, she might ask him to take off his gloves, coat, and hat. She herself was expected to 'receive' in "full dress" (whatever that meant?) in her parlor with a warm fire in the fireplace. She would accept his calling card and offer a bit of refreshment, usually little cakes, breads, fruit, tea and coffee – never an alcoholic beverage! If her gentleman caller was one in which she had no interest, she left him standing - still dressed for the cold



and would merely accept his calling card.

Men sometimes competed to see who could make the most calls or who had the most

eye catching calling card. Sometimes three or four men called together. Etiquette manuals stated it was essential that all of the callers know the lady, lest they "intrude themselves where they may not be wanted!" Also, each was expected to have his own card with his own name and enough cards for every lady at every call.

And, then there were those gentlemen who, at best, were considered disagreeable. They let the cold air rush in, shook the snow from their hats, dripped rainwater from their umbrellas, plodded around in muddy boots, told boring stories, and just stayed far, far too long. Some cultural historians believe the hall trees in the foyers of Victorian homes featured a "receiving tray" just for this purpose. Men left their cards in the tray and departed. In this way, ladies could avoid seeing a particular gentleman caller without being rude. With more immigrants pouring into the country and Americans on the move, neighborhoods became unsettled. New Year's Day calling began to fade in larger cities in the 1880s. But in Ohio and in towns and villages throughout the Midwest, the custom continued until after the turn of the 20th century. Nearby are some calling cards used by Fremont's Victorian gentlemen.

BINGO

Join Senior Bingo Bunch January 15th 1:30 pm. - 3:30 pm.

We meet at Clyde Gardens Place the 3rd Friday of every month.

Refreshments will be provided and great prizes will be awarded!

RSVP to Maria at 419-547-7746 by January 13th.

New Year, New You

The New Year is a perfect time to start fresh and consider senior living possibilities for the future. Life can be easier!

Thursday, January 14th from 5:30pm - 6:30pm

Our presentation will include information on senior living options, tips for the "right time," and tools to make the transition easier. Refreshments will be served. Please RSVP by 01/13

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Senior Living

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See you then-Happy New Year!

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"Safety Net" / Winter Treat for the Birds

Happy New Year! What a wonderful fall to raise baby chicks. We couldn't have asked for nicer weather or more moderate temperatures. It's mid-December as we're writing this and the temperatures have been in the 50's and 60's. We used the heat lamp once or twice in November when the nighttime temperature went down to 19 degrees and the chicks weren't fully feathered yet. By the time you read this they will be 16 or 17 weeks old.

Maybe it's because they look more like young hens and less like wind-up balls of fluff that "Attila the Hen" has mellowed somewhat. While she's still not exactly Mother Theresa, she has grudgingly accepted them, and eats and sleeps peacefully alongside them, only occasionally administering a well-placed peck to keep someone in line. She seems to appreciate having them around now.

We thought we were pretty safe when we had the new wire fence put up around the chicken yard--until we lost one of the chicks to a hawk attack. So, as a hawk deterrent we ordered poultry netting to put up over the entire area. It arrived on a sunny Friday afternoon in two neat bundles (we ordered two 50 foot by 50 foot nets in case one wasn't enough: total 2500 sq ft. We over-ordered). The bundles looked harmless enough--each one weighed about 11 pounds and was neatly folded so it could be carried under one arm. We kept one net out and put the other in the barn.

It looked like a lightweight nylon tennis net--until we stretched it out on the ground and it covered one whole end of the pond bank. Our plan was to tie it on one side of the fence, stretch it across the top of the coop and the chicken yard, and fasten it to the fence on the other side--all this without

cutting the net into (manageable-size) sections. (I neglected to mention that there are also two large arbor vitae trees near the coop inside the yard). We debated cutting their tops down level with the roof of the coop which is about seven feet tall and using them for net supports or just cutting slits in the net to go around the middle of the trees. We figured we'd get it started over the top of the coop and see how it went from there.

It was a disaster right from the start. Robin grabbed the front on one side of the net and I grabbed the front across from her at the other side of the net--50 feet away. Stretched out behind us was 2500 square feet of netting that caught on every loose twig and dead leaf that littered the ground in its path. We pulled the edge of the net up over the fence where it promptly got caught on all the little pieces of wire that held the fence together.

Fifteen minutes later we had loosened the netting and worked about six inches of it over the fence. From that point on it was a lost cause. By the time we'd gotten the net part way up the roof of the coop (which was about two and a half feet from the fence where we started) the netting was hopelessly caught on the roof shingles, all the little nails and slivers of wood that were part of the old step ladder Robin was standing on, and the frame of my glasses which I could see dangling in the middle of a big wad of netting that I couldn't quite reach until I untangled it.

That did it... we decided to quit for the day and fold the netting up. It took almost as long to get it back down because by now, it was stuck part way up the roof and wouldn't let loose no matter how hard--or which way--we flipped the netting around. An hour later, after working the net off the shingles with an old rake handle, I had it "folded" and stashed in the shed. Amazing how small the original bundle was--by the time I had folded (wadded) the netting up it looked like a big tangled roll and filled the whole back end of the shed.



A few days later, we decided to tackle it again--this time a little more intelligently. I untangled the net, stretched it out in the field and staked the corners so I could cut it up into sections that we could handle. Within a couple of days we got the netting up. It's not a beautiful job, but we feel the chickens are at least a little safer.

Our next project was a little less strenuous--we made winter treats for the wild birds. This involved sitting at the kitchen table and plastering pine cones with a mixture of peanut butter and cornmeal and then rolling the pine cones in birdseed. The hardest part was tying string to the pine cones so we could hang them in the trees. The chickadees seem to enjoy the treats--the rest of the birds are either terrified of them or else they haven't figured out what they are yet....

Sandusky County Board of Developmental Disabilities is proud to announce that Tony Meza has been awarded the OHIO EDSY award for 2015. The EDSY is an award of excellence recognizing self-advocates or organizations who have promoted principals of self-determination, which has affected their life or the lives of others. Principles of self-determination include freedom, authority, support, responsibility and confirmation. The award is given through the Ohio Self Determination Association (OSDA) at the Annual Synergy Conference held in Dublin, Ohio. OSDA is an organization that creates change that empowers people with disabilities and their families to direct their lives through self-advocacy.



Tony's accomplishments include teaching local Project Stir (Steps Toward Independence & Responsibility) trainings, and also serving as an assistant at the state level Project STIR trainings throughout 2014 and 2015. Tony has also modeled great leadership and advocacy efforts on behalf of himself and his peers throughout Sandusky County. Self-advocacy has come to the forefront for people with developmental disabilities to enhance and foster the initiative of total community and workplace inclusion.

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Dogs may not have a specific language, but they do know how to communicate

Q: Do dogs actually speak a language? It does seem my dog uses different types of barks, and other sounds to communicate with me? -

A: You're certainly right about dogs using various means to communicate with people, with barking being the most noteworthy to attract our attention. Adam Miklósi, founder of the Family Dog Research Project in Budapest, Hungary at Eotvos Lorand University Department of Ethology says, "I think we have to be very careful to point out that dogs are not saying anything, they're vocalizing, a bark, a growl, whatever it is. Dogs use various vocal signals for communicating with one another. Peter (Pongracz) showed in a nice experiment that dogs are able to decode messages in the barking of other dogs and they respond differently to aggressive dogs' bark and barks emitted by a lonely dog, for example."

Pongracz, an ethologist and researcher at the University adds, "We found that dogs are capable of distinguishing between different barks from other dogs." His research confirms that even people who don't have dogs generally understand the nature of what dogs are saying. Is it an anxious dog or a dog that is angry? Some even suggest we're born understanding what dogs are trying to say. Pongracz says that's taking it too far, as young children seem not to understand.

But are various dog vocalizations actually a language? While these researchers in Hungary fall short of going that far, other researchers now maintain it is a language. In part, researchers have different views because there are varying definitions of what a language is. All agree, when dogs want our attention, they know how to get it.

The Fremont Recreation Center is excited to share its partnership with Silver Sneakers. Silver Sneakers is a program through your insurance company that covers your gym membership at 100%. To find out if you are eligible call 1-866-456-3065 or stop in the Fremont Recreation Center.

Bellevue Hospital Events: The Bellevue Hospital is providing free glucose (blood sugar) and blood pressure checks at 7 different Bellevue and Clyde locations in January. Clyde screenings; Miller's Super Valu, Jan. 20, 9-11 a.m.; and the Senior Center, Jan. 28, 10:30-11:30 a.m. Bellevue screenings: Medicine Shoppe, Jan. 6, 9:30-11 a.m.; Bassett's Market, Jan. 12, 9-11 a.m.; Hogue's IGA, Jan. 19, 9-11 a.m.; Recreation Center, Jan. 25, 8-10 a.m.; and Senior Center, Jan. 26, Noon-1 p.m. www.bellevuehospital.com, or 419.483.4040 (Bellevue); 419.547.0074 (Clyde); or 419.639.2065 (Fremont, Old Fort, Green Springs and Republic). Ext 6610.

Yoga Fitness Classes: TBH and the Bellevue Recreation Department are sponsoring yoga classes. The classes are held in six-week sessions on Tuesdays and Wednesdays from 5:30-6:30 p.m. at the Knights of Columbus Hall in Bellevue, 816 Monroe Street. Certified Yoga instructor Karen Branco teaches the classes, fee is \$20 for the six-week session. The next session begins on Jan. 5 through Feb. 10. Classes are open to the public, and are appropriate for any age. The classes focus on various levels of emotional, spiritual, physical, and mental healing. For info on the yoga classes, contact Branco at TBH at 419.483.4040, Extension 4206.

The meeting of the monthly support group designed for new mothers and their babies will be held on Jan. 5 from 10:30-11:30 a.m. the Second Floor Conference Room at TBH. The support group, sponsored by The Family Birthing Center, is called M.O.M.S., Mothers Offering Mutual Support. The group is free and open to all new mothers. Experienced mothers will also share what they have learned with the newer mothers of the group.

Discussion will include such topics as feeding/nursing issues, and sleeping habits. Please bring quiet toys to keep your children occupied. o register call Bellevue, 419-483-4040, Clyde, 419-547-0074, or Fremont, 419-639-2065, ext 4363.

Five-Week Childbirth Education Class:: TBH is offering an upcoming Lamaze Prepared Childbirth course on Jan. 7, from 6-8:30 p.m., in the hospital's Conference Rooms A & B. The five-week Lamaze Prepared Childbirth Class is designed to prepare expectant parents for a positive birth experience. Participants will also learn the coping skills and options available to form a personalized birth plan. Topics will include: the stages of labor, when to go to the hospital, progressive relaxation, breathing techniques, medications and their uses, Cesarean delivery and labor rehearsal. Other topics include nutrition, weight gain and anatomy. The group will also take a tour of the Family Birthing Center, learn what to expect after delivery, and about newborn characteristics. \$30 class fee will be collected. : www.bellevuehospital.com. To register 419.483.4040; Clyde, 419.547.0074; or Fremont, 419.639.2065, ext 3067.

Our Lady of the Pines: For reservations, 419-332-6522 or email olprc@pinesretreat.org. Centering Prayer, Jan. 5, 7-8pm, led by Fran Benlein—All Are Welcome. Reflection with a Cup of Tea, "Just Past Christmas and Not Quite Lent-Seeing Our Shadow by Candlelight", Jan.12, 9am-10:30pm, Sister Sandy Sherman, OSU--All Are Welcome. Lunch and Learn Workshop, "Accompanying Your Seriously Ill Adult Child", Jan. 12, noon-4:30pm, Led by Patricia and Beth, Co-Authors of "In the Shadows"--All Are Welcome. Stations of Mercy, Through Scripture, prayer and presentation Fr. Ted Miller will lead us more deeply into what it means to Feed the Hungry. Jan. 19, 7-8pm. Lunch and Learn for Couples, In this Year of Mercy come and learn how to practice the Works of Mercy in your Marriage. Jan. 26, noon-2pm, Led by Mark and Erin Gerschutz

Fremont's Women's Connection: Jan. 12, luncheon 11 am-12:30 pm, cost \$12 (incl). FEATURE Kathy Smith, The Fremont Co. SPEAKER Shirley Davidson, Mansfield The unforgettable memories of the girl who can and the woman who can't. For reservation: luncheon and free child care, please call by Jan. 7, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com. Please bring a personal care item for Liberty Center. Ex: soap, deodorant, towels, tissue, toothbrush, etc

The next Sandusky County Prostate Cancer Support Group meeting will be held Wednesday, January 27th at 7 p.m. at Pro Medica Memorial Hospital (in the Chestnut Café) A Guest Speaker will be presenting a program, also will be a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info, contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

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Want to Get Healthier in the New Year? It's Simple

By Dr. Paul Silcox

As I write this, it is just a few days till Christmas and I can't think of anywhere I would rather be than in Fremont. With 2016 now upon us, what are YOU going to do to improve your health this year? Here are 5 simple things that you can implement that will have a positive impact on your health when done on a consistent basis.

1. Eat slower and eat less. Here's a simple concept. Give your brain and stomach a chance to deal with the food you eat and STOP when your brain sends that "I'm FULL" message.
2. Drink 8 glasses of water a day. Another simple thing.
3. Supplement fiber into your diet. Most Americans get an average of 15 grams of fiber a day. We need to get 25-30 grams. There are several inexpensive ways to increase fiber intake to help colon function. Again, simple.
4. Chiropractic adjustments on a monthly or bimonthly basis help keep pain away or to a minimum and maintains mobility as we age. I've been doing this for 48 years and can't imagine life without it. I ALWAYS feel better when I get my spine adjusted. Even when I don't hurt! Just find a chiropractor that you like and trust. It's simple.
5. One last thing. We live in a time when there are toxins all around us. They are called "free radicals" and can have a very negative effect on our body's health and vitality. One simple way to begin removing those toxins from your body is by doing a series of Ionic Detox Foot Bath's.

Just some "simple" things to consider that over time can have

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My Mother's Recipes

By Joanne McDowell

Happy New Year! My son Rhett, who lives in Denver, sent me a photo of this luscious prime rib he had prepared. I asked him what recipe he used and he kindly forwarded this to me. If you haven't gotten your New Year's dinner ready yet, here is an easy recipe. Enjoy!

Fabulous Prime Rib

Recipe:

1. 10 pound prime rib roast, bone-in.
2. Preheat oven to 375 degrees
3. Place roast in oven and cook 1 hour, turn off oven and leave the door closed.
4. 45 Minutes before you serve turn oven back on to 300 degrees.
5. Serve.

Rub for Prime rib:

1. 10 Garlic cloves.
2. 3 tablespoons olive oil.
3. 2 tablespoons Thyme.
4. 2 tablespoons rosemary (best if ground up for more flavor)
5. 2 tablespoons of salt.
6. 2 tablespoons of pepper.
7. if you have a small blender it works well grinding all of these items together.

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The Bellevue Hospital Welcomes Dr. Max Pavlock

Max Pavlock, D.O. *has joined the staff of The Bellevue Hospital as a family practice physician. He is board certified in Family Practice/Osteopathic Manipulative Treatment, and Addiction Medicine, and for the past five years has worked for Kane Community Hospital in Pennsylvania as a family practice physician. He covers a diverse patient population from pediatrics to geriatrics and also has experience in an emergency room setting, Occupational Health program, and nursing home care. He and his wife are parents of two girls. His hobbies include his family, wrestling, football, soccer, skiing, bicycling, and movies.*

Education:

Bachelor of Science in Biochemistry with a secondary concentration in Computer Science,
Saint Bonaventure University, NY

Doctor of Osteopathic Medicine, Lake Erie College of Osteopathic Medicine, Erie, PA

Internship & Residency:

Traditional routing internship, Clarion Osteopathic Hospital, Clarion, PA

Traditional family practice residency, Clarion Osteopathic Hospital, Clarion, PA

Certifications:

Advance Life Support; Pediatric Advance Life Support;
Advanced Trauma Life Support; Medical Review Officer;
Commercial Drivers Physicals

Max Pavlock, D.O.

Board Certified Family Practice Physician

1255 W. Main St., Suite B, Bellevue, OH 44811

419.484.5940



Dr. Pavlock is a member of The Bellevue Hospital's Medical Staff.

