

ZOOOLES Lifestyles

Free
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Lifestyles 2000

July 2018
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Out to Lunch

By Lynn Urban



Barra

New restaurants are popping up all over downtown Sandusky. Fortunately, it's not very far for us to travel for lunch or dinner. A place that just opened in 2017 is called Barra, at 142 Columbus Avenue, featuring modern Mexican cuisine. What I mean by that is that they've taken tacos and made them upscale with ingredients not normally found in tacos, such as walleye, lobster, shrimp, chorizo, carnitas, bacon, even cauliflower. But there are also the traditional beef and chicken tacos, topped with homemade pico de gallo and cheese. The market fresh Taco of the night that I had was a salmon taco. It was really good. All tacos are three to five dollars.



Some of the other menu items include a Chorizo burger, Mexican BBQ Pork, marinated flank steak, and a walleye dinner. Also they've got loaded rice bowls, with grilled chicken, pork, or beef, for \$12.00. Some of the amazing sides are jalapeno cornbread, cilantro rice, slaw with black beans and corn, and street corn on the cob.

The delicious corn chowder is made with potatoes, jalapenos, bacon, onion, and cilantro. We also had the corn fritters, which were a corn cake nicely seasoned and served with a creamy sauce, another good choice.



I loved the décor! It's situated in an old building with a bar the length of the restaurant and exposed brick walls. There is a small area for outside seating in the front. It's got a laid back casual atmosphere and is a very popular place. The restaurant is not really large, so there may be a wait, especially on the weekends. It's definitely worth the wait for the unique dining experience you will have.

Go to their excellent web site for the full menu. Hours are daily 11 am to 10 pm.

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PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

Email: lifestyles2000@sbcglobal.net

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Publisher's Letter

Dear Readers,

The last two months we asked for your age to get a better feel for our readership. No surprise to us, those who responded tended to be 50 and above, so the Baby Boomers make up the largest share of our readership. However, we did get people as young as eleven and as old as ninety-one! So exciting to see the numbers, thank you to all that participated. We gave away over \$400 in Miller Boat Line tickets this month as a thank you. .



Have a fabulous July, enjoy Independence Day as there is much going on in and around our community. God bless America!
Joanne



There were almost 200 entries for the June contest, "Pete" was relaxing by the pool in the Swim Rite ad. Prizes this month valued over \$600 divided among 32 winners!

Find Pete Winners

Winners are: Patricia Blah, Burgoon; Nancy Bousquet, Linda Gegorski, Barb Estep, Caedon Abalos, Debra Fleckner, Joyce Havens, Sandy Watson, Nancy Pressler, Tina Kidd, Mary Luc, Cindy Scranton, Fremont; Margaret Selvey, Scott Boyd, Clyde; Dan Sabo, Bellevue; Berta Seymour, Oak Harbor; Marilee Ladd, Tiffin.

Miller Boat Line tickets go to: Christopher Franks, Phyllis Growell, Connie Market, Derek Flores, Christine Howell, Emily Longoria, Jerry Warner, Mary Nossaman, Fremont; Amber Miller, Bradner; Tom Beckman, Deb Laub, Bellevue; Lynn Fox, Gibsonburg; African Safari tickets to Tammy Taylor, Linda Shetzer, Clyde; Marcia Morelock, Gibsonburg.

Find Pete Prizes

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

Celebrating 19 Years: Add that phrase to your entry and win a \$130 entry for 6 to African Safari in Port Clinton.

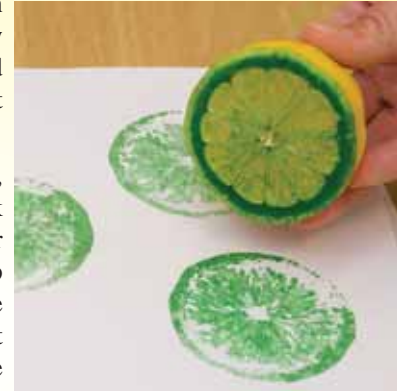
Find Pete Contest Rules

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.

Gabby Gardener: Vegetable Stamping

By Patti Saam

You planted a big garden, you have an abundance of vegetables, you can't possibly eat it all and the neighbors are getting tired of all the peppers and carrots! How about using some for stamping?



All you need are some okra, celery, carrots, peppers and brussel sprouts; a variety of ink pads in various colors, plain wrapping paper or blank cards, and some paper towels. Step 1: Cut the vegetables crosswise to reveal the cross section. The base of celery is excellent to use, or a potato cut in half. Stand cut side down, on paper towels, to blot up excess moisture. Step 2: Press the vegetable's cut side into the ink pad, make sure you cover the whole surface. Practice on plain paper until you get the hang of it and note how much pressure is needed for your design. Step 3: Lay a dish towel under the paper or card to be stamped, this allows the ink to be evenly dispersed on the paper. Play around with other vegetables as you wish. Have fun creating one of a kind art!

RFD meets the third Tuesday of the month at 7pm, usually at a members home. We have speakers, go on field trips, open house, decorate Green Springs library and the planters in Green Springs. If you have any questions, please call Patti Saam at 419-307-7776. We would love to tell you more about our club!

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Helen Marketti's Music Corner

Marion Ross *My Days, Happy and Otherwise*



During the 1970s, television audiences saw several TV moms taking care of their families. Some recognizable character names that come to mind are Carol Brady, Edith Bunker, Louise Jefferson, Florida Evans and of course, Mrs. C. (aka Mrs. Cunningham). Marion Ross played the role of Mrs. C on the ABC sitcom HAPPY DAYS for the entire run of the show which was eleven years.

In her memoir, *My Days, Happy and Otherwise* (Kensington Books, 2018), Marion shares heartfelt stories of her life and career. The book is hard to put down as she takes the reader on a journey where we feel we are taking part. During a telephone conversation, Marion discusses her passion for wanting to be an actress.



She was born in Minnesota and early on, she felt that she was destined to do great accomplishments and that she would be recognizable. "I

was thirteen years old when I decided I was going to be an actress. I knew it was something I wanted to do and I stuck with that dream my entire life," she explains. "My mother always told me that I could be whatever I wanted. I had an older sister and a younger brother. My brother had many health issues. I fell in the middle so I think that powered my tremendous drive to be somebody. By the time I was 21, I was under contract with Paramount Studios. Now, I will soon be 90 years old and when I look back, I think my gosh, I really did it!"

Marion's life was not an easy road. During her early days of trying to break into the industry and keep her career moving forward, she got married at a young age. Her first husband, Effie was an alcoholic. His role was passive and unmotivated. "Back then, there wasn't a name for alcoholism. It was accepted behavior. There were no labels. I went along with it because I had assumed this must be what married life is like. It never occurred to me that Effie had

a problem. I hadn't realized it until years later. There were no rehab clinics or places like there are now. Most women from my generation accepted what was. There was never a moment of questioning anything let alone standing up to it. Today's generation is definitely different."

Over a career spanning 60 years, Marion has secured many roles in television and film. She has worked with Hollywood icons Clark Gable, Tony Curtis, Cary Grant and Jimmy Stewart. She has been in the company of Lauren Bacall, Humphrey Bogart and Noel Coward. While her resume is lengthy and full of experience, it was not until she was in her late forties that she secured her most famous and recognizable role as Mrs. C on HAPPY DAYS. For a while, Marion thought she had missed the boat on her career. "I had started out so strong when I was first under contract with Paramount and then after the years had passed I began to wonder if perhaps it was now too late. My mother encouraged me to keep going, to keep moving forward."

ABC picked up HAPPY DAYS after its pilot. At around that time, the movie AMERICAN GRAFFITI was released and the play GREASE was playing on Broadway. Marion said it was the right mix for HAPPY DAYS to be successful as it brought back a simpler time and generation. The timing was perfect.

Marion remains in contact with former cast members of HAPPY DAYS. "We still keep in touch. In fact, we were all together recently for Ron Howard's birthday party. He is a wonderful man

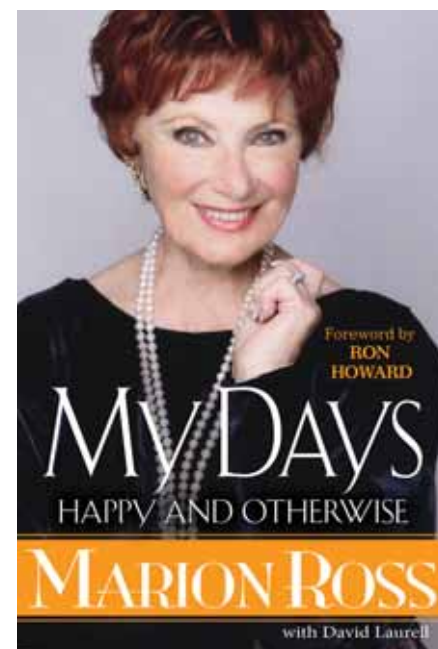
and so is Henry Winkler. All of us have remained close. We were close on the set as well which carried over years later."

My Days, Happy and Otherwise has a unique element as each of her former costars, her adult children and her personal assistant all contributed a chapter to what it was like being around Marion, working with her, their thoughts about her writing a book and so forth. "I thought it would be a good idea for everyone to participate since they are a part of my life."

When she was 60, Marion found love again with her second husband, Paul. "It was a wonderful and loving relationship. Sometimes things happen when you are not looking."

Readers will enjoy Marion's book as the stories unfold with some tears and great joys. We can identify with some of the journey we call life.

Marion encourages everyone to follow your dreams.'



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"Grate" Treats & Eats

By: Chris Timko-Grate

As I begin this column it is spring-time and I am enjoying the warmer weather and all the green vegetation and the flowers! I also love that our local farm markets are opening up and offering some of the local spring vegetables. It is also grilling time, I love the great taste that grilling gives us and of course the best part the easy clean up. This month I have a couple of Barbecue recipes to share with you. Enjoy the July 4th holiday and all that summer brings with it!

Apple Barbecue Sauce

¾ cup ketchup
¾ cup chili sauce
6 tablespoons apple jelly
3 tablespoons cider vinegar
2 tablespoons brown sugar
1 tablespoon molasses
1 tablespoon Worcestershire sauce
1 to 2 teaspoons Tabasco sauce
1 teaspoon liquid smoke
½ teaspoon hot red pepper flakes
½ teaspoon freshly ground black pepper

Combine all the above ingredients in a large nonreactive saucepan and whisk to mix. Bring the sauce to a simmer gently until thick and richly flavored about 15 minutes, whisking occasionally. If not serving the sauce immediately, let cool to room temperature. Transfer to a glass jar and refrigerate until serving. Will keep for several weeks. Bring to room temperature before using.

Chili Sauce Barbecue Sauce

¾ cup chill sauce
1/3 cup tomato puree
3 tablespoons Worcestershire sauce
2 tablespoons cider vinegar
2 tablespoons canola oil
½ cup minced onion
1 clove garlic, minced
2 tablespoons brown sugar
1 teaspoon dry mustard

Coarse salt and fresh ground black pepper to taste. Combine all the above ingredients except salt and pepper, plus ¾ cup of water. Put in a heavy nonreactive saucepan. Bring to a boil over medium high heat. Reduce heat to medium and loosely cover the pan and let sauce simmer gently until thick and richly flavored, 15-20 minutes stirring as needed to keep from scorching. If sauce gets to thick add a little more water. Taste for seasoning adding more vinegar and or brown sugar to taste. Store in a glass jar and refrigerate. Will keep for several weeks. Bring to room temperature before using. Makes about 2 cups.

Quote for the Month : I haven't failed, I've found 10,000 ways that don't work. Thomas Edison

Any questions reach me at christimkogr@roadrunner.com

Or 419-295-0112, if I don't answer leave a message and I will get back with you.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Take the fast track to success. Emulate someone with better connections or greater experience who is also a mover or a shaker. Use all the tricks of the trade to shave a few pennies off your bills..

TAURUS (April 20-May 20): Remain down to earth. As much as you would like to follow the tugs on your heart strings, your talents are better suited to practical matters. Learning something new may be difficult but not impossible.

GEMINI (May 21-June 20): You may realize that someone's friendly overtures don't contain any flirtatious intentions. That will be a good thing because it leaves you free to make new discoveries and develop ingenious ideas.

CANCER (June 21-July 22): Duty might weigh you down like a ball and chain. You may question whether a partner or key connection is someone you are willing to drag around. Focus on people's abilities rather than their shortcomings.

LEO (July 23-Aug. 22): Your friendly overtures will not be ignored. What starts out as a business relationship could end up as a great and lasting friendship. This might be a good time to join an organization or club that stimulates your imagination.

VIRGO (Aug. 23-Sept. 22): Lighten your load by embracing enlightenment. Your daily routines may be upset by unpredictable twists and turns. At the same time, you may be enthused by useful new ideas and the latest gadgets.

LIBRA (Sept. 23-Oct. 22): Add some steel to your repertoire. Put your fun-loving, people pleasing ways to one side and focus on achieving your ambitions. Hold off on shopping trips for new wardrobe items and home decor.

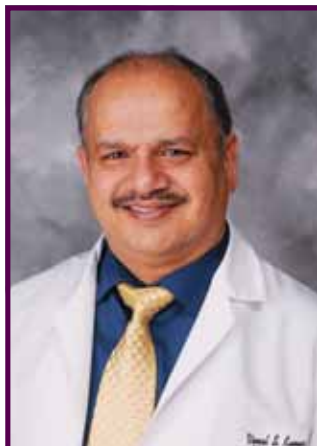
SCORPIO (Oct. 23-Nov. 21): Make a conscious effort to err on the side of generosity. Loved ones may not be as warm and loving as usual. This is a good time to focus on being an active member of a group where work, job, or career is concerned.

SAGITTARIUS (Nov. 22-Dec. 21): If you've got it, flaunt it. Others may be drawn to your physical magnetism or dazzled by your appearance of popularity. You could excel at social networking and shine brightest in group settings.

CAPRICORN (Dec. 22-Jan. 19): The traditional approach is likely to meet with success during the upcoming month. You will find that being tactful will pay dividends. Make key decisions and needed changes as early in the week as possible.

AQUARIUS (Jan. 20-Feb. 18): You will be forced to realize that to achieve your ambitions you may need to be quite patient. If you work very hard you will avoid some of the more obvious potential pitfalls that appear later.

PISCES (Feb. 19-March 20): Be more sensible. Your past personal indulgences and passing whims may force you to sacrifice some of this month's pleasures. Concentrate on what matters most to you and the minor inconveniences will fade away.



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Hops: *Humulus lupulus*

By Viola Purdy, Sandusky and Ottawa
County Master Gardener Volunteer

The International Herb Association has chosen the Herb of the Year every year since 1995, based on being outstanding in at least two of three categories: culinary, medicinal or decorative.

Hops is a hardy perennial that dies back in the fall and sprouts again in the spring. It is very easy to grow in sun or partial shade. Plant on a trellis or pole allowing at least 12 feet of growth..

Select 2 or 3 of the strongest vines and wrap clock-wise around support. Harvest before the first frost when the cones (strobile) feel dry and papery. They will have a strong aroma and when crushed have a yellow powdery substance. Dry the cones on a screen out of sunlight.

Some Interesting facts:

- The female flower of the plant used to make beer and is responsible for the bitter flavor.
 - The vine is referred to as a bine, . It is dioecious, which means that male and female flowers occur on separate plants.
 - Hops flowers can be used in cooking and can infuse flavor into a dish much like a bay leaf, or the flower can be grated and sprinkled on top of a dish. The stalks and leaves are edible too.
 - In addition to culinary uses, hops are used in sleep pillows as well as fresh and dried flower arrangements. Can be used in the bath or to cleanse hair and skin.
 - The bitter resins in the female hops flower are a sedative. This is why both regular and nonalcoholic beer make people drowsy.
 - Hops historically have also been cultivated to treat anxiety, restlessness and sleeplessness.
 - Up to two pounds of hops can be harvested per vine.
- The vines (bines) can be irritating to the skin.

CITRUS AND HOPS TEA

4 tablespoons dried hops
6 teaspoons fresh or dried lemon verbena, lemon balm, or lemon thyme
1 quart boiling water
1 orange, lemon, or lime, sliced into circles
Combine dried hops and lemon herbs in teapot, teaball, French press, or infuser. Pour boiling water over and allow to steep for 5-10 minutes. Strain and serve warm or iced. Garnish with lemon circles.

Restful Sleep Pillow

Scented Geranium leaves.

Dried lavender buds

Dried Sweet woodruff leaves

Hops cones dried

Put mixture in a drawstring bag and put in pillowcase

Other herbs that can be used are catnip, lemon balm, rose petals and Rosemary.

If you cook with beer you are likely cooking with hops.

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Rough Spring

The last couple of months have been a whirlwind of activity around here; things are just now beginning to settle down. I was scheduled for a total hip replacement in May, three days after the "Biggest Week in American Birding" ended. Unfortunately, I was in so much pain before it even started that we had to cancel the birding tours on our property because we were unable to get all the paths cleared. We also missed all the "Biggest Week" festivities—between doctors' appointments and complications, our time was pretty well taken up. We heard from birding friends that this year was a fantastic year to see birds of all kinds—especially warblers. Robin saw several different warblers here as they passed through. The trees hadn't leafed out yet making it easier to spot the birds; and when the weather finally cooperated, it was like opening the floodgates and letting hordes of migrating birds flow into the area.

As we are writing this, the surgery is over and I'm mending well. My surgeon requires all his hip patients to use a walker for the first six weeks following the surgery. That pretty much confines me to twice a week physical therapy sessions, the house, the deck and the fenced-in backyard—which is probably just as well since there are about four or five Canada goose families (totaling about 29 geese) roaming the grounds beyond the fence. I'm not afraid of the geese, but I'm not sure I could avoid all the goose poop with the walker. Robin has already told me she will NOT clean the goose poop out of the wheels on the walker and has threatened to throw it in the pond, rather than clean it, if I venture out past the backyard gate with it. (I know she's just kidding, but I won't test it.)

Fortunately, I can look out any of our windows and see all kinds of bird activity going on—especially now, as some of the adult birds are starting to bring their babies up to the feeders and feeding them. One evening in early June, we heard the joyous and uplifting song of a male house wren just outside our living room window. He'd discovered the nest box we'd put up on a post at the end of our front deck and was singing to attract a mate. As we watched, a female stopped to look,



and decided it would make a nice home. Both wrens worked through the evening carrying sticks and twigs to make their nest. We're looking forward to watching this unfold.

Robin has been stuck with all the mowing and outside chores, as well as keeping track of all the activity on the property. Apparently, the raccoons were occupied elsewhere early this spring—the female merganser that had laid eggs in the duck box on the other side of the pond managed to successfully hatch and whisk her ducklings off to safety without mishap. We were disappointed that none of the chickadees seemed interested in the nest boxes we put up in various wooded spots around the property last fall, but Robin noticed that male house wrens were making use of some of our nest boxes—she saw the twigs and sticks poking out of the holes as they attempt to attract a female wren to their home—so at least someone is using them.

This year we also saw a pair of yellow-headed blackbirds—both the male and the female—at one of our feeders. We had seen a male a couple of times in previous years, but this was the first time we'd ever seen a female.

Finally, one evening as the sun sank slowly in the west, we were pleasantly surprised to hear the lilting, flute-like evening song of a wood thrush coming from the small wood lot in front of our house. What a perfect way to end the day....

Have a safe and happy Fourth of July!



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The Amish Children of Charm, Ohio

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

When I taught special education in Ashland, Ohio in 1973, I enjoyed visiting the nearby Amish village of Charm (Population 53). A group of Amish children, ages 6 through 15, attended a one-room schoolhouse there. Their teacher never attended high school, the humdrum rote learning of the 3 "R's" was still drilled into each student's head, no administration or support staff were present, and the small playground out back offered bare earth and one makeshift seesaw- a splintered slab of barn siding balanced on a wooden crate.



Robert Morton

Modern curriculum specialists would have gone ballistic over their weather-beaten, outdated textbooks. The teacher skulked behind a nearby public elementary school and retrieved an Amish buggy-full of them from the trash bin.

Despite the lack of an up-to-date school library, the antiquated educational hardware and archaic teaching methods, the Amish children of Charm walked away from their required eight years of schooling with lessons about life which contemporary schools find difficult to ingrain in the minds of their students.

The Amish children of Charm learned the advantages of interdependence, of working together for the benefit of the whole. Despite differences in intelligence and learning abilities among the kids, there was only one inflexible curriculum for each grade level.

The teacher ignored individual differences and encouraged teamwork. Students of the same age helped one another, smarter kids worked with slower ones and older kids tutored younger ones. Their goal was to get through the curriculum together.

The Amish children of Charm found out quickly who they were and where they fit into the scheme of things. They never had to wait long for their self-esteem to ripen nor did they need to dig deep to unearth their self-identities. The dominant and befuddling mixed value messages from the larger American society surrounding them never permeated the brick and mortar walls of their dingy one-room schoolhouse.

They felt a strong emotional bond between home and school. The 3 "R's" and mutual respect learned at school were pruned so only relevant skills needed to manage the farm and to live in harmony were taught. Likewise, the Amish family constantly reinforced these academic and social skills at home.

The Amish children of Charm never heard the phrase, "Do your own thing". Believing "I'm number one" was an alien concept to them. They discovered how to balance their personal desires with social cohesiveness. The kids sensed when competition began to intrude upon cooperation and sought "Win-Win" not "Win-Lose" solutions to conflicts. They learned it's better to win an agreement...than an argument.

The Amish children of Charm learned in an easygoing manner a profound lesson about life, one in which a competitive, hi-stress and hi-tech America finds difficult to implant into the minds of its youth. They learned, not by formal instruction, but incidentally through day-to-day living, how to live in harmony... and how to be happy.

Today, when I drive from Fremont to Charm with my wife to enjoy a nice Amish-cooked meal at the Charm Family Restaurant, old memories surface of that one-room schoolhouse. I ask myself, "Is there something the Amish schools can teach us?"

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 two books: "Finding Happiness in America" and the spy thriller "Penumbra Database" - both can be found in Kindle or paperback at Amazon.com books.

Fremont's Got Talent

On August 5 a collection of the area's finest singers and dancers will converge in Birchard Park as the Fremont Exchange Club hosts the annual Fremont's Got Talent show for a ninth year and this year, a portion of the proceeds will go towards the Humane Society of Sandusky County.

The Fremont's Got Talent Committee is once again offering cash prizes for first, second and third place finishers.

First prize in the show is \$1,000, with a second place award of \$600 and third place award of \$400. The best under-18 act will get \$300. Amateur performers from Sandusky, Erie, Ottawa, Wood Huron and Seneca counties are eligible to enter the contest.

Contestants can register and pay online or download a print a contestant application at www.exchangecluboffremontoh.org/fgt Deadline for contestant registration July 31st!- ALL MATERIALS DUE by Noon.

The club wants to get more dancers and other acts to accompany its usual singer-laden lineup, the Exchange Club looking for a final list of about 36 contestants.

Fremont's Got Talent's preliminary round starts at noon, with a final round starting at 5 p.m. in the evening at Birchard Park. Rain date for the show AUG 19th.

Fremont Exchange Club is offering sponsorship opportunities for those who would like to help sponsor this year's event. Sponsors will receive recognition on sponsored Facebook posts, promotional videos, event posters, flyers and advertising. For additional information, call 419-332-4470.

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1-Mayor's Concert in Birchard Park at 7 pm.

1- Clyde Community Fireworks, Clyde Community Park, 10 p.m.: www.clydeohio.org

3-City of Fremont fireworks, Walsh Park, 10 pm

3- Green Springs 4th of July Fireworks, 120 S. Catherine St., free at dusk.

4-Concert at Hayes Presidential Center, 2:p.m. Free. Bring your own chair or blanket for this patriotic concert, performed by the Toledo Symphony Concert Band on the verandah.. Civil War reenactors will punctuate the performance of the "1812 Overture" with cannon fire.

6- Holiday Innkeepers honor our nation's independence, Bellevue Society for the Arts. Witness some vocal fireworks July 6 at 7 p.m., as the Holiday Innkeepers honor our nation's independence.

7, 2018 – Dog Walks in the Parks, River Cliff Park, 1329 Tiffin Street, Fremont, Ohio 43420. We will be exploring various park with your pups. Leashes, vaccinations, and tags are required. Registration required at www.lovemyparks.com

8-Mayor's Concert, Andrew Dean, 7pm. Fremont Birchard Pari.

9- S.T.E.M Camp, Camp Fire Sandusky County ;Do you like Science? Then this is the camp for you. Come join Stem Camp. For scientists in 3rd -6th grade. Plus there will be swimming in the pond. For more information visit our website, campfiresc.org or call our office 419-332-8641.

10-13, 17-20, 24-27-Creek Bend Farm: Wilson Nature Center, Lindsey. The Sandusky County Park District will be offering Nature Day Camps throughout the month of July. Participants will explore the outdoors, get dirty, get wet, but most of all have fun! Participants are responsible for their own lunches. Camps are for children 6-12 years of age. Camps are conducted Tues.-Friday, July 10-13, July 17-20 or July 24-27, 90am-3pm. Camp fee is \$60. We will also be conducting two camps for children 4 & 5 years of age, July 31-August 3. The morning session will held be 9am-noon and the afternoon session will be 12:30-3:30pm. Camp fee is \$30. To register www.lovemyparks.com or call 419-334-4495.

11-25-Verandah Concert, Rutherford B. Hayes Presidential Library, 6:30 – 8 p.m. Free. Old-fashioned ice cream social is at 6:30 p.m.; concert begins at 7 p.m.

12 – Mini S.T.E.M Camp, Camp Fire Sandusky County, 2100 Baker Road, Fremont. This camp is for our little scientist kindergarten -2nd grade. campfiresc.org or call 419-332-8641

12 – Downtown Market & Sidewalk Sales, Clyde. Theme is Western, come dressed in your western wear. Vendors, music at the market and in the gazebo, activities for the children, restaurant specials. 4 – 7 p.m.

13- The SCPP Summer Concert of the Year, The Fremont Yacht Club, Gates open at 6 p.m. Sandusky County Positive People will partner with the Fremont Yacht Club for our annual summer concert., visit: www.scppohio.org.

13, 14, 15, 20 & 21 – Guys & Dolls, Bellevue Society for the Arts, 205 Maple Street.

14- Sunflower Sale, Golden Acorn, 106 Southwest St., Bellevue, 9 a.m. - 5 p.m. This is an annual event to raise funds for the Tremont House. www.bellevuehistoricalsociety.com.

15 – Mayor's Concerts in the Park - Deutschmeister German Band Sponsored by Pristine Senior Living & Republic Services, Birchard Park, 7:00 p.m.

17-18 – Jr. High Day Camp, Camp Fire Sandusky County. It's time for our CIT's to have some camp fun. This camp is for 7th – 8th grade., campfiresc.org or call our office 419-332-8641

20 – Diva Camp, Camp Fire Sandusky County. This camp is all things girl. Come out and be a Diva for a day. This is for kindergarten-6th grade. campfiresc.org at our office 419-332-8641.

20-22 – Sacred Heart Parish Summerfest, Sacred Heart Church, 550 Smith Road, Fremont, 6- 11:30 p.m. on Friday, 5-11:30 p.m. on Saturday and noon - 5 p.m. on Sunday. This family event featuring great food, games, raffles, LIVE entertainment and more.

21-Downtown Fremont Farmer's Market, 9 a.m-1 p.m. rain or shine. Theme:

21- Stream Quality Monitoring, Wolf Creek Park, Picnic Area, 2701 South SR 53, Fremont, 10-noon. We will be walking into the Sandusky River, dress to get wet. No open-toed shoes. Registration required at <http://www.lovemyparks.com/>

22 – Mayor's Concerts in the Park - Saint's & Sinner's Co-Sponsored by: Huntington Insurance & Republic Services, Birchard Park, 7 p.m.

23-27- Traditional Camp #2, Camp Fire Sandusky County. This camp includes all the fun things about going to day camp. Don't forget about swimming in the pond and boating every day. For campers in 1st – 6th grade. campfiresc.org or call 419-332-8641.

27- Adult cabaret, "Backroom Songs & Bawdy Ballads," Bellevue Society for the Arts, 8 p.m. (18+ only!) bellevuearts.net or call 419-484-2787.

28- Woodville's Farmers Market, Main Street, 9 a.m. to noon.

28-Bellevue Picnic and Fireworks: Local music, kite lying, Bubble Station, face painting. Robert Peters Park, for more info 419-483-5555.

27-28- Moonlight Canoe Trip, meet at Countryside Park, 1970 Countryside Place, Fremont, 7:30 pm – 10:30 pm. Enjoy a float down Green Creek by the light of the moon. Meet at Countryside Park and carpool to Decoy Marsh. Contact the Main Office at 419-334-4495 to register.

29 – Mayor's Concerts in the Park - Uptown Country Sponsored by: Croghan Colonial Bank, Birchard Park, 7 p.m.

31- Zoo Camp, Camp Fire Sandusky County. Do you like animals? This is the camp for you. This camp is open to campers in kindergarten -2nd grade. campfiresc.org or call our office 419-332-8641.

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Wolfgang Puck's Kitchen

By Wolfgang Puck

Shelter Tails

By Joanne McDowell

One of my all-time favorite cookies is the following recipe for a classic from the early days of my Spago restaurant: chocolate peanut butter chocolate chip cookies. As the name implies, it brings together three different favorites into one irresistible cookie.

Consider the statistics. Though the United States makes up about 5 % of our planet's population, we consume about 20 % of its chocolate. We're also the biggest fans of peanut butter, with each American on average eating about 3 pounds of it every year. (Let me acknowledge here that I'm also aware of rising concerns about peanut allergies, and this recipe can be made substituting any other nut butter that you and your doctor consider safe.) Lastly, chocolate chip cookies consistently rank as one of the all-time favorites.

So cookies made of dough featuring both chocolate and peanut butter flavors, plus a generous helping of chocolate chips, are sure to please most family members. They're also very easy to make. You can even double the recipe, if you like, baking extra batches or freezing individual cookie-sized balls of the dough and storing them in the freezer to be baked to order whenever you might want some more.

CHOCOLATE PEANUT BUTTER CHOCOLATE CHIP COOKIES

- Makes about 3 1/2 dozen
- 1 1/2 cups all-purpose unbleached flour
- 1/3 cup plus 1 tablespoon unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 8 ounces unsalted butter, at room temperature, cut into small pieces
- 1/2 cup granulated sugar
- 1/2 cup packed dark brown sugar
- 1/2 cup creamy or chunky peanut butter
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 ounces bittersweet chocolate, finely chopped and melted in a bowl over but not touching hot water
- 1 cup toasted peanuts, walnuts, pecans, or macadamia nuts, coarsely chopped
- 1 cup semisweet chocolate chips

In a medium mixing bowl, sift together the flour, cocoa, baking soda and salt. Set aside.

In the large bowl of an electric mixer using the paddle or beaters, beat the butter at medium speed. Add the granulated and brown sugars, and continue beating until incorporated; then, increase the speed to high and continue beating until fluffy, stopping occasionally to scrape down the sides of the bowl and under the beaters as necessary with a rubber spatula. Add the peanut butter, and beat well.

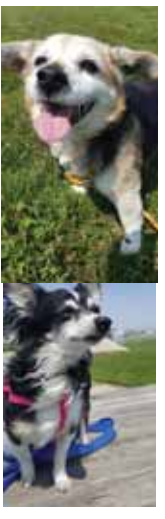
Reduce the speed to medium again and, one at a time, beat in the eggs, then the vanilla, and finally the melted chocolate, stopping as needed to scrape down the sides of the bowl, until well mixed. Reduce the speed to low, and gradually pour in the flour mixture, beating just until combined. Add the nuts and chocolate chips, and beat again just until combined.

Scrape the dough out of the bowl onto a sheet of plastic wrap, folding the wrap around the dough to enclose it completely. Refrigerate until firm, at least 2 to 3 hours or, even better, overnight.

Position a rack in the center of the oven and preheat the oven to 350 F. Line one or two baking trays with parchment paper.

With clean hands, pinch off individual balls of dough measuring about 1 inch (2.5 cm) in diameter, placing them on the parchment-lined baking trays about 2 inches apart. Bake on the center rack until the cookies feel almost but not quite firm to a quick touch, 14 to 15 minutes total baking time, rotating the trays back to front about halfway through. Carefully remove the tray from the oven and, with a wide metal spatula, transfer the cookies to a wire rack to cool. Store in airtight containers at a cool room temperature.

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This month we were fortunate to rescue some senior dogs, however, they all came with health issues. The biggest need is a dental for each dog. Bad teeth can seriously impact a dog's health, cats too can suffer from diseased teeth.



The bad news is the cost per dog is around \$500 for cleaning and pulling of the diseased teeth. With the summer influx of kitten rescue, our budget is already strained.

The shelter is now taking donations so we can take these beautiful dogs and get them back to perfect health. The address is: HSSC, 1315 North River Road, Fremont, 43420. You can also make a donation by credit card by calling 419-334-4517. Thanks for your help, we couldn't do it without you!



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Pericardial constriction can have significant effect on kidneys

DEAR MAYO CLINIC: What causes pericardial constriction, and why does it make me swollen? Is there anything I can do to limit the swelling?

ANSWER: Pericardial constriction is a condition with a variety of possible causes, including underlying medical conditions and may even result from certain medical treatments. Swelling, or edema, is one of the most common symptoms of pericardial constriction. That's because the condition interferes with your kidneys' ability to work properly. Medication can often effectively reduce swelling. Rarely, in severe cases, surgery may be needed to treat pericardial constriction.

The normal pericardium is a thin, elastic sac that surrounds the heart. Under normal circumstances, it contains a small amount of fluid that helps lubricate the heart as it moves. With pericardial constriction, the sac loses its elasticity and becomes stiff. Pericardial constriction restricts the heart's motion and makes it harder for the heart to beat effectively. The constraint on the heart limits how much blood fills into it as the heart relaxes between beats, making the heart less efficient. When less blood than usual enters the heart, less blood than usual leaves the heart on the way to the rest of the body.

Pericardial constriction can have a significant effect on your kidneys because one of the kidneys' jobs is to remove waste and excess fluid from the blood. Low blood flow from the heart makes it hard for your kidneys to remove all the extra fluid. The kidneys also may respond to low blood flow by retaining more fluid in an attempt to increase the available blood flow.

As fluid builds up in the blood, it results in swelling, a condition sometimes referred to as edema or anasarca. When it's left untreated, that swelling can become severe, especially in the legs and abdomen. Other common symptoms of pericardial constriction include fatigue, shortness of breath and difficulty exercising or engaging in other physical activities.

Pericardial constriction can happen for a number of reasons. Viral infections leading to inflammation of the pericardium are one of the more common causes of pericardial constriction. It can also develop as a side effect of radiation therapy or heart surgery. Less common causes include connective tissue diseases, cancer, and complications from other types of infections. Taking certain kinds of drugs can trigger pericardial constriction, although that is rare. In some cases, the

cause cannot be found, a condition known as idiopathic pericardial constriction.

Doctors diagnose pericardial constriction by reviewing your medical history and performing a physical exam. Imaging exams of the heart, such as an echocardiogram, a chest X-ray, CT scan and cardiac MRI, as well as other testing, can often be helpful in diagnosing this condition.

Treatment of pericardial constriction typically focuses on controlling the symptoms and any active inflammation of the pericardium. That often involves using diuretic medications to remove excess fluid from the body and anti-inflammatory medicines to reduce inflammation of the pericardium. Anti-inflammatory medicines useful for pericardial constriction include colchicine, non-steroidal anti-inflammatory drugs, and occasionally steroids or medicines that affect the body's immune system, such as anakinra. If swelling persists even when you're taking medication for it, talk to your doctor. You may need to switch to a different type of medication. If symptoms don't improve over time with other treatments, then surgery to remove the pericardium, called pericardiectomy, may be necessary. Few people with pericardial constriction require this procedure, however. In many cases the symptoms, including swelling, can be successfully managed with medication. - Peter Pollak, M.D., Cardiovascular Diseases, Mayo Clinic, Jacksonville, Fla.

(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 <http://www.mayoclinic.org>.)

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Tomorrow is the first day of summer, can you believe it? My favorite season of the year!

Twenty-three people have made reservations for our "Celebrate the Season" dinner here at The Old Garden House. I'm looking forward to cooking and baking for them.

As I write this month's column, I'm sitting on the porch admiring the flowers that are growing and blooming so well, thanks to the plentiful rains of last week. I mentioned in last month's Lifestyles that I was removing a couple of the flower beds. I have removed and transplanted to other beds, the perennials that were in them.

My daughter Christy, and her husband Karl Webb, came with grass seed, a bale of straw and their gas-powered Mantis. They did a beautiful job of preparing and planting the areas. No green yet, but I'm sure we'll see it soon. I have the job of watering the area a couple times a day, that's the easy part. She even brought our supper, we worked while it cooked. Love those two!

July 31st is the date for our "Tea at 2:00". We hope for sunshine as we will be serving on the patio and the area around the water garden. If it is a rainy day we will serve inside. At this writing, we have twenty reservations and can take ten to thirteen more. We could take more than that if we knew we would be serving outside, but thirty-three is our inside capacity for teas. Call me 419-332-7427 if you would like to join us.

It was my pleasure to have been asked to visit the Camp Fire Day Camp and to bring my equipment to teach old-fashioned games. We had Tug-of-war pulls with a long rope, we played Sticks and Hoops and games with lawn darts made with corn cobs and three large turkey feathers positioned just right and glued into the end. They twirl as they are thrown. Also, years ago, Rollie and I made Walking Boards. You use two boards six to eight inches wide and about eight feet long. They have holes drilled in them starting about four inches from one end and continuing every one to two feet with rope knotted through them. Now, to play the game 4 kids stand on the boards with their right foot on one and their left foot on the other. They hold the ropes, one in each hand. The person in the front will call out "right" and each person picks up their right foot and they move the right board forward, then "left" is called and they move the left board forward. When they get really good you can have races. You can play with two, three or four persons on the boards. They are a lot of fun, but they require patience and concentrations. Adults enjoy the challenge as much as the kids.

It was so good to be back at camp, it brought back wonderful memories of days gone by and the life lessons the children and I learned from each other.

Have a happy summer as we celebrate the good news that Life is Good.

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In Your Own Backyard

“Quilt Regatta, a Quilt and Fiber Arts Show”: Friday, July 20th, 10-5 and Saturday, July 21st 10-4 at Peace Lutheran Church, 900 Jefferson St., Port Clinton, admission \$5 adults, \$2 children 6-12. Over 100 quilts and fiber arts projects, vendors, raffle quilt and baskets, hourly door prizes, demonstrations and food court. Quilt appraisals by appointment, call Sue Haering 419-798-4619 www.ohioquiltersguild.org

Pop up shoots: July 7, Aug.4, Sept.1, Oct.6, and Nov.3 at the Izaak Walton League Fremont Chapter C.R. 170 from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5 for 20 target presentations. For more info call Larry Perkins 419-355-8374 after 5:30pm.

Valley View Health Campus, a provider of senior living and health services will be hosting their fifth annual Golf Scramble Friday, July 20th.

Break out your clubs, capris, golf-balls and tees! Members of the community are invited to come compete for cash prizes at Valley View’s Golf Outing. Participants can choose from several different levels of sponsorship, with all proceeds benefitting Heartbeat of Fremont. On top of a chance to win big, each team will be treated to a delicious steak dinner! The event will take place Friday, July 20th at Sycamore Hills. Those wanting to participate are encouraged to RSVP to (419) 332-0357. Come out and golf for a great cause – we’ll see you there!

VILLAGE OF LINDSEY FARMERS MARKET is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. Vendors offer shoppers a great variety of items. For info call 419-665-2045.

St. John’s Lutheran Church’s 175th Anniversary Celebration, the last Sunday in the month, had another great gathering in June called Homecoming. Bishop Patricia

Lull, Pastors Gary Logan, and Wayne Haight from years ago came and joined in along with many members from out of state and around Ohio. LOVE abounds! July 29 at 7:00 PM all churches around St. John’s, that also started in the 1840s or so, have been informed by letters of invitation to share in a telling of stories and artifacts, with Rev. Larry Michaels, our local historian, guiding the history stories and adding his new findings. Refreshments will be offered in the Parish House auditorium. All are welcome!

St. John’s Lutheran Church, 212 N. Clover St., Fremont, Ice Cream Social on Tues, July 31st from 5-6:30pm.

LINDSEY: Village Wide Garage Sales will be held July 13, 14 and 15.

Summer Events at Tiffin Art Guild: info on our website tiffinartguild.org or by calling 419 902 7966. July 18/25, Acrylic Painting Workshop 6 to 9 PM.

FREEDOM RALLY AT BIRCHARD PARK: You are invited to the 10th annual Rally for Freedom on July 4, 11:30 a.m. to 1:30 p.m. at the Birchard Park bandstand. Andrew Dean will provide patriotic music at 11a.m. Congressman Jim Jordan will speak at noon. Free hot dogs and pop corn. The rally is sponsored by Fremont’s American Patriots against Government Excess, the local TEA Party group. www.americanspage.com.

Fremont Area Women’s Connection invites you to their luncheon at Anjulina’s Catering, 2270 W. Hayes Ave., July 10, 11-1 pm. “Fun in the Sun!” is the theme with Natalie Wise providing the feature on Essential Oils & Health Benefits. The guest speaker is Alma Keaton from Ashtabula, a former tomboy who talks about love and hope. For reservations and free child care, call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by July 5. Any cancellations need to go to Donna or Carrol.

Go Green Garden Market will be Sat., July 21, 9am-1pm in Downtown Fremont. For this

market a few extra activities have been added for more fun: Fairy Garden Competition, Lawn Mower Parade, Outrageous Garden Hat Contest. To learn more about these activities, please LIKE Downtown Fremont Inc. on FB, follow on Instagram and Twitter plus be our friend on Snapchat. Question? Email kbilger@fremontohio.org or call 419.332.8696.

ANNOUNCING: Kidshop Summer 2018, 9:30- 12:30 PM, Saturday July 21 & Saturday August 18 at St. Ann’s Bishop Hoffman Hall. Kidshop is a support group for youth ages 6-17. Through food sharing and activities, Kidshop will teach kids about mental illness, how to develop and utilize healthy coping skills as well as provide a safe environment where these children can form friendships with others that share similar experiences. Registration is required. Call 419-334-8021, stop by the NAMI SSW office at 428 Croghan Street in Fremont or email us atinformation@namissw.org.

SUMMER READING CHALLENGE: All Birchard Library locations are hosting “Libraries Rock!” the 2018 Summer Reading Challenge. There are challenges, programs, activities, and prizes specifically for adults, teens, and children. Reading Challenge runs through July 28.

Music in the Park Tuesdays in July, noon-1 p.m. Join us for Tuesday lunchtime concerts. Bring your own lawn chair and lunch, or purchase a lunch on site from Anita’s Authentic Tacos. July 3-The Harmonica Man, July 10- David Lester, July 17- Johnny Rodriguez, July 24- Lance Horwedel, July 31- Steve Jad. In case of rain, event held inside. Storytimes for 3-5 Year Olds Tues. 9:30 am, Wednesdays 10:30 am. Storytime for Birth to 36 Months Tues.10:30 am or Wednesdays 9:30 am. Family Storytime Tues. 6:30 pm

The Sandusky County Prostate Support Group will meet July 25th at 7 pm in the Chestnut Cafe of Fremont Memorial Hospital. Men of all ages and their significant others are welcome. The meeting consists of a speaker

and a closed confidential time of discussion. For further info contact Ken Missler @419-559-1171, Wilson Forney @419-355-8860 or Jim Piercefield @419-262-5663. Eden Springs Assisted Living, Green Springs, will host a Summer Lawn Concert on July 10th at 6:30pm. Bring your lawn chair and join us for music with Rosemary Schramm.

Eden Springs Assisted Living, 430 N. Broadway, Green Springs, will host Drink and Design on July 24th at 6pm. Enjoy some wine and cheese and let Artist, Jennifer Lawrence help you create your own masterpiece on canvas. For more info and to RSVP call 419-639-2581 ext. 7103. RSVP required.

Lindsey Dog Daze: July 14, 9am-12, in conjunction with the Farmers Market in the Village Park. Vendors, including a dog groomer, a veterinarian, and more. We will be setting up “Woofstock” an enclosed, safe doggy fun zone, complete with wading pool, drinking water, shade, and waste bags for your dog’s enjoyment. At 10 am, contests will be held for the largest, smallest, best costume, best trick, and “looks most like their owner”. The Sandusky County Sheriff’s Dept.’s K9unit will be demonstrating their skills. And we have a great basket of dog related items worth over \$150.00 to raffle off. “Yappy Hour” for humans will include free lemonade.

Camp Fearless: Helping Bereaved Kids Cope

When a child experiences a death or a loss, their needs are very complex. Children are often our “forgotten grievers.” They grieve differently than adults, which can lead some adults to believe that the child isn’t experiencing grief. In reality, nothing could be further from the truth. The question isn’t if they grieve, but rather how they grieve. How children express their grief is directly impacted by the developmental stage they are in when a loss occurs.

This gap in understanding children’s grief led ProMedica Hospice to offer Camp Fearless, a free 4-day camp specifically designed for bereaved children

ages 6-16 and led by a team of hospice professionals and trained volunteers.

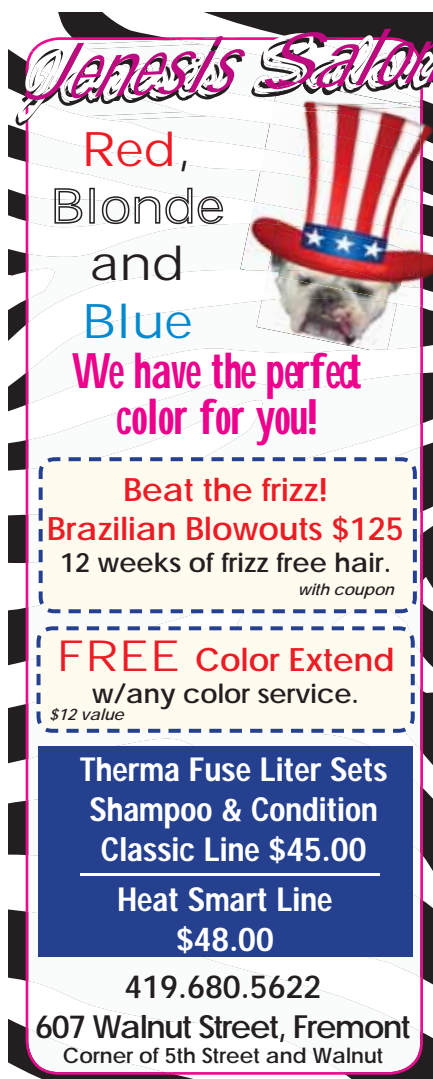
Through the utilization of fun therapeutic activities, arts and crafts and team building exercises, we’ll help children express their grief and facilitate the healing process in a safe and caring environment. Campers will also develop healthy coping skills to deal with the trauma of loss.

Camp Fearless will also offer the opportunity for parents and guardians to meet individually with camp leaders to discuss individual needs of the children and family following loss.

Hospice staff can provide information and connect families with additional resources to help children continue to grow and progress in their grief journey beyond the scope of the camp.

ProMedica Hospice will hold Camp Fearless in Fremont at Grace Community Church, July 10 – 13. Camps meet daily from 9 a.m. – 3 p.m.

Registration is required. To register, visit promedica.org/campfearless or contact ProMedica Hospice at 419-547-6419.



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Corner of 5th Street and Walnut

Dear Cathy,

I recently adopted two small kittens and am curious to know if keeping a clock ticking near where they sleep somehow imitates their mother's heartbeat and would make them feel more restful. - Mike

Dear Mike,

What a thoughtful question. People don't often think about the sound world around their felines, and it's great you want to provide a calming environment for your kittens.

To answer your question, I decided to reach out to Sound Behaviorist Janet Marlow, the CEO of Pet Acoustics, a company that produces species-specific music to reduce pet stress. As a fifth-generation musician, Marlow grew up with pets and always noticed they would gather around whenever she played classical guitar. One day, when she took one of her cats to the vet's office, she was surprised there was no music playing to soothe the patients.

Marlow has since spent the last 22 years conducting research and behavioral observations on the hearing of dogs, cats, birds and horses, and was the first to create species-specific music, which eliminates percussive sounds and high frequencies for animal listening.

According to Marlow, feline hearing is greater than the individual hearing of dogs, horses, and birds, and three times greater than human hearing. Since cats are more affected by the sounds around them than other pets, it would seem prudent for feline pet parents to provide a calming environment for their felines.

"Hearing is an overlooked cause of pet stress that can lead to illness and behavior problems," says Marlow. "Cats show stress differently than dogs. They have the same level of response to sound, but dogs respond emotionally by coming up to us and showing us their stress whereas cats move away from the noise and find a place to hide."

So, to answer your question, the rhythmic ticking of the clock might soothe people, but it's a "man-made percussive sound," says Marlow, that won't mask other noise or calm kitties.

"Animals don't respond to human talk, like when we leave the television or radio on, which permeates a short-distance," says Marlow. "Music perme-

ates the air, fills the space and masks out sounds that only cats can hear."

Marlow recommends pet parents pay attention to a cat's body language, specifically the direction and reaction of the ears, to see how they are reacting to their sound world. If they are twitching their ears all the time, they could be hearing things that are causing them stress, and music, it seems, is a better antidote for creating calm kitties.

For more information on species-specific music, visit petacoustics.com

Dear Cathy,

I am a very responsible pet owner. I currently have two small breed dogs, a 13-year-old toy rat terrier, and a nine-year-old tricolor Chihuahua. I walk my doggies every day but, for the most part, they are home bodies. Recently, a disgruntled neighbor called animal control and filed a 'Citizens Complaint' against me and my dogs. The charge is "dog at large."

Never, ever has this been true. She charged that my six-pound Chihuahua bit her dogs. She owns two large breed Shepherds and a Golden Retriever puppy. As I stood with my pup shivering in my arms, I was forced to sign a fake complaint and told that I could pay a \$250 fine or go to court (in three months) to fight it. Fight what? A complete lie. She didn't go with the bite because she had zero proof so, she went for was "dog at large." She needs no pictures, no witnesses to the "attack," and no bite marks. She can just charge me with a made-up lie and tie-up an incredible amount of my time. Since calling animal control, she now walks past my house and yells out crazy things. - Mary

Dear Mary,

There is nothing worse than fighting with your neighbor over pet issues. It's also stressful to be served a complaint regarding your pets, especially if you feel you and your pets have done nothing wrong. You will have your day in court,

however, and while an inconvenience for you, it will certainly provide you with an opportunity to tell your side of the story.

If you're a good pet neighbor, enlist other neighbors on your block to testify or provide an affidavit on your behalf that reflects that viewpoint, like explaining how your dogs are always leashed and under your control when out in the neighborhood, etc. Having witnesses to your responsible pet parenting will go a long way toward defending this complaint.

(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. Please include your name, city, and state. You can follow her @ [cathymrosenthal](https://twitter.com/cathymrosenthal).)

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Alternative Medicine is Becoming Mainstream

Submitted by Dr. Paul Silcox

For years the chiropractic profession was considered the leading alternative health care profession when being considered for treatment of back pain, especially for treatment of severe back pain with sciatica. After all, quick relief with pain pills and muscle relaxers was a welcome ending, right?

I say that sarcastically because by now almost all of America (and especially in Ohio and even Sandusky County) is aware of the National Crisis that we are in dealing with deaths from Opiate overdoses. Twenty-five years ago, for so many people, quick relief of severe pain was welcomed by millions of patients as a whole army of sales people from pharmaceutical companies, like Purdue Pharma, marched into family doctor's offices touting the safe and miraculous results of new drugs like Vicodin, Oxycodone, Darvocet, Percocet and OxyContin.

What many people don't realize is that the sales army was purposely misled by Purdue Pharma, who in turn misled thousands of medical physicians, telling them that there was only a small chance (around 4%) that a person that was really in pain could become addicted to Opiate pain relieving therapy. As doctors relied on that information, and were graded by how well they controlled patient's pain, they began prescribing these types of medications by the truckloads.

Twenty-five years later our country is in the midst of an Opiate epidemic that kills more than a plane carrying 160 passengers and crew, EVERYDAY in America. Unfortunately, many Americans think that, "Well, they chose to take those illegal drugs and if it kills em' it's their own darn fault".

What most don't know, and even I didn't know until late 2016, is that about 75% of the drug addicts in this country got their start down the road to addiction legally for a legitimate injury, or post-surgical situation. More importantly, innocently, by a doctor who was just trying to help his patient feel less pain? So often, when the prescription ended, the addiction began and the person had no control of their craving.

Here's some perspective for you. If you stop to think of it, more people in the United States of America have died

EACH year, the last three years, from Accidental Drug Overdose than ALL of the soldiers that died in the entire 20 years of the Vietnam War. Blows your mind doesn't it?

And now, getting back to the title of this article, and its meaning. Staff Sergeant Shilo Harris, from Ohio, was a wounded hero in Afghanistan, came home to Ohio and was involved in a terrible motor vehicle accident that left him in severe, debilitating pain and a mangled body. Earlier this year, Staff Sgt. Harris stood with Ohio Atty. Gen. Mike DeWine at a press conference telling how Chiropractic helped him reduce his pain levels and saved him from addiction by Opiates. This is just one example of thousands like him.

I have seen over the last month, that some, what were once considered "Alternative" health care professions, like chiropractic and acupuncture, are being praised and "Mainstream" and a "First Choice". Their proven effectiveness by research and evidence based treatment methods such as Chiropractic and Acupuncture that can avoid the dangerous Opiates altogether, or reduce usage to significantly avoid addiction possibility.

So Ohioans, you need to be aware that when you hurt, conservative approaches such as Chiropractic and Acupuncture should be considered as a first "Primary Care" option by many, and only then, do you need to turn to the "Alternative" if the first choice wasn't effective.

Having practiced for 40 years now (my goodness I can't believe it's been that long) I have a sneaking suspicion that at least 80-90% of first time chiropractic users will be thrilled and amazed at how effective it is in helping to relieve their pain, and avoid having to resort to potentially dangerous and addictive Opiate pain medication.

So when that pain is screaming at you, try your first choice options, Chiropractic and / or Acupuncture. Give them a chance to help your body heal itself. You have an 80-90% chance to seek the relief you are looking for. THEN, you have the powerful medications to fall back on if you absolutely need them. But chances are you'll do just fine with a Doctor of Chiropractic.

Classifieds

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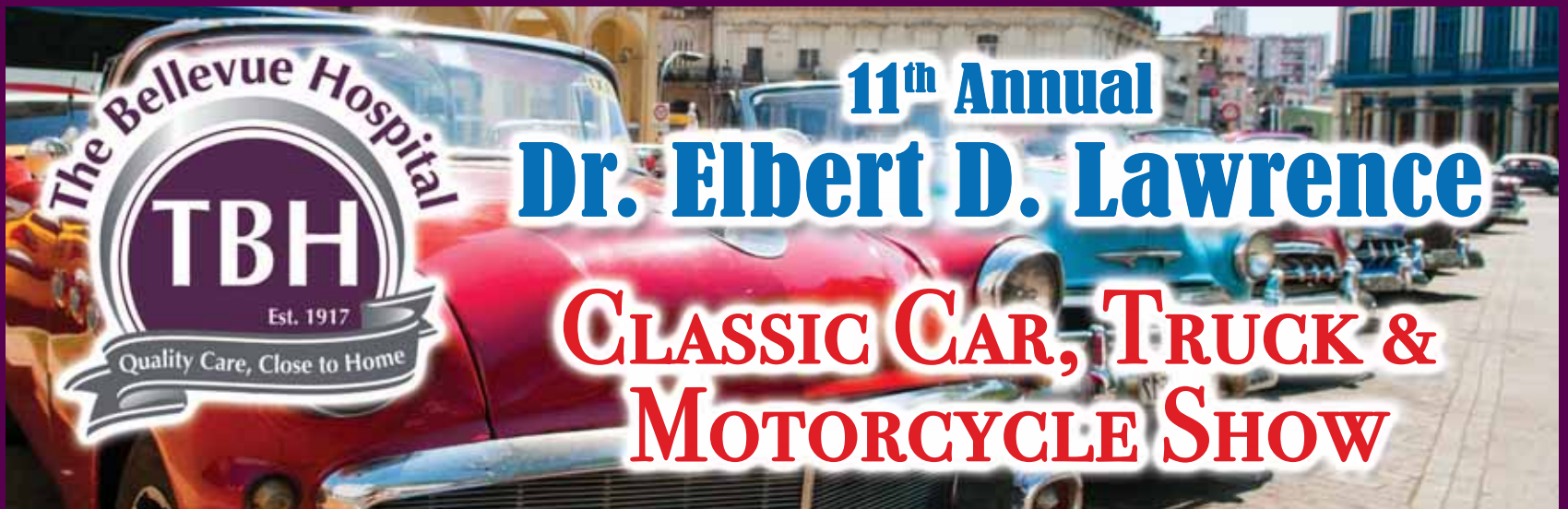
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