

# 2000les Lifestyles

**Free**

Vol. 19 Issue 1

**January 2018**

**Happy  
New Year!**





MY LIFE HAS CHANGED IN WAYS I NEVER IMAGINED

# Now that I Have My Health #InCheck

A few years ago Joe Liszak, CEO of Community Health Services shared his story about how a physical saved his life. But there's more to the story.

Because of his Pancreatitis caused by a rare complication from a gallstone, Joe continued to have health issues. By early spring 2017, another surgery would be necessary. But what followed the surgery is what changed his life.

Following surgery, Joe together with his CHS provider, decided it's time for some lifestyle changes – and developed a healthy plan to achieve his goals. At first it was gradual – but the results inspired him to make significant changes in his diet and exercise.

Today, Joe has lost 50 pounds and is now at a healthy weight. He also saw significant improvements with his diabetes and is no longer on insulin. His blood pressure is now under control. "I haven't felt this good in years," Joe commented. "I'll never go back now that I have things in check."

## DO YOU KNOW YOUR RISK?

According to the Center for Disease Control:

- Over 30 million American adults have diabetes or are prediabetic (1 out of 4 don't know it)
- 75 million American adults (1 out of 3) have hypertension (high blood pressure)

## MAKE 2018 YOUR YEAR TO GET #INCHECK!

- If you don't have a health care provider, call Community Health Services at (419) 334-3869 or visit our website at [www.CHSOhio.com](http://www.CHSOhio.com) and click on the "Providers" tab to see a listing of our providers.
- Schedule an appointment today.
- Like us on Facebook at [www.facebook.com/CHSOhio](https://www.facebook.com/CHSOhio) and follow us on Twitter at @CHS\_Ohio for the news and tips to help you keep your health #InCheck.
- **Share your story.** Use #InCheck to join the conversation and to see how others have been affected.



COMMUNITY HEALTH SERVICES

WE CARE.



# Lifestyles 2000

January 2018  
Vol. 19 • Issue 1  
[www.lifestyles2000.net](http://www.lifestyles2000.net)



## NEWS & NOTES:

Help Save Sandusky County's Bluebirds, Robert Morton, M.E., Ed.S.....5

## ENTERTAINMENT

Omarr's Astrological Forecast Jeraldine Saunders.....3

In Your Own Backyard.....4

Calendar of Events.....7

Video View, Jay Bobbin.....8

## HEALTHY LIVING

Time to Take it Easy, I DON'T Think So, Dr. Paul Silcox.....10

## HOME & HEARTH

My Mother's Recipes, Joanne McDowell.....4

12 Acres in Ohio, Robin Arnold, Gena Husman.....6

"Grate" Treats & Eats, Christine Timko-Grate.....8

Pet World, Cathy Rosenthal.....9

Cover Photography by Robin Arnold

*Lifestyles is available at local Subways in Fremont & Clyde, Denny's, Frisch's, The Garrison, Bassett's, Kroger's and Clyde Drug Mart*

Like us on



# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (Mar 21-Apr. 19): Ho-ho-home is where the heart is. Surround yourself with those whom you care about the most and enjoy the warmth of the holiday season together. There may be little to be gained from last minute shopping expeditions.

**TAURUS** (Apr. 20-May 20): Remember to leave out the milk and cookies. The object of your affection will be sure to leave extravagant goodies in your stocking and show you how much they care. Romance may blossom to a new level..

**GEMINI** (May 21-June 20): Make sure the sleigh runs on schedule. Conflicting social obligations may create a brief period of turmoil, so you may need to set priorities to keep things running smoothly. Those around you make look to you for guidance.

**CANCER** (June 21-July 22): Be a Scrooge ... after he was visited by the three ghosts, that is. You'll find no greater satisfaction than giving to others and spreading good cheer. Remember that the cost of a gift is irrelevant as it is the thought that counts.

**LEO** (July 23-Aug. 22): Peace on earth, goodwill to man. Imbibing a little too much holiday spirit could cause some tempers to flare but you are the one who can diffuse things by spreading a little joy. Drive home the lesson that the best things in life are free.

**VIRGO** (Aug. 23-Sept. 22): Santa would get nowhere without his elves working behind the scenes. Take charge as it will be your planning and attention to detail that will make holiday festivities successful. Go out of your way to create a little magic.

**LIBRA** (Sept. 23-Oct. 22.): Over the river and through the woods. Holiday outings could be a memorable source of adventure and fun. Joy and merriment will be contagious, and you won't have to work very hard to create a festive atmosphere.

**SCORPIO** (Oct. 23-Nov. 21): Stick with the program. The hectic nature of the holidays may have everyone pulling in separate directions, so you may need to be the voice of reason. You may need to remind others that there are only so many hours in a day.

**SAGITTARIUS** (Nov. 22- Dec. 21): A rolling stone gathers no mistletoe. Seeing all your holiday plans through may require you to stay in motion as if you rest you may just stall altogether. A close friend or loved one may finally provide a long-awaited answer.

**CAPRICORN** (Dec. 22- Jan. 19): Grin and bear it. While the holidays are about spending time with loved ones, certain relatives may be kind of a chore to endure. You may be genuinely surprised when the least likely person turns out to be your secret Santa.

**AQUARIUS** (Jan. 20- Feb. 18): Go with the flow. It may take a little effort to find your holiday spirit but once you get into the swing of things you'll have a ball. Don't be shy if you find yourself among new faces as you will most likely make fast friends.

**PISCES** (Feb. 19- Mar. 20): Have it your way. Whether you want to attend a big holiday bash or spend an intimate evening with a special someone, it's all up to you. Sometimes a comfortable silence with a loved one can say more than a deep conversation.

**COLOR HAVEN**  
**PAINT & SUPPLY LLC**

**PAINTS:**  
**PITTSBURGH**  
**BENJAMIN MOORE**  
**ART SUPPLIES**

**105 N. STONE STREET**  
**FREMONT, OHIO**  
**419-332-6952**

**OLD FORT**  
8080 Main Street,  
Old Fort  
419-992-4666  
Mon-Fri  
7:30am-6pm  
Sat 8am-5pm  
Sun 10am-2pm

Heat and Eat items everyday.  
Homemade and fully cooked -  
ready to be heated and eaten.

Crockpot Meals  
Homemade Meatloaf  
Homemade Chicken Pot Pies

Enjoy our famous homemade sandwich  
spread and shredded sandwiches everyday.

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

419-334-3602

Email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## DISTRIBUTION

Pete McDowell

## GRAPHIC DESIGN

Tammy Calhoun

Email: [trcalhoun@me.com](mailto:trcalhoun@me.com)

## Advertising/General Information

For advertising and general information call, 419-334-3602, or email [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to [lifestyles2000@sbcglobal.net](mailto: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.

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

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

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

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

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Happy New Year!

We sincerely hope your holidays were blessed.



We look forward to our nineteenth year and again thank our advertisers and readers.

Enjoy our first issue of 2018.

Joanne & Pete



There were 130 correct answers for December, the winning answer was the UPS Store.

## Find Pete Winners

Winners are: Carter Payne, Vickery, Davi Anderson, Clara Thrun, Marsha Cook, Jane Raney, Penny Dickman, Jessie Ramirez, Fremont; Nancy Pries, Elmore; Angela Missig, Tanna Spaide, Kennedy Gerhardstein, Marvin Boyd, Lynda Wilbert, Clyde; Mary Hoffman, Burgoon; Lillian Harder, Lindsey; Mandy Smith, Tiffin; Cody Haas, Brian Setzler, Gibsonburg; Brock Miller, Green Springs; Steve Tooman, Oak Harbor

Congrats and Happy New Year!

## Find Pete Prizes

Prizes are from Fastraxx, Let's Eat at Byron's and Jenesis Salon in Fremont. The Calico Cat and Legends in Clyde, Smokey's in Republic, and Old Fort Market in Old Fort. 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](mailto: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.

# In Your Own Backyard

**Reiki and Natural Healing**, Jan. 2, The Bellevue Hospital, 6-8 PM, Conference Room A-B. Topic: Spirituality, Guest Speaker: Patricia Newman, RN

**Fremont Area Women's Connection:** Jan. luncheon, Anjulina's Catering, 2270 W. Hayes Ave., 11 am - 1 pm on Tuesday, Jan. 9, \$12 (incl). Our Feature will be Bistro 163, Port Clinton, with Chef Stacy telling us how they Pay It Forward. Speaker, Frankie Szamatowicz, Sunbury, OH. She will tell us about "The Call That Counts". For reservations call by Jan. 4, Donna 419-680-2251 or email Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com)

**Flapjack Fundraiser for the Humane Society** at Applebee's Fremont, Sat., Jan. 27th from 8-10 a.m. Tickets at the door or shelter for \$8, includes pancakes, eggs, sausage and a drink.

**Birchard Library is hosting Harry Potter Day** for teens on Jan. 4 from 11:30 to 2. Seventh through 12th graders are invited for Harry-Potter themed crafts and games and a showing of The Sorcerer's Stone. Make your own wand, golden snitch, and house banner. We'll also play Harry Potter trivia and have a chocolate frog scavenger hunt! Pizza and snacks will be provided. This event is free, pre-registration is required by calling 419.334.7101, ext 209.

# My Mother's Recipes

By Joanne McDowell

This month I am featuring my own Chili recipe. I recently made this and Pete said it was the best Chili ever. With cold weather here I find a bowl of Chili my comfort food, not to mention this is quick, easy and fairly inexpensive to make. Happy New Year!

1 lb. lean ground beef  
8 oz can of tomato sauce  
1 can of Ro Tel diced tomatoes and green chilies  
1 can of Bush's Chili beans, medium flavor

Brown ground beef in crock pot, add tomato sauce, Ro Tel and Chili beans. Simmer for a few hours. Enjoy!

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

**12 MONTHS FREE CREDIT**

**SNYDER'S  
FLOORCOVERING  
OUTLET**

**214 STATE ST., BETTSVILLE**

**419-986-5599**

[www.snydersfloorcovering.com](http://www.snydersfloorcovering.com)

MWF 9:30-5:30; Tue, Th. 9:30-7; Sat 9:30-1:30



**Full  
Service  
Canine &  
Feline  
Grooming**

**1311 E. State Street  
567-342-3200**

**10% Off Toys and  
Accessories thru  
January 31, 2018**



# Help the Green Creek Wildlife Society save Sandusky County's Bluebirds- become a "Trail Monitor"

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



Robert Morton

The Greek Creek Wildlife Society Bluebird Trail system includes 800 nest boxes spread out along over 100 trails in Sandusky County. Every nesting box on every trail is checked and monitored by 55 "Trail Monitors"

every week during the spring nesting season. Their goal is to promote interest in Bluebird conservation and to protect this beautiful, people-friendly bird from becoming extinct. Founder Tom Kashmer is giving a Bluebird presentation at the Gibsonburg Public Library on February 7, 2018 at 6:30pm.

And what a successful journey it's been! In 1984, Tom Kashmer and five of his Gibsonburg High School students were concerned about the scarcity of Eastern Bluebirds in Sandusky County. They formed the Green Creek Wildlife Society (GCWS) and built 25 nesting boxes that produced 29 Bluebirds. At the end of 2017, 33 years later, they banded 735 Bluebirds... in one nesting season! Since their uncertain beginning, they have banded a total of 11,232 Bluebirds and 17,556 Tree Swallows (A beneficial bird that is attracted to Bluebird nesting boxes).

Kashmer is a Federally licensed bird bander and banding the baby Bluebirds helps determine how many return the following spring and whether a breeding pair stays together and returns to the same breeding place each year (their nest site fidelity).

The Eastern Bluebird may have been on its last leg decades ago and rarely seen in Sandusky County, but due to the invaluable help from local landowners, sponsors, bird banders and Trail Monitors, the GCWS empowered this beautiful feathered creature to flourish. The original five members of the Green Creek Wildlife Society have become Life Members and now their families and children are bringing a new generation of volunteers to the organization. Today's membership stands at over 100 and continues to grow.

Being a Trail Monitor myself, I can testify that it is a great opportunity to help save the Eastern Bluebird and to get mild outdoor exercise while connecting with nature. No two hikes on my assigned trail along CR 265 (Ohms Rd.) are ever the same. One day I may see a pair of Bluebirds beginning to build a nest. The next week several light-blue colored eggs lay inside, then maybe five or six eggs on the next check. Then, the

parents bring grasshoppers and other insects to feed hatched babies. You never know what's going to happen next. Mother Nature can be cruel and on one check I found the parents and all the babies dead inside one nest box, killed by House Sparrows.

But, most of the time trail monitoring is a joy. You'll monitor baby Bluebirds and Tree Swallows, checking the nests weekly and watching them grow. When they're almost ready to fledge, you notify Tom Kashmer and he will band the babies at the appropriate time. Ray Joseph and his horse "Twister" enjoy watching over the Bluebird box on his property. Also shown are Melany Hackenburg and her children (Andrew, Alexis and Auriel). They helped Tom Kashmer band baby Bluebirds in a nesting box in their own yard. A family affair!

Would you like to help Sandusky County's Bluebird population battle the odds so future generations many enjoy them? Contact Tom Kashmer at the Green Creek Wildlife Society ([greenecreekws@gmail.com](mailto:greenecreekws@gmail.com)) for information on how you can get involved.

Robert Morton, M.E., Ed.S. has retired from his positions of school psychologist for



Family with bluebird box & Tom Kashmer (on far right) - left to right: Alexis, Auriel, Andrew & Melany (mom) Hackenburg

Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Amazon.com books.

## 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 from Dec. 1, 2017 until Jan. 31, 2018. Late tag price is \$36. Every dog over 3 months of age needs to have a dog license.

Tags are available: In Fremont: The Auditor's Office, The Dog Warden's Office, Chud's, Fremont Animal Hospital, Humane Society, Westview Veterinary Hospital. In Bellevue: York Animal Hospital, Bellevue Animal Hospital. In Clyde: Discount Drug Mart, First Financial Bank, Groomer's Corner. 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](http://www.doglicenses.us/OH/Sandusky). A fee of \$2.25 per dog will be charged for online. A writing fee of 75¢ will be charged at all locations, except the Auditor's Office & the Dog Warden's Office, where no fee is charged.

New for 2020, smaller sized tags are available for the smaller sized dogs. You can only purchase these tags at the Dog Warden's Office. Note that in order to get the smaller tag, you must purchase a 3 year license.



## Irruption of the Snowy Owls/Scruffy's Friend Pip/ Contest Winners



Robin Arnold



Gena Husman

One morning in early December we received an urgent message from a birding friend—a snowy owl was just spotted in a field not far from our home. We quickly fed the dogs and the chickens and filled the bird feeders; then we grabbed the binoculars and camera and ran for the car. Our breakfast

could wait.

We'd been seeing numerous postings on Facebook about snowy owl sightings in the area—especially Ottawa and Sandusky counties. They were showing up in open farm fields, on top of utility poles, and signs along back roads and major highways. We hadn't been fortunate enough to see one yet this year—in fact, while Robin had spotted one on a sign several years ago, I had never seen one. This would be a "life bird" for me—if it was still there.

Although some snowy owls occasionally drift southward, their native habitat is the tundra in the Arctic Circle. According to the Audubon website, the last big "irruption" or influx of snowy owls occurred four years ago in 2013 when thousands of snowy owls streamed down into the northern United States. These massive southward movements seem to follow a

four year cycle, possibly based on a shortage of lemmings, which are their major food source in the Arctic. While most birds stay in the northern US, single snowy owls have been seen as far south as Oklahoma, Missouri, and North Carolina.

Minutes later, we approached the spot where the owl had last been seen... sure enough, there it was in all its breathtaking beauty. It looked like a young female because of its barred color pattern. She was resting on the cover of a field pump right along the side of the road, facing away from us and gazing out over the field, possibly looking for her next meal. We stopped the car a short distance up the road so as not to stress her, and Robin took several photos with her long lens. The owl never gave any indication that she knew we were there—either she didn't care or she was ignoring us. But, at the last minute, she turned her head and acknowledged our presence, briefly fixing her wise, yellow eyes on us. Torn between wanting to stay and gaze at her, yet knowing we must leave her alone, we reluctantly drove off with our prize photos, feeling like we had just been blessed.

So, what's better than one cute little chickadee sitting in your hand picking through black oil sunflower seeds? How about TWO cute little chickadees? Robin broke the news to me a short time ago: "Scruffy has a friend. I call it "Pip," she said, "short for



Pipsqueak. It came along with Scruffy and ate out of my hand."

On one of our excursions around the property few days later, I had the opportunity to meet Pip. As we were walking along a back path, Scruffy suddenly appeared on an overhead branch and called to us. After helping himself to a couple of seeds, he started vocalizing a different call, and soon a second, slightly smaller, chickadee appeared near him. This one also flew down to sit in our hands and pick through seeds and peanuts. It was Pip. We think it is also a male because of its voice, but we're not sure what his relationship is to Scruffy...friend, relative, or child?

Now we don't dare leave the house without loading up our pockets with seeds because we never know where—or when—we may be accosted by two chickadees expecting treats.

It doesn't matter where on the 12 acres we are—they find us either by sight, or by sound—because if they don't come right away, we stand out in one of the paths and call, "Scruffy! Pip! Chickadee!" (And hope no one else hears us).

And finally, we are happy to announce the winners (we decided to pick three winners) of our "Cardinal Contest." Each will receive an 8x10 print of Robin's cardinal watercolor artwork. The three winners are: Mary Ottney of Gibsonburg, Rose McKnight of Fremont, and Jane Raney, also of Fremont. We wish we could have given a print to everyone who entered. We also want to thank everyone for all the nice notes and cards—they mean a lot to us.

Wishing everyone a Happy and Prosperous New Year!

## Now Accepting New Patients



**Marc Naderer, MD**  
Family Medicine

Board certified. Specializing in preventive care for all ages of patients, from newborns to geriatrics, sports physicals, and wellness physicals.



**Lisa Aichholz, CNP**

Certified Nurse Practitioner. Serving patients at Family Health Services since 2005. Specializing in family practice to evaluate, diagnose and treat acute and chronic conditions.



**Dawn Bova, NP-C**

Certified Nurse Practitioner. Joined Family Health Services in 2014. Specializing in family practice to offer holistic care and support for a healthy lifestyle.



**Monday - Friday • 8:30 am - 4:30 pm**

**402 W. McPherson Hwy. • Clyde, Ohio 43410 • 419.547.0340**





**Through Feb.25** – Special exhibit ‘Ice for Everybody’, Rutherford B. Hayes Presidential Museums, Spiegel Grove. Lake Erie and America’s Ice Harvesting Industry” will explain the story of how the Sandusky area became the center of a century-long mammoth industry that changed the way Americans lived.

**6** – Model Train Clinic, Rutherford B. Hayes Museums, 1 – 4 p.m. As the holiday season nears its end, your cherished model train deserves a little special attention. Admission to the Clinic is \$2 per person, or free with the purchase of a Hayes Museum ticket

**7** – YMCA Open House, YMCA, 1000 North St., Fremont. Everyone’s invited! Come enjoy free fitness classes, tour our new free-weight center, utilize the facilities, and take advantage of one-day-only membership promotions. [www.ATtheY.org](http://www.ATtheY.org).

**7** – Puddle Jumpers: Cluck, Quack, Baah, Wilson Nature Center at Creek Bend Farm, 720 South Main, Lindsey. 2-3 p.m. Free. Designed for children 2-5 years of age and their adult companion. Programs require registration, 419-334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com)

**7** – Tree Huggers: Spectacular Snakes, Creek Bend Farm. 2-3 p.m. Free. For ages 6-12 years old. Learn more about snakes with hands-on activities and observation. Call 419-334-4495 to register.

**8, 16, 25** – Bird Banding, Creek Bend Farm: Wilson Nature Center 720 South Main Street. 8:30-10 a.m. Join Tom Kashmer, staff researcher, as he bands migrating birds. Meet at Wilson Nature Center. Register, 419-334-4495..

**9, 16, 23, 30** – Extra-Bigs Nature Camp for Adults - Creek Bend Farm: 720 South Main Street, Lindsey. Flashbacks to your camp days, but with a grown-up twist! Registration required. Fee: \$10 per session. January 9: Tie-dye, s’mores, Nature CSI; January 16: handprint birds, apple crisp; January 23: suncatchers, pizza

pies, mammals; January 30: snow globes, corn bread, herps.

**11** – Tales to Tails - Creek Bend Farm:. 10:00-10:45 a.m. Join us for for Storytime, crafts and adventure. Toddler to pre-school. Register, 419-334-4495.

**13** – Winterfest - Creek Bend Farm: 1-4 p.m. Hikes, crafts and wintery activities. Dress for the weather. Register, 419-334-4495.

**18** – Owls: Ninjas of the Night - Creek Bend Farm: 7-8 p.m. Discover more about the owls of Ohio and the amazing skills that allow them to be skillful predators of the night. After the program we will venture outside to call in owls. Register.

**19, 20, 21, 26, 27, 28** – Fremont Community Theatre – “Sex Please We’re Sixty” Directed by Tim Bolton.

7:30 p.m. and 2 p.m. on Sunday. Rated PG Cost: \$15 for Adults, Seniors/Military \$12, Children 12th grade and under just \$5. [www.fremontcommunitytheatre.org](http://www.fremontcommunitytheatre.org).

**20** – Freezin for a Reason, Camp Fire Sandusky County, 2100 Baker Rd.

Noon. – 1 p.m. Come help us raise money for the children of Sandusky County by taking a plunge in our pond.

**27**-Flapjacks at Applebee’s from 8-10 a.m., \$8, for the Humane Society, tickets at the door or at the shelter, 1315 N. River Road in Fremont in advance.

## Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE

**Please join us in 2018  
and support your local shelter!**

*Membership is \$30 per year or choose  
to be one of the following:*

All  
donations  
are tax  
deductible

Pet Sponsorship – \$45  
Pet Pal – \$100  
Pet Patron – \$250  
Animal Angel – \$500



*Members receive our newsletter via  
email and 10% off shelter merchandise.*

**Help us care for the 200 dogs and cats in our local shelter!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Mail to:

Humane Society Sandusky County  
1315 North River Road, Fremont, OH 43420  
419-334-4517


Like us on Facebook  
Sponsored by Lifestyles 2000

### Jenesis Salon

Visit Jenesis Salon for all of your haircare needs.

### Happy New Year From Jenesis Salon!

Ring in the New Year with a new look at Jenesis!



Specializing in the newest cuts and color techniques!

Call for a free consultation.  
If you book your appointment get \$10 off your makeover service

Eyebrow Wax  
\$6.00 with coupon

Brazilian Blowout  
\$110.00 with coupon

Always Accepting New Clients

**419.860.5622**

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

# "Grate" Treats & Eats

By: Chris Timko-Grate

I wish you all a very healthy and happy 2018! As I start this column I wonder where did 2017 go! Why is it that as I get older time goes by so much faster? My life isn't as busy as my younger years but my days go by so much faster.

Hope everyone had a great Christmas and New Years and it wasn't too hectic for you and that you did have some relaxing time to enjoy.

We are settling in for the winter and not making any major plans. Winter time is reading time. I have a few books I want to read along with some new cook books I have gotten, and I am sure there will be more I'll come across at the flea markets and consignment shops to keep me busy. We always have our cold weather favorites and I have shared a lot of them with you, but I always welcome new ones, so if you have any to share send them to me.

## \*Mafia Chili

½ pound ground beef

6 green tomatoes, chopped (if can't find red are fine)

1 large onion, chopped

1 green pepper, chopped

2 cloves garlic, minced

2-3 tablespoons oil

1 – 15oz can tomato sauce

1-15oz can stewed tomatoes

1 – 16oz can kidney beans drained

1 10oz can condensed bean soup with bacon

2 Tbsp. chili sauce

2 Tbsp. Catsup

½ cup any red wine (optional)

3 beef franks, cooked and sliced thin

1 tsp cumin

Chili powder to taste

Seasoned salt to taste

Brown beef; drain off fat and set aside. In large pan, sauté green tomatoes, onion, green pepper, mushrooms and garlic in hot oil. Add remaining ingredients and beef and simmer 1 ½ to 2 hours.

Enjoy with crusty bread, or grilled garlic bread!

## \*Baked Spareribs and Onions

3 pounds country-style spareribs

2 tablespoons shortening or vegetable oil.

2 cups onion, sliced

2 cloves garlic, minced

1/3 cup vinegar

2/3 cups water

¼ cup chili sauce

2 Tbsp. lemon juice

2 Tbsp. Worcestershire sauce

3-4 Tbsp. brown sugar

1 tsp salt

1 tsp dry mustard

Bake ribs in 9x13 inch pan at 450 degrees for 30 minutes. Drain fat. Meanwhile, cook onion and garlic in shortening until tender. Add remaining ingredients and simmer for 10 minutes. Pour sauce over browned ribs. Cover pan tightly with foil. Reduce oven to 350 degrees and bake for another 1 to 1 ½ hours. Check after one hour, if well done (if meat comes off bone with a fork), reduce heat to 250 degrees and hold until ready to serve. Serve with your favorite BBQ sauce on the side.

Quote of the Month: The greatest of all faults is to Imagine that we have none. Unknown

Contact me at christimkograte@roadrunner.com with your favorite recipes!

# Video View

By Jay Bobbin

COMING SOON: "THE FOREIGNER" (Jan. 9): Determined to avenge his daughter's death, a businessman (Jackie Chan) targets a former IRA member turned politician (Pierce Brosnan). (R: AS, P, V)

"IT" (Jan. 9): Extremely potent at the box office, Stephen King's chiller pits several Maine youngsters against the sinister clown Pennywise (Bill Skarsgard). (R: AS, P, V)

"MARK FELT: THE MAN WHO BROUGHT DOWN THE WHITE HOUSE" (Jan. 9): Liam Neeson plays the informant who was known as "Deep Throat" during the Watergate investigation. (PG-13: AS, P)

"GOODBYE CHRISTOPHER ROBIN" (Jan. 23): Domnhall Gleeson plays "Winnie-the-Pooh" creator A.A. Milne, whose son (Will Tilston) was the real Christopher Robin. (PG: AS, P)

FAMILY-VIEWING GUIDE KEY: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

(c) 2018 TRIBUNE CONTENT AGENCY, LLC.



**SMOKEY'S**  
FAMILY RESTAURANT AND  
**TAP**  
LLC, EST 2015  
205 Washington St., Republic, OH 44871  
(419) 585-4027

Hours 11pm-9pm with bar open  
later on the weekends  
Closed Tuesdays

**205 Washington St,  
Republic Ohio**  
419-585-4027

**NOW OFFERING CARRY OUT!**  
In House Smoked Pork & Brisket, Homemade Pies,  
Soups, Salads, BBQ Sauce

**Breakfast starting at 8am, Sat & Sun**

**Saturday Nights: Rib Special**

**10% OFF**  
Not good on daily specials or alcohol. Good for dine  
in only and cannot be used in conjunction with other  
coupons or specials. Expires 01/31/2018




**Pinnacle Hearing**

at Eden Springs, Green Springs  
**419-939-3186**



**Aaron Burks, Au. D.**  
Doctor of Audiology

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available



**CALICO CAT**  
Antiques & Collectibles  
Collection of Old & New Items  
Children's Books • Furniture • Toys • Kitchenware  
• Primitive • Linens • New Items Weekly

**The Calico Cat is napping in January 2018  
and will open again on February 1st!**  
**Z-Z-Z-Z-Z-!**  
**See you then-Happy New Year!**

**115 S. Main St., Clyde**  
(Former Dime Store Building, next to Main Street Cafe)  
**Call 419-547-2701 for recorded updates**

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

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

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



**BIG GAME SUPER 19**  
**\$1000.00**  
Consolation of \$150

**JACKPOT \$1000.00 in 54#**  
1 Consolation  
of \$150

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

**LEGENDS**  
Sports Pub & Grille

1068 W. McPherson  
Hwy, Clyde in The  
Discount Drug Mart  
Plaza

**\$2.00 OFF**  
Save an additional \$2 off our already  
special prices on each order

Tuesday  
**ALL DAY**  
AYCE Boneless  
Wings  
~~\$10.99~~  
**\$8.99**  
w/coupon

Thursday  
**ALL DAY**  
FULL SLAB  
of our famous  
"fall off the bone"  
Ribs & Fries  
~~\$14.99!~~  
**\$12.99 w/coupon**



**Dear Cathy,**

We got our rescue cat October 2015 as a seven-month-old kitten. As soon as she got in the house, she went under the bed and came out only to eat and use the litter box. A year later, she still hid under the bed but came out more often to snoop around the house. As soon as anyone moved though, she raced back under the bed.

Since the beginning of this year, she comes out at night and sleeps in our bed with us. At daybreak, she is back under the bed again until nighttime. When we are watching television, she comes into the hallway and starts "talking" to us. But as soon as one of us gets up, she is back under the bed.

I have a bag of treats, and when she hears me open it, she comes running toward me. Sometimes, she stays out, and we play a little. She does not play with any of the toys we bought her.

She lets us pick her up, but not for long, and she does purr. She is not curious about anything, open bags, crawling things, etc. We do have a Chihuahua who has no interest in her. Sometimes they both end up on the bed at the same time with no conflicts.

Is this something that is going to last forever with her? Right now, she is not like a pet she is just an animal that lives in our house. - Mark

**Dear Mark,**

I appreciate your patience with this sensitive soul. Believe it or not, I don't think her anxieties will last forever, even though it has been two years so far. She has actually made progress, so here are a few more ways to keep things moving.

Place plug-in feline pheromones around the house or get her a feline pheromone collar to wear. All animals emit pheromones, but when cats smell cat pheromones, it can trigger an endocrine response that calms them and reduces anxiety.

Next, when she starts "talking" in the hall, open her treats and call her to you. Do not go get her, since it startles her. Instead, make her come all the way to you. Place a hideaway-

type bed near or on the couch that she can dive into quickly if she is startled. That way, she doesn't have to start all over again from the other end of the house.

Finally, cats feel safer up high, so if you can afford it, buy her a tall scratching post with a hideaway hole located at the top for your television room. Leave a few liver treats in the hole to encourage her to climb up. If she doesn't discover it on her own after a week, gently place her in it. She needs lots of hiding places around the house, so she can explore safely and learn there is nothing to be afraid of in your home.

**Dear Cathy,**

My eight-month-old puppy has started to show aggression. He growls and tries to bite when you try to pick him up or put on a leash. Treats are not working. Suggestions? - Eileen, Commack

**Dear Eileen,**

If this is a new behavior, take him to a veterinarian to rule out a health problem. If he is not fixed, get him fixed right away.

After doing these things, he needs to learn who is in charge, and that only comes from consistent training. Right now, your stubborn little guy has learned he can control the household with a few well-placed growls and snaps. But you can begin to reshape his responses by training him to "sit," "stay," and "come" when called. The more you train him to listen to your simple commands, the less likely he will behave this way.

For example, instead of picking him up, walk over to him, then turn away, slap the side of your leg to get his attention, and say "come" to get him to follow you. Puppies love to follow people, especially if their voices sound happy. When he moves from

his spot, you should be able to pick him up with no issues.

Once he learns to come when called, call him to you at least ten times a day, always giving him a treat to reinforce the behavior. This repetitive behavior teaches him you are more important than his spot.

If these things don't help or he gets worse, please find a dog trainer or an animal behaviorist to evaluate his behavior.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.)

(c) 2017 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



## Welcome to our Veterinary Hospital

*We treat your pet like our own!*

Ryan Zimmerman, DVM



- Complete Wellness & Health Care Programs.
- Full range of Soft Tissue & Orthopedic Procedures, including knees & fracture plating.
- Digital X-ray & Ultrasound.
- Dental Care with Digital Imaging.
- Full In-House Lab.
- In Room Waiting & Checkout.
- Luxury Boarding Suites.
- Online Management of your Pet.
- Class 4 Therapy Laser
- Acupuncture

Going away?  
Think of us for pet boarding!

Can't take your pet with you? Leave them with us where we can make sure they are taken care of like a member of our family. We have glass front doors to ease their stress. Cots are available to keep your pet off the floor so they can lounge in their private room in comfort.



**24-Hour  
Emergency Service Available**

**3032 Napoleon Rd • Fremont**  
**419-332-5871 • [westviewvethospital.com](http://westviewvethospital.com)**

**Mon. 8 a.m.-7 p.m., Tue.-Thurs. 8 a.m.-6 p.m., Friday 8am-5pm**  
**Sat. 8 a.m. - 12:00 p.m., Closed Sun.**



# Time to Take it Easy? I DON'T THINK SO!

By Dr Paul Silcox

As we close out 2017 and get ready to welcome 2018, I wanted to pause and say THANK YOU to the over 600 people that have been a part of my office since I returned to Fremont in 2015. For most, it's been a chance to get reacquainted from years ago. For others, it's been a chance to meet new people that I hope will appreciate the care and concern for them; and willingness to do whatever it takes to help them.

So, with that in mind, I just want to throw out there about spine maintenance. I've been getting my spine adjusted for 50 years. When I have talked to patients over the years about getting adjustments AFTER the pain is gone, I know it's a delicate subject, but just like a car, to keep it running smoothly, needs a little looking after once in a while to keep it that way. Getting adjustments 4-5 times a year does a person a world of good! Besides, you're much more valuable than a car. ANY car!

In finishing up this brief letter, I want to let everyone know, that I have incorporated 3 things into the office within the last 6 months. First is an adjustable roller table that a person lays on that goes up and down the spine to promote flexibility and loosen muscles. It feels wonderful and can be adjusted for gentle or vigorous action.

Second, with the loss of my son, Joe, in 2016, I have become acutely aware of the Opioid epidemic crisis here in Sandusky County, our state of Ohio and the United States as a whole. Earlier this year, I learned

of an acupuncture treatment for addiction, used it on another family member and saw how well it worked. So, in October, I went to Michigan for training in the National Acupuncture Detoxification Association (NADA) protocol and am now certified in this treatment approach and hope to work with local agencies as a viable alternative.

And lastly, I incorporated an Erchonia PL Touch, Class II, True Cold Laser that has been FDA cleared to treat many nerve conditions. This is a very good aid to avoid stronger drugs and promote true healing of damaged and inflamed body tissues.

So in closing, I want to say I hope that you and your family had a Very, Merry CHRISTmas, and you're looking forward to a Happy New Year as much as I am in 2018.

Dr. Silcox

## Classifieds

### SERVICES

**Dust Free Cleaning:** Get ready for the New Year! References, insured, four hour minimum, \$18.00 per hour. Call 419-603-6667 to get started.

**Donna's Sewing:** Alterations, pants \$6 per pair; zippers, curtains, dresses, tailoring. Quick turnaround! Call Donna at 419-332-1654. 922 Carbon St., Fremont

Advertise here for \$25, just send your check and classified, 30 words or less, to 30 Ponds Side Drive, Fremont, 43420.

**NAMED ONE OF NATION'S  
BEST NURSING HOMES!**

★★★★★

**U.S. NEWS & WORLD REPORT  
2017-18**

**419-332-6533**

**www.elmwoodcommunities.com**

**Elmwood**  
Assisted Living  
& Skilled Nursing  
of FREMONT

Like Us On  
Facebook

**SKI LODGE WINERY**  
CLYDE, OHIO

*We are a  
Picnic Winery.  
Outside foods welcome!*

**505 N. Main St.**  
Nestled in the heart  
of Downtown Clyde  
**844-819-7491**



**SILCOX**  
ACUPUNCTURE & CHIROPRACTIC

 **Dr. Paul Silcox**  
**Phone 419-307-8094**

728 N. Stone St., Fremont

**New and Old Patients Welcome**

**Walk In's Welcome**

 2201 Commerce Drive  
Fremont, OH  
419-937-4108

Hours:  
Thurs-Fri 5:30-10pm  
Others by Appt.

*Where a race becomes an event*

**Birthday Parties • Meetings  
Corporate Events • Rentals  
Team Building Events**

Chris Earnhart/ Owner See us on Facebook

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

**More FUN added**

**Patriot Progressive Game**  
Win up to \$3000

**Joker's Wild Bonanza**  
Win up to \$1000

Four admission prizes of \$25 given nightly

- \$100 every game (with 100 players)  
- \$1000 progressive jackpot  
- Triple Jackpot Keno  
- Handicap Accessible  
- Homemade refreshments  
- Lucky numbers  
- All PAPER - Lots of instant

## Announcing our New Office Location. 567 Bartson Road!



Kurt D. Harrison, D.O.

### Care Provided:

- Complete Women's Healthcare
- Heavy periods
- Gynecological Issues and Surgery
- Infertility
- Birth Control Options
- Relief of Menopausal Symptoms

**Women's**  
**HEALTH SPECIALISTS**

**Your Hometown  
Healthcare Provider**

**Phone: 419.333.9026 • www.OhioBabyDoctor.com • Like us on Facebook**



# 2017 AUXILIARY *Christmas Greetings*

*Thank you for supporting the ProMedica Memorial Hospital  
Foundation Cancer Patient Needs Fund*

John & Betty Anspach  
Iracema Arevalo & Jorge Arevalo  
Gaye Ann Baker  
Nancy Balsizer  
Patricia Beaschler  
Ruth Berger  
Margie Biehler  
Richard Binau Insurance  
& Financial Services  
David & Mary Lou Blausey  
Allen & Eunice Boedeker  
Arnie & Karol Boedeker  
Susan Borkovich  
Dorothy Borys  
Rob & Kathy Boukissen  
Lee & Sharon Bowden  
Tom & Parmelia Boyer  
David & Dèsirée Brewer  
In Memory of Lucy Baxter  
- Suzanne Brickner  
Jon & Kathy Brough  
Howard & Mary Ann Brown  
Brubaker's Family Farm Market  
Dick Burkett  
Marie Burkhart  
Beth Butzin & Ted Overmyer  
Ann Cain  
Stanley H. Carr  
Opal M. Chambers  
Jerry E. Clark (Clark Associates, Inc.)  
Dave & Joan Cobb  
Mr. and Mrs. Carl Cooley  
Linda Copley  
Robert & Mary Lou Corthell  
Tom & Joyce Craig  
Ervin & Beth Damschroder  
Ed & Paula Daniel  
Jim & Barb Denman  
Tom & Barb Dewey  
James & Sophia Draeger  
East Side Presbyterian Women  
Kirby Ehemann

In Memory of Paul Eisenman  
Walt & Susie Elmer  
Jay & Barb Engler  
Julia R. Feagins  
Tom & Connie Fishbaugh  
Norman & Jean Foos  
Kenny & Kathy Franks  
Fremont Flask Company  
Elizabeth Gabel  
Jeff & Mary Kay Gabel  
Mike & Beth Gabel  
Judy & Roger Gahn  
Doug & Deb Gallagher  
Richard Garvin  
Genzman Family  
Rich & Linda Geyman  
Beverly Gilbert  
Gary & Joan Godfred  
Paul & Donna Gonya  
Jeff & Judy Good and Family  
Mike & Sue Hartenstein  
Dale Haslinger  
Ken & Cindy Haslinger  
Joyce Havens & Family  
Hal & Diane Hawk  
Barbara J. Haynes  
Richard & Gladys Hazzard  
Charles & Laurie Heid  
Clarence Heilman  
In Memory of Paul Hergesheimer  
Pamela L. Herman  
E. Crede Hiestand M.D.  
Marge Hofelich  
Jean M. Howard  
Dr. Keith, Lucy, & Shelly Hull  
Bob & Marcia Humberger  
Gary Ashton & Katie Huy  
Carl & Anne Irick  
Pam Jensen  
Cliff & Jean Johnson  
Joanne & Clarence Jones  
Lola I. Kaiser

Shirley Keckler  
Mutt & Janet Keim  
Mary E. Kettner  
Walter & Joyce King  
Vic & Clara Kline  
Daryl & Cate Knipp  
Audrey A. Kupka  
Doyle & Marian Kusmer  
James C. Lauer  
John & Alison Lauer  
Joshua Lauer  
Cheryl Laugherty  
Dan & Jacquelyn Lease  
Daryol & Cynthia Lee  
Earlie & Eleanor Lee  
Audine B. Leeper  
Bert & Lois Livingston  
Bud & Phyllis Long  
Connie Longanbach  
Tom & Charmaine Longanbach  
Theodore & Ruth Anne Luc  
Patricia Lustritz  
Memory of Jane L. Massery  
Shirley & Chelcer Matter  
Jack & Mary Mayle  
Ross & Blanche McCormick  
Ashtyn & Emily McCoy & Breylen  
Garza  
Dave & Barb McNelly  
Dean & Ruth Mehlow  
Wayne & Dee Michael  
Fran Miesle  
Pat Miller & Tanya Collins  
Cassie Molyet  
John & Jane Molyet  
Suzanne & Skip Morley  
Stan & Jadlynne Moyer  
Jack W. Mullholand  
Shirley Mullholand  
Carolyn Nesselhauf  
Mary C. Nickell  
Gary & Mary Nossaman

Maggie O'Connell  
Sam Otermat  
Mary M. Ottney  
Lucille Overmyer  
P.T. Services Rehabilitation, Inc.  
Bob & Hazel Parman  
Kim Partin  
Norma L. Pence  
Joe & Karen Perry  
Kris & Cathy Perry  
Pat Picciuto  
Jane Pollak  
Gerald J. Porczak  
James & Patsy Price  
R. & R. Identification Company  
Bill & Frances Rarick Families  
Dan & Dolores Reardon  
James & Donna M. Reardon  
Joyce Reardon  
Marcia & Jim Reardon  
Jim & Phyllis Reed  
Karrol E. Reese  
Dale & Kay E. Reiter  
Bill & Irene Rimelspach  
Gail Rini  
Juanita & Ned Robinett  
Nancy Roddy  
Wally & Carol Ronski  
Frank & Linda Ronski  
Ron & Nancy Root  
Root's Poultry Inc.  
Carla Routhieaux  
Mrs. Valerie J. Roynon  
Anthony & Ruthann Ruggiero  
Steve & Carol Rusch  
Susie Rusher  
Glenn & Lucretia Saller  
Gary & Pat Schaaf  
Dick & Anne Schepflin  
Darl & Debbie Schiets  
Robert L. & Shirley A. Schmidt  
Walter & Alyce Ann Schmidt

Ned & Margie Schnee  
Dee Schroeder  
Marc & Patti Schulz  
Pat Shanfelt  
Barbara Sharp  
Janet Sloma  
Peg & Joe Sloma  
Ken & Jane Smith  
MD Smith  
Barbara Smola  
Suzanne Spriggs  
Priscilla Stachowiak  
Howard & Kay Stierwalt  
Jim & Kellye Stierwalt  
Nancy J. Stoner  
The Kenneth Stull Family  
Tom & Barb Swedersky  
Janette Tahy  
Garry & Leah Tanner  
Tight Family  
In Memory of Nancy R. Tipton  
Jeanne Walter  
In Memory of Rev. Erv Walther  
Jim & Connie Warner  
Ace & Laurie Wasserman  
Margie Wasserman  
Pat Wasserman  
Kent & Sharon Watkins  
Jim & Marsha Weaver  
Jim & Shirley Weaver  
Noreta Weigman  
Neal & Joan Wensinger  
Margaret Wolf  
Woodmen Life - Chapter 6092  
Bob & Ann Woolf  
Ginny Wright  
Chang Xia  
Mary & Bill Yeager  
Jim & Mary Yeager  
Mary Ann & Dave Young  
In Memory of Mary Lucille Ziebold  
Bob & Lil Zilles



**PROMEDICA**  
**MEMORIAL HOSPITAL**





**Peter Highlander, DPM, MS**  
Medical Director



**Barbara Wahl, MSN, FNP-BC**  
Nurse Practitioner

## The Bellevue Hospital Wound Reconstruction Center

The **Wound Reconstruction Center** offers comprehensive wound treatment options including both surgical and nonsurgical treatment for chronic, non-healing wounds related to:

- Bone infections
- Pressure ulcers
- Vascular disease
- Diabetes
- Surgery
- Venous insufficiency

**Now Accepting  
New Patients**



**Wound  
Reconstruction  
Center**

### Specialty Physician Services

1400 West Main Street • Bellevue, OH 44811 • [www.bellevuehospital.com](http://www.bellevuehospital.com) • 419.484.5965



Cardiac Rehabilitation  
Cardiac Stress Testing  
Cardiopulmonary Services  
Center for Women's Health  
Centralized Scheduling  
Childbirth Education Classes  
Clyde Urgent Care  
Community Wellness & Educational Programs  
CoolSculpting®  
CT Scans  
DEXA Bone Scans  
Diabetes Self Management & Education

Diabetes Support Group  
Diagnostic Imaging Center  
Digital Mammography  
Family Birthing Center  
Family Health Services - Clyde  
Gift Shop  
Health Screenings  
Hydrotherapy Pool  
Inpatient & Outpatient Surgery  
Laboratory Services  
Main Station Café  
Mature Audience Luncheons  
Medication Management Clinic

Neurosurgery & Pulmonology  
Northwest Ohio Medical Equipment  
Nuclear Medicine  
Nutrition Counseling  
Occupational Health Center  
OPEN Bore MRI  
Pain Management Center  
Physician Referral Services  
Pulmonary Function Services  
R2 Mammography ImageChecker  
Rehabilitation Services -  
PT, OT, Speech Therapy  
Sleep Disorders Center

Speaker's Bureau  
Specialty Physician Services  
Stereotactic Breast Biopsy  
Support Groups  
The Bellevue Hospital Foundation  
UTMC Heart & Vascular Center  
Ultrasound Services  
Vein & Body Specialists  
Volunteers  
Wellness & Walking Trail  
Women's Imaging Center  
Wound Reconstruction Center

**24-Hour Emergency Care • All Private Inpatient Rooms**



1400 West Main Street • Bellevue, OH 44811 • [www.bellevuehospital.com](http://www.bellevuehospital.com)  
Bellevue: 419.483.4040 • Clyde: 419.547.0074 • Fremont, Republic, Green Springs: 419.639.2065