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Vol. 18 Issue 1

January 2017



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NEW CHS BUILDING IS OPENING IN 2017!

Keep watching for progress updates and news about the opening of our new CHS main campus. We're on schedule to open early summer, and we continue to add new providers and services to benefit the community.

Best wishes for a healthy, happy 2017!



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Lifestyles 2000

January 2017
Vol. 18 • Issue 1
www.lifestyles2000.net



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*Lifestyles is available at local Subways in Fremont & Clyde,
Denny's and Frisch's and two new locations! Let's Eat at Byron's and
DJ's Coffee & Ice Cream*

"Grate" Treats & Eats

By: Chris Timko-Grate

Oh my gosh, where has 2016 gone? It is true the older you get the faster time goes! So I am going to make the best of each day because they are here and gone before I know it. I do hope everyone will have a safe and joyous New Year, and if you are looking for something new to take to a party this year I have two appetizers for you to try. Enjoy and have a healthy and safe Holiday!

Cheese Slices with a Hot Mustard Sauce

Cheese Slices 20 servings

½ cup butter bring to room temperature
2 cups shredded Cheddar or Colby cheese, bring to room temperature
¼ teaspoon Worcestershire sauce
1/8 teaspoon cider vinegar
Dash of hot pepper sauce
Salt and pepper
1 cup all-purpose flour
Paprika

Position a rack in the center of the oven and preheat to 350 degrees. Lightly grease a baking sheet.

In a large bowl, combine all of the ingredients except the flour and mix well. Add the flour a little at a time to make a dough. Knead lightly and form the dough into a log 1 inch in diameter. Using a sharp knife, slice the dough into ¼-inch slices. Lay the slices on the baking sheet leaving about ½ inch between them. Bake 12 to 15 minutes or until lightly brown around the edges. Sprinkle with paprika and transfer to wire rack to cool completely. Serve with the sauce on the side.

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Hot Mustard Sauce

1/3 cup red wine vinegar
1 teaspoon ketchup
¼ teaspoon horseradish
1/3 cup canola oil
1 tablespoon hot dry mustard
2 cloves garlic, minced
Salt and pepper

In a small bowl using a wire whip, beat the ingredients together. Cover and chill for at least 2 hours before serving.

Spinach Bars 12 servings

1 cup milk
¼ cup butter, melted
2 large eggs
½ cup finely chopped shallot
1 cup all-purpose flour
1 teaspoon baking powder
1 cup chopped fresh spinach
1 pound shredded Cheddar cheese

Position the rack in the center of the oven and preheat to 350 degrees. Lightly grease a 13X9 inch baking pan. In a bowl, using an electric mixer on medium speed, combine the milk, butter, eggs, shallot, flour, and baking powder and mix well. Add the spinach and cheese and stir to mix. Spread into the pan and bake for 30 to 35, or until a golden brown. Cool set on a wire rack and cut into small squares for serving.

Quote of Month - Before you borrow money from a friend decide which you need more - an

Senior Bingo Bunch

January 20, 2017

1:30-3:30 pm

We meet at Clyde Gardens Place the 3rd Friday of every month. Light lunch will be provided and CASH prizes will be awarded! RSVP to Brandi Britt at 419-547-7746 by Dec. 13.

Clyde Gardens Place
Senior Living
700 Coulson Street, Clyde

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Advertising/General Information

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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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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy 2017 to our readers!

We wish you a happy and healthy New Year and thank you for picking us up each and every month.



We also thank our advertisers who make it happen each month. This year we celebrate eighteen years in business, we couldn't have done it without our readers and advertisers.

God bless you and yours,
Joanne & Pete



There were 130 correct entries for the December issue, "Pete" was in the Bellevue Hospital Vette ad.

Find Pete Winners

The lucky twenty names drawn were: Donna Henkel, Brenda Butzier, Cathy Miller, Cassie Molyet, Chonita Cruz, Roy Vogel, Donna Steinbauer, Patti Saam, Mickey Perkins, Jenny Wilhelm, Fremont; Terry Dragon, Holly Anderson, Green Springs; Cathy Didion, Sandusky; Brenda Breier, Woodville; Kolton Garner, Bonnie Miller, Clara Rinebold, Clyde; Michael Bennett, Oak Harbor; Lona Rios, Toledo; Florence Bechtel, Gibsonburg.
Congrats!

Find Pete Prizes

Prizes are from D.J.'s Coffee, Let's Eat at Byron's and Jenesis Salon in 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. Please do not send us the ad.

Smartphone Tips

By Robin B. Reaves, LPCCs/Mental Health and Recovery Services

Is your son or daughter among the many youth begging for a smartphone? And are you among the many parents considering the buy? If so the Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties would like to share the following information from the Ohio Start Talking Initiative. Smartphones certainly have their advantages. The number one reason parents cite for purchasing their child's first cell phone is that it provides location tracking and makes it easier to communicate with their son or daughter. Children however typically want a smartphone for the ability to connect with friends, download their favorite music and apps, and access social media sites.

While there is no magic age in which children are ready for their first smartphone, 73% of teens either "own" one or have access to one. Therefore, ready or not, it's a good idea to talk about what is acceptable and unacceptable smartphone behavior.

Youth are impulsive by nature, and that can get them into trouble when it comes to sending messages or using social media on their always-handy cell phones. Children must fully understand that once they send a text or post something online, it is out there for all to see, and they cannot take it back. Even if a message or photo is intended for one person only, they must assume others may see it. And those "others" may include someone's parent, grandparent, a teacher or coach – which can lead to extreme embarrassment, hurt or even school or team repercussions.

Children must be taught to think before reaching into their back pocket to haphazardly text, tweet, snap, post or partake in whatever new tech craze pops up. In general, if a comment is not ok to say to a person face-to-face, then is it not ok to type it behind the "security" of their handheld computer screen.

While such information may seem very basic and simple common sense, you shouldn't assume your child has heard it before, unless they've heard it from you. Plus, they can only benefit from hearing it again.

The Federal Trade Commission (FTC) shares the following tips to help children Interact with Tact:

- **Politeness Counts:** Quick comments or texts can lead to misunderstandings. Before sending a message out, read it a second time and think about how it may be interpreted.
- **Digital Body Language Matters:** How you type it can be just as important as what you type. ALL CAPS, bolded fonts and multiple exclamation points are all viewed as shouting!!!!!!!!!!!!!!
- **Send Group Messages with Care:** Think about who really needs to see your message before including every "friend" you know. When replying to a group chat, consider the feelings of all who will be seeing your response. And if you choose to reply to just one person, double-check that you're not in fact replying to the whole group.
- **Do NOT Impersonate:** Creating fake accounts in order to send anonymous messages or making it look as if a comment or post has come from someone else is wrong and can be extremely hurtful.
- **Do NOT Bully or Stand for Other People Bullying:** This goes for on and offline. Treat others the way you want to be treated – with kindness and understanding. If online bullying occurs and your efforts of blocking them or telling them to stop doesn't end it, save the evidence and ask for help from a trusted adult.

A cell phone can be both helpful for you and fun for your child when used appropriately and in a positive manner. However, this technology has disadvantages too. For more information call our office at 419-448-0640 or visit our website at www.mhrbssw.org.

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Reiki Circle By Patricia Zilles

Tuesday, January 10, Bellevue Hospital, Conference Room A & B

Begins 6:00 PM, Dismiss 8:00 PM, Open to the public

The many alternative healing modalities.

The variety of the modalities of healing is mind boggling and makes it difficult for the average person to understand, much less to choose which one is best for them. The menu of services and the cost presents yet another decision. How should you choose the right one for you?

During the last six years of our Reiki group we have touched on many alternative healing methods, each with its own unique healing properties. From my own observation, any type of healing modality will surely have success in healing to some, but not all. Because not all types of healing will work for everybody, it would be best for a patient to see different types, provided they are safe and noninvasive. Our goal for Reiki Circle 2017 is to present as many as these modalities to clear up any doubt in your mind which one will be right for you.

Reiki practitioners are partnering with other natural healing modalities to complement and support the body's natural healing processes. Alternative medicines, also known as complementary and alternative therapies, or CAM, include natural and herbal remedies, mind-body... therapies (such as tai chi, meditation, yoga, hypnotherapy, acupuncture, EFT, and progressive relaxation), massage therapy, Qi Gong and other types of bodywork.

Kathy Atkinson, our January guest speaker, is the owner of Live Your Greatness, a personal growth and self-development company offering personal empowerment products and services. Kathy specializes in using EFT Meridian Tapping to help business owners, professionals and individuals release the fears, doubts and limiting beliefs that cost them financially in their careers and emotionally

in their relationships. Kathy Atkinson, Success Coach, Certified EFT Meridian Tapping Practitioner, Owner of Live Your Greatness, a personal growth and self-development company.

The past few months we have invited several guest speakers that specialize in healing techniques that help reduce stress. This month will be fun and a little different than usual. We are going to tap our way into high energy and positive thinking with Emotional Freedom Techniques.

The body is a live, vibrational entity that is electric. Dr. Robert O. Becker, MD from his book "Body Electric" explains that health of the body can be determined by the frequency of a persons body. The body resonates a frequency when in good health of 62-72 HZ. When the body frequency drops, the immune system is compromised and disease process is apt to develop. Frequencies range from 1-1000. The lower/slower the frequency the more it keeps you weak. Anything above will empower you.

Join us January 10 and share with us Emotional Freedom Tapping and how our lifestyle can increase our frequencies for good health and wellbeing.

As we go into another year it is our hope and prayers that we can help in providing educational and preventive care to aide you in your highest potential of good health and wellbeing in a more natural healing of the body mind and spirit.

The Reiki Circle is open to the public as well as health professionals, and caregivers. I look forward to seeing you, and it will be my privilege to introduce you to our team members.

A New Miracle Drug that Creates Happiness!

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

The U.S. ranks as the 13th happiest country in the world, according to the latest World Happiness Report. Denmark ranks No. 1. So, why are so many people in the richest country in the world finding it hard to laugh more often?

I truly don't get it. Antidepressant drug usage has surged 400% in the past ten years (CDC report) throughout America. Walgreens, CVS and Rite Aid pharmacy stores are popping up faster than Dunkin' Donuts on every street corner and nonstop TV commercials push Zoloft, Lexapro and Paxil directly to us. Such direct-to-consumer advertising for prescription drugs is allowed in only two countries- New Zealand and the U.S. I wonder how many Americans ask their doctors to prescribe them with drugs that they don't really need?

I'd like to prescribe an alternative miracle drug for you! It has no bad side effects and eases pain, banishes tension and worry, puts irritating problems in their proper perspective, prevents you from taking yourself, and others, too seriously, and liberates your cloudy mind so you can think more clearly.

This wonder drug is not available at the corner pharmacy, so I offer it to you for FREE! It's called the "Laughing Pill." You don't have to shop far to find it, for it is stockpiled you. It may be held in layaway for some, but you'll eventually get it when you stop blaming your gloom and discontent on outside, environmental factors: "I'm in a dead-end job" or "He (she) makes me so mad!"

Its effects may make you capable of good-naturedly laughing at yourself, and others. It blocks you from saying things like "That's just the way I am!" and counteracts your belief that genetics has already determined your basic substance. Yes, the "Laughing Pill" overrides the belief that DNA inheritance passed down to you from grandparents, parents...whomever, may have robbed you of the power to discover your good side.

Add to your 2017 New Year's Resolutions to shop for this pill! It reduces the negative effects that an alcoholic parent, a nincompoop boss, or any number of life's stresses may have upon you. It works from the inside-out and allows you to apply your creative imagination to rewrite your life script.

Only the higher-functioning creatures on earth can laugh. So, if you lose the capacity to grin and giggle now and then, you'll soon resemble a herd of passive quadrupeds lacking independent will.

Take the pill twice daily, for the more you laugh, the less you'll grieve. As Will Rogers once said, "We're all here for a spell, get all the good laughs you can. Don't let a good chuckle slip by." With the cost of prescription drugs these days, remember to laugh whenever you can. It's cheap medicine.

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 and Policy Studies at Bowling Green State University. He authored the book, "Finding Happiness in America." Contact him at the Family Journal: www.familyjournal1.blogspot.com

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The Benefits of Loose Leaf Teas

By Kelleah Oddo

Did you know that while there are many different varieties of tea, tea is derived from one plant, the *Camellia sinensis*. The many varieties are the result of factors such as where it is grown, the climate, the soil, how it is processed, what is added, and how it is brewed. Each country has its own methods, legends and history to go with it. For example, did you know that Orange Pekoe tea has really nothing to do with oranges, the flavor or color orange at all? Some history accounts state that it is actually derived from a desire to honor a Dutch ruling family, Orange-Nassau, from the 1600's. The word pekoe is derived from the 18th century Chinese dialect, pek meaning white and ho meaning down. The young leaves of tea plants have what resembles a white down-like or fuzzy appearance. Today, a wide variety of tea: black, dark (including puer), oolong, white,

green, yellow, and herbal are enjoyed. Some argue that herbal teas have too many additional ingredients and not enough of the *Camellia sinensis* plant to be considered tea at all. What isn't debated is that tea (especially green) contains antioxidants which are a huge health benefit. Antioxidants neutralize harmful molecules in the body which can cause heart problems, eye, memory, mood and immune system illnesses. Tea has been the object of numerous health studies linked to relieving the onset, symptoms and severity of these illnesses.

In recent years, much attention has been given to a healthier lifestyle. Many of us would like to strive for this, but are overwhelmed with the thought of dieting and exercise before we can even get started. Substituting a hot or cold tea in the place of high calorie options such as soft drinks (12 tsp. sugar per 12 oz.) would be an easy first step. The flavor options available in teas are quite numerous. While some teas have spices, herbs or oils added to them, other teas have naturally occurring "notes" or hints of flavor without anything added. Vanilla, citrus, nutty, floral, cocoa or licorice are typical tea "notes." Though diet sodas boast low calories, the benefits can be lost due to the addition of chemical sweeteners to the diet. Tea on the other hand is often enjoyed with full flavor and no sugar due to these naturally occurring notes.

Typically, when people think of tea, they think of tea bags in boxes. Loose leaf teas provide a much broader range of origin and variety. In many cases, they go through much less processing which helps to retain beneficial antioxidants. Loose leaf teas can be obtained from company's which deal directly with the growers, blenders and exporters increasing the likelihood of receiving fresh tea. Freshness/potency reduces the amount per cup which makes tea good for you and reasonable too.

DJ's Coffee and Ice Cream

Coffee, Ice Cream, Teas, Pastries, Soups and Sandwiches

Out to Lunch

By Lynn Urban



The Wall Street Pub & Grill

So often when I hear of a new restaurant I can't wait to try it out, then I am excited to spread the word.

On the campus of Tiffin University, a building that used to house a machine shop back in the day, has turned into an awesome Pub and Grill called The Wall Street. It opened last April. The large dining area has a clean, contemporary, industrial decor with about eight T.V.s. Although it felt cold when we first walked in, we quickly warmed up by the gracious wait staff.

I was curious to try many items from the diverse menu that specialized in their made from scratch sauces and condiments. You may want to try a burger with roasted garlic aioli or Tomato bacon jam, or perhaps a BLT with Pimento Cheese and Fried Green Tomatoes.

I started out with a cup of their signature Wall Street Beer Cheese soup for \$1.99. It was thick and creamy with a hint of smokey bacon and I loved it. I then ordered the "Barbecue War Pig". A sandwich with Carolina sauced pulled pork, bacon, aged cheddar, slaw, fried onion petals and smokey Mayo on crispy toasted bread. This was served with seasoned tater tots for \$9.99. My friend Kris was intrigued by the Southern fried chicken on a Bacon, Jalapeno and Cheddar waffle topped with cabbage slaw and a Maple Chipotle glaze with just the right amount of kick that added much flavor to the concoction.

I then stopped for lunch when I was decorating for a wedding on Saturday and had a great lunch. Of the \$7.99 specials they offer, I choose the soup and one of the six salads on the menu.



The potato soup had lots of flavor and the Fiesta Chicken salad had a perfectly grilled chicken breast on top of a fresh salad, black beans, roasted corn, tomatoes, cheese, served with chipotle ranch dressing.

The prices are very reasonable, probably due to serving the students and their families, and in the summer they've got a nice outdoor patio for seating. The restaurant is at 235 Miami Street right off of State Route 53, and has the Tiffin University book store in the same building. They open at 11am daily but are closed on Sundays and Mondays.

You can find them on Facebook, www.wallstreettiffin.com or call them at 419-448-5848.

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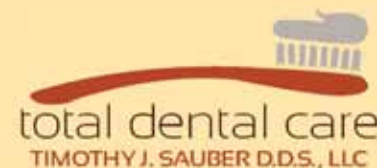
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Need Health Care Coverage?

It's not too late

By: Jennifer Leonard, Certified Application Counselor
Community Health Services

While the deadline for January 1, 2017 coverage is past, it's not too late to get health insurance or change your current plan through the Health Insurance Marketplace. Commonly known as "Obamacare" the Health Insurance Marketplace is open for enrollment until January 31, 2017.

If you're enrolled, you can opt to keep your current plan or choose a new one—even if your 2017 coverage has started. Make sure to update your income and household information for 2017. Financial help is based on your projected income and household information for 2017.

Once the open enrollment period is past, you will not be able to make any changes or purchase a health care plan through the Marketplace until next year unless you have a qualifying life event. Examples of a qualifying life event include: Marriage, loss of coverage due to a job loss or divorce, and having or adopting a child. You can learn more about the Health Insurance Marketplace and enroll for coverage at www.healthcare.gov. You can also call 800-318-2596 for information and to sign up for coverage.

In 2014, the State of Ohio expanded Medicaid to include those with incomes up to 138% of the poverty level. It's estimated that 789,000 people gained eligibility at that time. There is no limited enrollment period for Medicaid which means if you qualify, you can enroll at any time.

Community Health Services offers free help with Marketplace Insurance enrollment and Medicaid applications. Jennifer Leonard, Certified Application Counselor is available to answer your questions and submitting your Marketplace enrollment or Medicaid application. To schedule an appointment, please call (419) 333-5309.

12 Acres in Ohio

By Robin Arnold / Gena Husman

Starting the New Year

In spite of some nasty weather, 2016 ended on a happy note...that is, no new "rescues" to report. Ripley, the parakeet that Robin saved from the "great outdoors," is adjusting well to his new home. He's great company and has an opinion about everything—which he sometimes expresses quite loudly. His cheerful chirping fills the house. He sings along with the furnace when it comes on; he sings when we run water to wash dishes; he sings when we walk in the door after being gone for a while. We bought him a cute little parakeet playground set hoping to see him climb the little ladders and play on the rope...instead he uses it as a launching pad to fly around the room over our heads. He's a happy little bird, although he seems to have an unhealthy attraction for his mirror....

Willie, the Polish rooster that we rescued from the condo development in Port Clinton, has turned out to be the sweetest, most gentle rooster we've ever had. There were a few minor skirmishes when he first joined the flock--and we were holding our breath wondering if we did the right thing by taking him in--but nothing serious. He has assumed the role of protector and companion and the

hens all seem to like him. At night, he has earned the place of honor (and the warmest spot on a cold winter night) right in the middle of the roost between two of the warmest, fluffiest hens. He is kind and considerate to all of them, although Susie, the barred rock, is his sweetheart. We also discovered that he is very intelligent--it didn't take him long to learn the meaning of "treat." He's first in line when I give them their afternoon treats. We're comfortable working around him because he's so good-natured.

And then there's Amelia, our little hen who spent eight weeks recovering in our house after being viciously attacked by a mink in September. She's been back out with the flock since early November, although she still has some balance problems and occasionally stumbles. She was a little nervous for the first few days because she had to start at the bottom of the pecking order and work her way back up. By the beginning of December, Amelia was out in the chicken yard grazing alongside her best hen-friend, Leica (Attila the Hen). For a while she slept in one of the nesting boxes because her balance problem made it hard to get up--and



stay up--on the roosting poles. The other night as I was closing them up, I watched her climb up on the roost with the others for the first time. From where we sit, that's nothing short of a miracle....

Scruffy, the chickadee, is back--we hadn't seen much of him since last spring--and he brought another chickadee with him. We were putting plastic up around the "porch" on the chicken coop when Robin disappeared. I found her standing on the other side of the coop with a chickadee sitting on her arm singing at the top of its lungs and Scruffy sitting on a branch overhead eating sunflower seeds. Since she was busy playing hostess, I finished the job by myself.

Wishing you all good things for the coming new year...Happy New Year!



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Calendar of Events

January 2017 – Sandusky County

All month – Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library. Exhibit is open from 9 a.m. – 5 p.m., Monday through Saturday and noon – 5 p.m. Sunday, with the exception of special holiday hours.

2 – Morning Health Break, Bellevue Hospital Conference Rooms A & B, 8-11 a.m. Educational literature, a light breakfast and a registered nurse will be available to answer questions about health. Free Glucose (fasting) & BP, A1C's \$10. Call 419-483-4040, EXT. 6610.

3 – MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room. 10:30-11:30 a.m. All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. Free. Call 419-483-4040, EXT. 4363.

8 – Puddle Jumpers: Animals, Animals, Everywhere, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey. 1-3 p.m. Free. Designed for children 2-5 years of age and their adult companion. Come explore the Wilson Nature Center. Registration required: 419-334-4495.

8 – Tree Huggers: Turtles, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey. 1-3 p.m. Free. For ages 6-12 years old. In the wild, turtles have buried themselves to survive the winter. Our Nature Center turtles are warm and cozy, so come on in and learn more about Ohio's native turtles.

Registration: 419-334-4495 or www.lovemyparks.com.

10 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett's Market, 228 West Main Street, Bellevue, 9-11 a.m. Community Health Screenings. Free.

14 – Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. An interactive educational series for children through age 12. A scavenger hunt is available from 9 a.m. to 5 p.m. in the museum. Cost – admission to the museum is included – is \$1 for kids ages 1-12 and \$7.50 for adults. Hayes

11 – Night Hike, Blue Heron Reserve, 2134 CR 260, Vickery. 6:30-7:30 p.m. Free. Come out and explore Blue Heron Reserve in the night sky, while using your night vision! Call 419-334-4495 to register.

12 – Babies in the Parks: Awesome Antlers, Wilson Nature Center at Creek Bend Farm, 720 South Main St., Lindsey, 10 – 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companion. Little ones will get to use all their senses to discover more about their surroundings. 419-334-4495 to register.

14 – Birds & Breakfast, Green Creek Hunt Club, Fremont, 8–10 a.m. Free. Enjoy a morning of bird banding. 419-334-4495 to register.

17 – Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA,

855 Kilbourne Street, Bellevue, 9-11:00 a.m. Free BP and Fasting Glucose Checks.

18 – Community Health Screenings, Free BP and Fasting Glucose Checks, Miller's SuperValu, 505 West Maple Street, Clyde, 9-11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

18 – Volunteer Training, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey, 4-5:30 p.m. For new and current volunteers. Learn more about the SCPD volunteer opportunities. 419-334-4495 or visit www.lovemyparks.com.

19 – The Wonder of Woodpeckers, Blue Heron Reserve, 2134 CR 260, Vickery, 4-5:30 p.m. Free. Dress for the weather and bring binoculars. Call 419-334-4495 to register.

21 – Tracing Your House's History, Rutherford B. Hayes Presidential Library, 9:30-11:30 a.m. Head Librarian Becky Hill explores the genealogy of a house. Register before class by calling Becky at 419-332-2081 or emailing bhill@rbhayes.org. Cost is \$10.

21 – Freezin' for a Reason, Camp Fire Sandusky County, 2100 Baker Road, Fremont, noon–1 p.m. Come help us raise money for the children of Sandusky County by taking a plunge in our pond. Visit our website: www.campfiresc.org or call 419-332-8641.

21 – Free Play, Creek Bend Farm, 720 South Main Street, Lindsey, 2-3:30 p.m. Free. An

unguided play date with nature. We provide loose structure and a safe place to engage with the natural wonders in our parks. Dress to be outside. Call 419-334-4495 to register.

23 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, 8-10 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

25 – Presidential History Book Club, Rutherford B. Hayes Presidential Library, Noon. Free. All are invited to read and discuss books about the presidency at this book club. Members are asked to bring their lunch. This month, the club is reading "Andrew Johnson" by Annette Gordon-Reed.

26 – Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main St., 10:30-11:30 a.m. Community Health Screenings.

27, 28, 29 and Feb. 3, 4, 5, 2017 Fremont Community Theatre – "Looking", 1551 Dickinson Street, Fremont, 7:30 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. Cost: \$12 for Seniors/Students and \$15 for Adults. 419-332-0695 or visit the website: www.fremontcommunitytheatre.org

28 – Short Stacks for a Tall Cause, Fremont Applebee's, to support Humane Society of Sandusky County. Breakfast is \$7 from 8-10 a.m. Tickets at shelter location 1315 N. River Road, Fremont.

Jill on Money

Year-end financial planning should take Trump into account

By Jill Schlesinger

Preparing my year-end column on financial planning has been complicated this time around because of major tax changes that are expected to occur next year under the Trump administration.

While there is no single plan to analyze yet, both candidate Trump's plan and Speaker of the House Paul Ryan's plan would cut ordi-

nary income tax brackets, increase standard deduction amounts and repeal and/or limit personal exemptions and itemized deductions.

The coming changes mean that you may need to rethink what you have done in the past to prepare for the year-end and adjust your actions to reflect what is likely to be a new tax environment.

-Accelerate itemized deductions. The main theme for 2016 year-end planning for the nearly one-third of taxpayers who itemize their deductions is clear: You should determine whether it makes sense to pre-fund deductions such as state and local taxes, mortgage interest and charitable donations this year, because they are likely to be less valuable or potentially go away next year.

-Bunch itemized deductions. Many expenses can be deducted only if they exceed a certain percentage of your adjusted gross income (AGI). So try to bunch legal advice, tax planning, travel and vehicle costs into one year, so you exceed the 2 percent floor.

-Give bigger charitable donations. You may want to give next year's or future years'

charitable gifts in 2016, in order to take advantage of the changes on the horizon.

-Use highly appreciated securities for charitable contributions. 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.

-Pay and deduct state and local taxes now. If you live in a high-tax state or municipality and itemize deductions, you can deduct property taxes paid. While many high-income earners lose a chunk of this write-off due to the alternative minimum tax, many others may benefit from paying whatever is due for 2016 before year-end.

-Don't pre-pay mortgages. Before you start making your 2017 mortgage payments now, you should know that the IRS does not allow you to take deductions for prepaid mortgage interest expenses. That said, if you are a high earner and are thinking about a refinance or a new home loan, just know that the value of the mortgage interest deduction is likely to shrink in the future.

-Wait to sell winners in taxable accounts. The usual advice is sell winners, but considering that capital gains tax rates are likely to

drop in the future, especially for high earners, you may want to hold off. However, if you expect your income to be much higher next year, you may want to realize capital gains today at the lower rate. Capital gains are added to your other taxable income when determining your tax bracket, so factor that in when you make your decision.

-Sell losers in taxable accounts. If you have investment losses in a taxable account, you can sell them to offset gains that you have taken previously in the year. If you have more losses than gains, you can deduct up to \$3,000 against ordinary income; and if you have more than \$3,000, you can carry over that amount to future years. If you're going to sell something and replace it within 30 days, the new asset can't be "substantially identical," which is known as the wash sale rule. Avoid it by waiting 31 days and repurchase what you sold, or replace it with something that's close but not the same as the one you sold.

(Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.)



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Mayo Clinic

Childhood vaccination schedule effective at preventing many serious diseases

DEAR MAYO CLINIC: Why do children need so many vaccines in their first two years of life? Isn't it okay and even safer to wait until they're a bit older to give them the recommended vaccinations?

ANSWER: The current childhood vaccination schedule has been studied extensively. It is safe. It's also highly effective at preventing a variety of serious diseases. To offer the best protection against those diseases, I strongly urge you to have your child vaccinated on time, according to the recommended schedule.

Babies need multiple vaccines because infectious diseases can cause serious health problems in infants. For a short time after they're born, antibodies from their mothers help protect newborns from many diseases. But that immunity begins to fade quickly, with some immunity lasting only about one month after birth.

The vaccination schedule recommended now has been studied and found safe and effective against the diseases babies face at the time they're getting the vaccines. A delayed schedule is a delay in protection against some diseases that are very serious - and in many cases life-threatening. Put another way, the risk of disease due to not being fully vaccinated is high. In addition, if you wait to vaccinate your child and he or she becomes sick, your child is then at risk for spreading the illness to others.

The current schedule of vaccines may seem like a lot. But the amount of vaccine a baby receives from the vaccinations in one visit is actually quite a bit smaller than it used to be. If you add up all the active vaccinating material in the current shots, it's less than it was years ago when children only received the smallpox vaccine. The schedule also contains much less vaccine than when we gave only three vaccines to children 6 years old and younger, with the whole-cell pertussis form of the diphtheria, tetanus and pertussis vaccine (also known as DTP), the oral polio vaccine, and the vaccine for measles, mumps and rubella, or MMR.

It's worth noting, too, that a new vaccine cannot be licensed unless it has been studied along with the other vaccines that are typically given during the same visit, and it's only studied when given to infants at the age the new vaccine is intended to be given. So the vaccines have been proven safe and effective in combination with other vaccines at the specific ages that they are now recommended.

Some parents worry that multiple shots in one visit are just too painful or stressful for the child. Giving more than one injection, however, does not add to a baby's stress. Most infants cry regardless of whether they receive one shot or three shots. Consider, too, that spreading out the vaccines over the first two years of life could stretch the number of days your child gets a shot from seven days up to 21 days of shots.

Finally, please note that there is no science to support a delayed vaccination schedule. There is significant science that shows that a delay increases the risk for children to get vaccine-preventable diseases. And for many parents, trying to manage all the appointments needed to extend the vaccine schedule turns into a significant logistical challenge. Most parents who attempt to delay or space out the vaccine schedule typically end up falling way behind.

Stick to the standard vaccination schedule, which is a safe, effective way to protect your child's health. - Robert M. Jacobson, M.D., Pediatric and Adolescent Medicine, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT SIGN)mayo.edu. For more information, visit www.mayoclinic.org.)

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You may go to extremes of behavior, but it is all for a good cause. Your social circle will expand exponentially if you participate in community activities and outings.

TAURUS (April 20-May 20): Bad news travels fast, but it isn't likely to put you at a disadvantage, you might easily make some imaginative and shrewd business or financial decisions.

GEMINI (May 21-June 20): Your mind is a tool that you can use any way that you wish. Pry out some information or hammer out some details; avoid misunderstandings with loved ones and co-workers.

CANCER (June 21-July 22): Trust, once lost, is seldom regained. Communicate clearly to maintain the trust of friends and partners. Prevent caution from turning into fear by being honest and forthright.

LEO (July 23-Aug. 22): Look for the silver lining. Throughout the month to come you may have numerous opportunities to create something good out of something that, on the exterior, is somewhat upsetting.

VIRGO (Aug. 23-Sept. 22): Common sense is a flower that doesn't grow in everyone's garden. Luckily, you have a watering can nearby or other tools to nurture smart thinking.

LIBRA (Sept. 23-Oct. 22): You may be overindulgent with loved ones and friends as this month unfolds. The

worst that can be said is that you may yield and compromise when it is not in your best interests to do so.

SCORPIO (Oct. 23-Nov. 21): The princess and the pea had a love hate relationship. You may be overly sensitive to irritations when the ones who love you best are doing everything in their power to treat you well this week.

SAGITTARIUS (Nov. 22-Dec. 21): Lighten up. Plug in a Christmas tree or turn on the porch light. Your seriousness can be a turnoff when faced with duty and responsibility. Focus on the future.

CAPRICORN (Dec. 22-Jan. 19): You are what you think. If you let negativity creep in or react badly to criticism you may attract negativity into your life. Don't waste time and energy on unpleasant issues this week.

AQUARIUS (Jan. 20-Feb. 18): Money walks when impulse talks. Control your desire to make rash purchases in the month ahead. If you keep an eye on the future past transgressions won't impact your wallet as much.

PISCES (Feb. 19-March 20): Read the tea leaves. You may need to work harder and receive less appreciation than usual this month. Focus on fulfilling obligations and protect your reputation from unnecessary criticism.

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Profiles by Alisa 1450 Oak Harbor Rd. Fremont, Ohio

Helen Marketti's Music Corner

Donny Most



Many will recognize Donny as the loveable and laughable character, Ralph Malph from the hit TV series, "Happy Days". Donny is enjoying his singing career as well as his acting. In fact, he always had a strong interest and talent in music. "I was into big bands, swing music and jazz for as long as I can remember," said Donny. "I was 15 years old and singing in clubs in the Catskills Mountains. I was singing songs from the Great American Songbook. It isn't a new thing for me as some may think but it is new in that I put a show and band together nearly two years ago."

He continues, "I just finished recording a CD with many jazz standards and big bands. The CD is called, "D. Most, Mostly Swing" which will be released in February. However, the single from it, "C'est si bon" was released in early November. I am excited about the recording we did. The arrangement turned out well. The musicians are incredible!"

What is it about the big band era that appeals to Donny? "The songs have incredible lyrics and they were interesting musically. The songs are timeless. They were written 60 and 70 years ago and artists still record their versions of these great songs. I love the jazz and big band approach," he explains. "I was a teenager during the 60s which by then there was an entire renaissance of music. It was an amazing time and I was into that as well but the big bands were in my blood and soul in a different way. I love that I am doing it now and enjoying it very much."

"When I was 9 years old I saw the Jolson Story about singer, Al Jolson. The movie made an impact. I bought a lot of his records," said Donny. "I grew up in Brooklyn and started listening to WNEW radio station. There was a DJ named William B. Williams who played songs of singers doing the standards. It was an education for me while I was

growing up. I loved Frank Sinatra, Dean Martin and Sammy Davis, Jr. I can't forget the great female singers such as Ella Fitzgerald, Billy Holiday and Dinah Washington."

He continues, "Then I discovered Bobby Darin who is my favorite singer. I enjoyed listening to him sing the standards. He could sing swing better than anyone. I discovered his album, "This is Darin". Rock and Roll was a means to an end for him because that wasn't his style. It was a way for him to get a name for himself and get a foot in the door compared to what he really loved which were the standards of jazz and swing. My favorite song of his is, "Mack the Knife". That was the song that turned it around for him. It was Record of the Year in 1959. I am also hearing people say that "Beyond the Sea" is another favorite of theirs by Bobby Darin."

Donny explains why he had not put a band together in the early days. "It was more of the timing not being right. It was an uphill battle," he said. "During the 70s and 80s, this kind of music was looked upon as passé and your grandparent's music. It was not looked upon as something you would listen to. Then I started seeing a resurgence of this genre such as Tony Bennett singing these great songs and being on TV, and then you have Harry Connick, Jr. It started opening up in a big way."

"When we were filming, "Happy Days", Anson Williams who played Potsie did most of the singing on the show. Our writer and producer, Garry Marshall had allowed Potsie's character to sing. I sang in a couple of episodes. I like to surprise people because many did not know that I could sing," said Donny. "It was within the last few years that I started doing live shows where people were telling me that I should record a CD. I had met several people that could help me achieve that because I am very picky about the arrangements. We decided to record some Christmas songs. The holiday CD was released on December 9. It all came together better than what I expected. I think people will really like it."

In addition to his music projects and live performances, Donny still loves acting and directing. "Anson Williams and I travel to do the "Happy Days Live" performances. We reminisce with the audience with songs, photos and stories. I still keep in touch with Henry Winkler, Marion Ross, Scott Baio and Ron Howard."

The signature line for Ralph Malph on "Happy Days" was, "I still got it"! Donny explains how that originated. "Our director was Jerry Paris. He directed 95% of the "Happy Days" episodes. He




was a great guy, a great director and a comic genius. He used to be on the ole Dick Van Dyke Show and played the dentist who lived next door. He also directed many of those episodes. When he became our director on "Happy Days", it was a big thrill. There is a good amount of Jerry in my character, Ralph Malph which evolved over time. My real personality is nothing like Ralph so I worked on basing my character on people I knew from high school. Jerry was always telling jokes and when something was especially funny he would say, "I still got it!" Then one day I decided I was going to use that line while we were filming an episode of "Happy Days". I didn't tell anyone what I was planning. I threw it in there when the time was right and everyone loved it. That is how it became my signature line on the show."

I think many will agree that Donny Most still has it!

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This is truly my favorite time of the year: not only because the holidays come around and a new year looms on the horizon, but because Christmas break lets myself and other college students take a much-needed break from their studies. I was also looking forward to December because of a special present I received for my birthday, which took place in October. Knowing that

I love the arts, especially my own craft of writing and that of the theater, I received tickets for a theater production from my parents. But these simply weren't any tickets: these were my first tickets for a professionally produced show, and my first time seeing the production. Though I've seen many a production from around this area (if you haven't gone to one of the Fremont Community Theater's productions, I highly recommend it) I've never seen such a production as Andrew Lloyd Webber's Phantom of the Opera at the Stranahan Theater in Toledo.



to achieve. Adding to that, not a single person in the cast had a lacking voice: all of them throughout the production had strong vocals that kept the music in my head long after it was finished. And the orchestra played each song perfectly with whoever was singing, with not a note out of time. Having never seen such a thing, it was truly impressive how everything worked together.

The set was also something that surprised and intrigued me. It was set up in a multitude of circles, from the biggest ring on the outside to smaller rings on the inside. These rings shifted, allowing for changing sets and scenes. I thought it was extremely cool to see how the set changed as the story went along, moving from the outside of the opera house to the inside of the Phantom's liar. And even with this, the timing was perfect: there was once a point when stairs jutted out just in time for an actor to walk down them, only to have them fade back into the wall. And while it all was a sight to see, my absolute favorite point of the production was the uncovering of the chandelier at the beginning: the booming organ of the Phantom's song and the theatrics of pulling off the cover and making the lights flare up gave my goosebumps.

At the end of it all, it was an unforgettable experience, and I can't recommend that you go to see any professional production for yourself. The Stranahan has many other production coming in the next year, and I highly recommend you go to see at least one. I know I will be.

As I said before, this was my first attendance of a professional production, so you can imagine my excitement. To see a production so close to home came as a complete surprise, as I had no clue my parents would get me the tickets, but it was amazing to see. I had also never been to the Stranahan, as I had never had opportunity to. Once we found our seats and the production began, it was truly an experience.

I had heard that it was amazing, as many of my friends and professors had seen the production, but it didn't give it justice. If you have no experience with what goes on within the production, it is essentially about a young opera singer caught in a love triangle between the Phantom of the Opera and her childhood friend Raoul. I will simply say that, as there is much that goes on within the production, and I whole-heartedly recommend you experience it for yourself if you've never seen it. Since I basically went in blind with no prior knowledge of the story, everything impressed me.

The actors and actresses within the production were excellent. The Phantom played by Derrick Davis, Christine Daae played by Kaitlyn Davis, and Raoul played by Jordan Craig all had impressive vocal range and sounded pitch perfect, something I'm sure is hard

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Fremont Alliance Church offers Grief Share.... a 13-week Bible based grief recovery support group. This DVD program covers all types of loss, many other secondary losses and questions that occur when you lose a loved one. Grief Share offers hope for hurting people. Next session begins Thursday, January 12th from 6:30-8:30 p.m. Book cost is \$15. Weekly meetings at Fremont Alliance Church, 936 N. Brush St. Call 419-332-4392 for more information.

Join us for the most Kickin' 10K around! The Fremont YMCA will be hosting our annual Indoor 10K on Superbowl February 5. There is a strict limit of 100 race entries, with **NO RACE DAY REGISTRATION!** The race will consist of 4 seeded heat assignments (8am, 9:30am, 11am, 12:30pm), with a youth 10 lap "HALFTIME" event! All registrations include race day packet. Hurry, registration is open now. Entry is \$30 (10K) and \$5 (youth event) before the price increase on 1/20/16. For more info, contact the Y at 419-332-9622 or email BetsyS@frymca.org.

The Sandusky County YMCA in Fremont will be hosting our annual Open House, Sunday January 8th from Noon to 4 pm. Come enjoy free fitness classes, tour our new free-weight center, utilize the facilities, and take advantage of one-day-only membership promotions. For a full schedule of the event, call the Y at 419-332-9622 or visit www.ATtheY.org.

The YACA and the Sandusky County Senior Centers will be collaborating on pleasure trips to offer the community in 2017. Stop by our Travel Show on Thursday, February 2nd at the Fremont Senior Center at 600 West State St to see all the trips we have lined up for you! The trip Escorts will be on-hand to tell you what to expect. The Travel Show will be held in two sessions, at 9 am and again at 1pm. Please make reservations to which show you would like to attend - only 75 attendees per show! For more info call 419-334-8181 today!

Fremont Area Women's Connection, luncheon at Anjulina's Catering, 2270 W. Hayes Avenue, Tuesday, January 10, with luncheon at 11 am and ending at 12:30 pm. Our Feature will be Suzi Michaels, Certified Teacher at the YMCA, telling us about Silver Sneakers and Senior Chair Yoga. Our Speaker will be Weslie Hintz, Perrysburg, "Riding the roller coaster of life with hands held high". Reservation for luncheon and free child care, please call by January 5, Donna - 419-680-2251 or email Carrol@fawcluncheon@gmail.com

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Chewy: 2004-2016

The shelter was fairly new back then, but we were already overcrowded. A small Chihuahua mix was brought in, only two months old, but as he had had an accident, the owners didn't want him. For days he cried in his cage until my heart couldn't take it any longer and I took him home.

Last Tuesday I lost my little guy Chewy. For twelve years he ruled our house and our hearts. No matter where I went, he was there, under my feet, at the computer, under the dinner table, waiting outside the door, he was always there. He was a neighborhood favorite as he refused to walk on a leash and followed after us down the street at his own pace. Many days I had to go back and pick him up as he would get too far behind.

In July I found him having a seizure, but there was just one, so no worries. Then by October they became more frequent and he was prescribed phenobarbital. For two months the seizures were kept in check, until Sunday, December 11th. I will never forget that day, the seizures came and went for twelve hours, both of us were exhausted by morning.

The next two days his medication was doubled and he simply looked miserable. He had no energy and didn't care about eating, which had always been his favorite past time! I got excited



if he walked across the room and really believed we could beat whatever was ailing him.

It was then I started doing research and realized my worse fear, Chewy had a brain tumor. It was only a few hours later that Chewy had his final seizure and he was gone from our lives.

Chewy was the second rescue dog we have lost this year; in April we lost Butch from kidney disease. But losing your best friend doesn't mean there isn't another pet out there waiting for a home, it is just a matter of opening your heart.

So we will grieve and say never again, as how do we replace our best friend? But there will always be an "again" because pets are our best friends.

RIP Chewy, we will never forget you.

As I take pen in hand to write this month's column, it's December 15th and we're in the Christmas countdown for 2016. Family members will soon be arriving-our bedrooms will all be occupied once again. On Christmas Eve our family will do what has become a tradition-go together to the Countryside Continuing Care Center, to walk the halls singing carols for the residents. What we lack in singing quality, we make up in volume! Our youngest daughter, Christy, has made the arrangements and has worked with their staff to be given names and information we need to take gifts to the residents who need them. It is fun and reminds us what Christmas really means in our lives.

Remember when I wrote about the 4th grade class visits last fall? One of the activities they did was to husk, shell and grind field corn. Lots of classes came, so consequently we have lots of shelled corn in the Garden House just waiting to be used for something. So I got the idea to make stuffed animals like kitty cats, teddy bears and puppy dogs out of 100% cotton cloth using 100% cotton thread. Then I'll fill them with the corn. We researched the idea on the internet. It said to use 100% sewing materials and to fill with either corn or rice.

On cold nights they can be put into the microwave for a minute or two, then the young ones

can take them to bed and be warm and snuggly all night. They can also be put into the freezer to be used for ice packs. The kids will like the cute animal shapes and since it is only filled ¾ full, it will confirm to being wrapped around arms, elbows, knees or even shoulders. I made 9. They are really cute. I tested them out in the microwave and they "worked"! You ask, "Did your grand and great grand kids like them?" I don't know yet, since this is only the 15th of December and our family exchanges gifts on Christmas Eve time will tell. I'm sure they will be excited. I had better make sure the microwave is in working order it's likely to get a workout!

January 2017 – the first month of the New Year is like the first chapter of an unopened book. A book with a new, beautiful clean cover that when opened, exposes contents so familiar and yet brand new with pages yet unwritten upon. Each of us is given this unopened book. We are the author who will write upon its fresh pages and leave our fingerprints on its covers. The year is new, it's exciting and it's ours. So, let's live it with gusto!

Until next month, try something new, call a friend from the past, bake a pie, read a book, make a snow man and put a sign in his hand that says LIFE IS GOOD!

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, 2016 until Feb 3, 2017. 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:** Gibsonburg Marathon. **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. Note Auditor office is located at Terra.



Q: We have a 5-year-old male cockapoo dog that bites. We do not hit him. We got him at 8 weeks from a family breeder. We can't remove anything from his mouth or groom him without concern. If we pet him he can snap. He growls and attacks at times. He also barks in an attack stance at any dogs and people walking by. I think it is the breed mixture of the dog and my husband thinks he was traumatized. What's your thought? - Sarah Richards, Chicago, IL

A: I am the first one to admit that I do not always have the answer and this is one of those cases. You had him since he was 8 weeks old, so he was obviously not traumatized - he is just not quite right in the head.

I never can understand how one dog will never, ever bite no matter what the circumstances are and yet another will bite you without any hesitation and then expect you to forget all about it. I have had both kinds of dogs.

You see the problem here is that you can change the way the dog acts, but you cannot change the way it "thinks."

Positive reinforcement can help with a dog that bites

Here is a perfect example: If you want to teach a dog not to be possessive about things in its mouth then you have to show it that when you ask it to drop an object it is holding then that object can be replaced with something better.

If your dog has something that you want then instead of being confrontational about it, just give it a piece of chicken or cheese. Offer it to the dog while giving it some kind of command such as "trade." In most cases the dog will drop whatever it is carrying and run to you for the treat. You tell the dog to sit and then give it the treat from your hand and then pick up the object in question. In no time he will be bringing you all sorts of items to trade with you willingly.

However, even though you may have changed the dog's behavior you have not changed the way he thinks. He would still cheerfully bite you if he thought it was justified or to his advantage.

I had a dog like yours. He was a very smart Cairn Terrier named Buddy and I got suckered into taking him in at a year old. He would bite me or any other human and offered no apologies for it. Fortunately at

this point in my life there were no small children toddling about in my house.

I always admired the Cairn Terrier Toto in "The Wizard of Oz." I figured I would see what I could do to try and get him re-habilitated. Using various positive reinforcement training methods, I was able to trick him into being fairly polite with us. However, we basically had to walk on eggshells around him for the 10 years he lived with us until he died.

You have had this dog now for 5 years, and it sounds to me as if you have resigned yourself to having to tiptoe around him for the rest of his life as I did with Buddy. However, if you work on using positive reinforcement reward training with him as I described briefly, then things will be a lot better than they are now. There are a number of resources out there that are more detailed than I can explain in this column. You just have to be realistic about the situation. Your dog just views humans in a different manner than most other dogs do and you have to make the best of it.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century

and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)

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LEG CRAMPS ANYONE?

By Dr. Paul Silcox

Have you ever been awakened at night by cramps in your legs? It KILLS doesn't it? In my early 40's, It got to the point that occasionally, I had terrible cramps in my leg that could hit me in the lower leg, either the back or front, or thigh, or even the toes. Turning over in bed could start a cramp that would wake me out of a sound sleep and cause me to spring out of bed like a teenager.

But I did some research and found that certain minerals are vital, not only for bone function, but those same minerals are necessary for normal muscle function.

Calcium is important for inner bone hardness, but it is also needed for muscles to be able to contract. Magnesium is needed for outer bone covering hardness and for muscles to be able to relax. With all the focus in our society about osteoporosis, and strengthening bones, everyone, and I mean everyone, is really focusing more on increasing calcium intake. Like so many things in nature, balance is a key.

So it's not too difficult to understand that it is possible for those minerals to get out of balance and when they do, muscle cramps may be an indication of it. But most don't know of possible solutions besides prescription muscle relaxers when the muscle spasms begin.

A natural solution that has worked for me for over 15 years is Natural Calm. It is a powdered magnesium supplement that I take when a cramp strikes. I mix a teaspoon in a cup of warm water and 99% of the time, I am feeling it work by the time I make my way back to bed, I can feel it working and relaxing the muscle spasm.

If you'd like to try a free sample to see if it will work for you as it has for me, stop by my office to pick one up. I'd love to answer questions about Natural Calm, Chiropractic, Acupuncture or other health related questions.

Cub Scout Pack 302 Bringing "Little Free Library" to Fremont

Little Free Libraries are a global phenomenon. The small, front-yard book exchanges number 36,000 around the world in 70 countries - from Iceland to Tasmania to Pakistan. Now, a new Little Free Library at 1907 W. State Street in Fremont will join the movement to share books, bring people together and create communities of readers.

Cub Scout Pack 302 is the driving force behind bringing this concept to Fremont, however these Little Free Libraries are for everyone to benefit from and enjoy. "Our Little Free Library doesn't just belong to us, it belongs to the whole city," says Danielle Wagner, Cub Master of Pack 302. "It will be our packs' responsibility to maintain and upkeep the Little Free Libraries across the city. In doing so, it is our hope that this program will teach our Scouts a measure of responsibility while they give back to the community that has supported this pack for over 50 years. We also hope this program will bring a little joy, a little more connection and a whole lot more books to our community."

Pack 302 is looking for businesses or individuals to sponsor each Free Little Library box in the community. These sponsorships will help cover the costs of painting and maintaining the boxes. Each sponsor will receive a plaque on the outside of the box showcasing their support of this worthwhile project. The Pack is also looking for community members or businesses to serve as a host location for the boxes.

Anyone interested in sponsoring a box or host location can contact Danielle Wagner at (419) 656-8415 or DanYell81@gmail.com.

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Turning Point

By Dawn Humphrey

Somewhere when the wind died down I came to realize,

Conceptions fall away and reality began to materialize,

When life appears somber,

The numbness seeps through my pores,

And the letdown is undeniably painful,

With my past leaving me feeling unstable,

A light dims through,

Gradually my eyes pivot along this unfamiliar corridor,

I cry out, "Hello? Hello?"

Who is there? Please make yourself known,

I'm coming! Don't leave!

Grasping and feeling my way through the dark,

I perceive the light ahead will be my start,

Alas, what am I to do now?

I collapse to the ground in grief,

With tears pouring down my face,

In anguish I pray for relief,

I beckon myself to get up...GET UP!

Who will be there to greet me?

I pick up my pace with determination,

The light is becoming more apparent,

I beg humbly to gaze upon the face of the one shining the light!

I cannot be wrong... this must be right,

Bless this benevolent soul for showing me the way,

I've come to my finish. I have arrived!

My heart pounds in expectation,

I open the door, step in, and raise my head,

...Only to see a mirror with my own reflection...

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- Name on Harkness Legacy Plaque to be permanently displayed at the hospital
- All Harkness Legacy Fund members are automatically members of Club 1917 for the 2017 Calendar Year

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