

200styles

Free

Vol. 15 Issue 7

July 2013



**Happy
4th of
July!**

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Lunch**

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Lifestyles 2000

July 2013

Vol. 15 • Issue 7

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Independence Day (July 4th) a day to celebrate with family and friends. It is also a day to ponder what "Independence and Freedom for all" really means. When we take a minute to think about it, we soon realize the cost it was to our forefathers who bought it with their lives and gave it to us. We have a personal responsibility to take care of their precious gift and pass it on to those who follow us. Most of us have not served in the military, but we have served on factory assembly lines and other work crews across this nation. If we gave an honest day's work for an honest day's pay, we have carried on the tradition of American independence. When we guide and direct our children, teaching them right from wrong by our own example, we are carrying on the American tradition of independence. When we do the right thing, even when no one else is watching, we are earning our own stars and stripes-honoring our forefather's memories and preserving the precious gift of freedom as we pass it on to the next generation. So, Happy Independence Day to all, have fun and celebrate!

Speaking of independence, Pete the Peacock seems to think that he invented the word. I'm not quite sure what's going on with those two. Since my knowledge of these blue-necked regal creatures is limited, I'm confused. Patsy laid three eggs then she abandoned the nest. We waited, giving her time to return before we removed the eggs and are attempting to incubate them. Marla, our daughter-in-law has an incubator

and has successfully hatched duck eggs. We may have waited too long, we'll see. In the meantime, Pet and Patsy seem to be in tune with nature again this mating season. So, expect an update next month in the continuing saga of "Pet and Patsy and the spring of 2013".

Summer seems to have snuck in the back door while we weren't looking this year, it's beautiful. So many flowers are already in bloom. The variety of greens in the grass, trees and plant leaves are outstanding. Last night's rain will bring even more blooms and a rainbow of new colors. Yeah! Summer time, bring it on!

The tea at two for July at the old Garden House will be served at 2 p.m. on July 30. The Victorian Experience to follow will be a garden walk-talk-pick and arrange, with a presenter on the art of flower arranging. Call reservations in to Ms. Grace at 419-332-7427.

Until next month, sit on the porch swing with someone you love, buy an ice cream cone, sing a crazy camp song you learned a long time ago, wish on a star and celebrate your American freedom. It is the reason **LIFE IS GOOD.**

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

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PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

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TC Creative Services

Email: trcalhoun@me.com

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

We are so happy you have picked up the July issue and hope you like our new look.

July is a wonderful month filled with parades, fireworks and concerts at the Hayes Presidential Center. Check out our backyard and calendar of events for more details.

In early August Sandusky County will celebrate the 200th Anniversary of the Battle of Fort Stephenson in the War of 1812. The 160 men led by a very young Major Croghan beat a superior British force right here in Fremont and that battle did much to turn the tide of the war. As the Fort Stephenson Bicentennial Commission continues to plan the event, we hope that you will mark August 2, 3 and 4th on your calendar and join in the celebration of victory. There is a poster in this issue with more details.

Enjoy your summer and above all, stay safe.

God bless,

Joanne



There were 151 entries this month, 65 were mailed and 86 were emailed. Most of you got it right, "Pete" was hidden in the Fremont Vac ad on page 8 of the June issue.

Find Pete Winners

Winners are: Lona Rios, Linda Herring, Jim Bennison, Betty Sanchez, Tyler Kaszmetskie, Brenda Butzier, Priscilla Stachowiak, Fremont; Shirley Kleinfelder, Bloomville; Mary Posey, Samantha Tornow, Clyde; Norine Sieger, Larry Hirt, Larry Malott, Bellevue; Pat Koppelman, Green Springs; Kathy Yoder, Kay Collins, Vickery; Donna Shireman, Bettsville; Kelly Fought, Karen Holcomb, Gibsonburg; Laurie Wasserman, Burgoon.

Find Pete Prizes

"Find Pete" this month and be eligible for a gift certificate from any of the following: The Calico Cat, Jenesis Salon, Dairy Queen West, Old Fort Market and Miller Boat Line. You may request a specific prize.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!

The Kid's Doctor

By Sue Hubbard, M.D.
www.kidsdr.com

Teen pregnancy rates dropping, but risk remains

May was National Teen Pregnancy Prevention Month. Although I think this should be a topic of attention year round, it's good to be reminded about the importance of educating our children about their sexuality.

The good news is, the teenage pregnancy rate is dropping. The bad news is, an estimated 750,000 teens in the United States become pregnant each year, and 400,000 give birth. That means 70 young women out of every 1,000 become pregnant. To continue to reduce these statistics requires improved education and continued dialogue about the risks of teen pregnancy.

Although some teens think becoming pregnant is a way to escape their own situation, the reality is that teens who become pregnant are less likely to finish high school or enter college, and are more likely to experience poverty. Being a parent is a hard job for anyone, but trying to be a teen parent is especially tough, even with a good support system. The effects of teen pregnancy are far reaching for all of society.

Studies show that teenagers who receive comprehensive sex education are 50 percent less likely to experience teen pregnancy than those taught abstinence only. Other studies have recently shown that the decline in teen pregnancy rates are due to increased use of contraception. However, 39 percent of sexually active teens studied did not use condoms when they last had sex, and only 23 percent of teens reported that they or their partner used hormonal birth control.

Parental involvement in sex education should take place in every home, begin-

ning with that "birds and bees" talk. (Recently, a young patient commented after reading "Where Did I Come From" with her parents that the information was "disturbing"!).

The conversation needs to continue during the tween years, and should be not only about development and physiology, but also about family values and stressing to your child that they can talk to you about anything. Let young people know that although they may feel embarrassed about "this sex stuff," it's part of growing up and you are there for any and all questions.

Lastly, by the time you have teens in the house, you realize that their hormones are raging and with those hormonal changes come sexual feelings. This is time to reiterate your family values and expectations, while at the same time keeping the conversation open. Knowing that over 50 percent of high school seniors admit to having sex, it's crucial that parents have calm and rationale discussions about the importance of safe sex.

Of course, just because you talk about safe sex doesn't mean you condone it, but to ignore the subject may only mean that your child fails to get the correct information or ends up as a statistic due to lack of education. No parent wants that for their child.

(Dr. Sue Hubbard is a nationally known pediatrician and co-host of "The Kid's Doctor" radio show. Submit questions at www.kidsdr.com.)

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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JULY:

For reservations call 419-334-4495

Sandusky County Park District announces that July is National Parks & Recreation Month, a great time of year for some fun. Celebrate at the parks with these upcoming events:

Puddle Jumpers: Fantastic Fireflies, Mon July 1, 8pm, White Star Barn, 5013 C.R. 65, Gibsonburg. Ages 5 and under can bring their bug nets (or share the ones we have) to go on a firefly hunt. Registration required.

Hike for the Health of It, Tues, July 2, 7:30 am, Creek Bend Farm, 654 S. Main, Lindsey. No registration required.

Fishing with Ranger Dan, Tues, July 2, 10am, Creek Bend Farm, 654 S. Main, Lindsey. Learn fishing techniques with Ranger Dan and Naturalist Linda. Bait and poles provided or bring your own. Registration required.

Campsite Chat, Fri, July 5, 7pm, White Star Campground, 910 S. Main, Gibsonburg. Meet at the information board, then we'll find a site to sit and chat about the wonders of nature. Could be snakes, turtles, mammals... or maybe just answers to your nature questions. No registration needed.

Tom Sawyer Days, Fridays, July 5, 12, 19, 26, from 2-4pm, Creek Bend Farm, 654 S. Main, Lindsey. Designed for ages 6-12. Each Friday we'll read a chapter about the adventures of Tom Sawyer followed by an activity similar to the story, so be prepared to get wet and dirty for this adventure. Attendance at all four programs provides the best Tom Sawyer experience, but you may attend any number of weeks. Registration required.

Leave No Child Inside Play Day, Sat, July 6, 10am-1pm, Wolf Creek Campground, 2701 S.R. 53 south of Fremont. Spend the morning playing naturally. You will get a list of clues to find activity areas: cross the creek, build a fort, jump like a frog, make s'mores and so much more. No batteries

needed. No screens to look at. No registration required.

Nature Discoveries: Plant Life, Sat, July 6, 11:30am-1:30pm, Muddy Creek Reserve, 1675 C.R. 57, Fremont. Come along for a wetland plant hike, as we identify plants that grow only in wet areas and discuss their importance to these diverse habitats. Registration required.

Stream Quality Monitoring, Sat, July 13, 10:30am-12:30pm, Wolf Creek Canoe Launch, 2409 S. State Route 53, Fremont. Discover the health of the Sandusky River by searching for the critters that live in it. Dress to get wet & bring an extra pair of shoes. Registration required.

Stargazing, Saturday at sunset, July 13, Wolf Creek Park Campground. View the night sky with Sandusky Valley Amateur Astronomers. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, 2701 S.R. 53 south of Fremont.

Meet Me at the Cabin: Candle Making, Tues, July 16, 4pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Discover how the pioneers made their candles and try your hand at candle dipping. Registration required.

White Star Beach Party, Thur, July 18. To celebrate summer, it's free family fun with a tropical island theme at White Star Park. FREE Beach Admission from Noon-8:00 p.m. In the shelters from Noon-4:00 p.m. there will be lots of luau fun with face painting, crafts, 'cliff diving' and more. White Star Park is located at 925 S. Main St, Gibsonburg.

White Star PT Services Triathlon & Duathlon, Sat, July 20, White Star Park. Ready for a challenge? Try a triathlon: www.whitestartriathlon.com

Moonlight Canoeing, Meet at 8 pm: Sun, July 21; Mon, July 22; Tues, July 23. All programs meet at the Park Office, 1970 Countryside Place, Fremont. Perfect for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Moonlight Canoe registration is not taken online, it can only be taken by phone.

MOVIES in the Park - White Star Beach, 925 S. Main, Gibsonburg. Fri, July 26; Fri, Aug 9; Fri, Aug 16; Time: DUSK. Bring blankets and chairs to sit and watch FREE family movies outdoors on a 16 foot inflatable screen. Bring snacks or visit the concession stand for fresh popcorn and treats.

Winous Point Shorebird Banding & Tour, Meet at 7 am: Sun, July 28 at

Park Office, 1970 Countryside Place, Fremont. Learn about bird banding research in a wetland area. Excellent opportunity to see confusing shorebirds up close - bring your camera!. This is a unique opportunity to visit the oldest duck club in North America with a tour of the facilities. Dress for the weather, wear shoes you don't mind getting wet. Open to ages 18 and over. Registration required.

Working for Wildlife, July 29-Aug 2, 9am- Noon . ages 12-17 to improve areas for wildlife with projects such as habitat restoration, trail maintenance, and more. Meet at a different park site each day (2 in Sandusky Co., 2 in Seneca Co., and a MYSTERY DAY). Dress to work outside. Bring a snack each day. Get more details and a registration form from the Park Office, 1970 Countryside Place, Fremont, 419-334-4495. Cost: \$15 for the week. Registration taken by phone only.



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Hall's Farm Market

Ever thought about eating lunch at a farm market? Well now you can! Hall's Farm Market on State Route 20 between Fremont and Clyde has added a wind and beer garden to their facility. Not only can you eat lunch, you can shop for Amish jams, jellies and baked goods, get your pet food, buy your deli meats and cheeses and throw in some home grown produce, all at one location!



Brandy Delp is the Operations Manager. Brandy says she has had a life long passion for food, and it shows on the menu. I enjoyed an Italian Roast Beef sandwich; marinated roast beef with grilled peppers and onions covered in provolone cheese on freshly baked flat bread. For a side I chose a cold spaghetti salad (macaroni salad and Greek pasta were the other choices) that was quite delicious, a cold dill pickle was also included.. Along with an iced tea I spent a total of \$11.00 and had half a sandwich left for dinner, the portion was very generous. Next time I want to try the Tomato/Basil Flatbread Pizza, or maybe the Cuban Sandwich (salami, turkey, ham and swiss) or maybe the Grilled Southwestern Wrap, or possibly the Reuben Sandwich. (Most of the sandwiches were under nine dollars and all include chips or a pasta side.)

Appetizers include Spicy Deviled Eggs, Homemade Beer Cheese, Meat & Cheese Tray, Country Caviar and Sweet and Savory Bread. Don't these sound like the perfect pairing for a glass of wine? Well you are in the right place, there are wine tastings with different Ohio wineries including Silver Moon, Stoney Ridge and Paper Moon.

If wine isn't for you, the craft beers just may be. On the day I visited there were three fruit infused beers for tasting; apricot, raspberry and blueberry. Brandy gave me a taste of their home made Sangria, it was delicious, sadly it was 1:00 pm so a taste had to do. There are over thirty varieties of craft beer to choose from.

Musical entertainment began in June in the outdoor garden area, featuring fire pits for cool summer evenings, and will continue through the summer. Jazz night with Cory Jolly is June 29th.

Daily hours are Monday thru Wednesday from 11am-7pm; Thursday thru Sat. from 11am-10pm, closed Sundays. Check out their website: hallsfarmwinebeer-market.com and their Face Book page for a listing of wine and beer tastings.



Camp Fire

Light the fire within

A United Way Member Agency

The weather has warmed up, we look forward to summers camps and the activities in the Camp Fire pond. I am personally excited for the campers to get into the canoes and learn the basics. For some, increase their existing canoeing skills! It's helps us to truly appreciate the monetary donation from the Tiffin Charitable Foundation Inc. on behalf of the John E. Pollock Fund. John had a great passion for boating and we honor his wishes by teaching watercraft handling, safety and enjoyment.

The Kiwanians completed their "One Day" project during the month of May. Volunteers emptied boxes (still packed from water damage) and organized the office cupboards. They also took on the daunting job of clearing the foliage from the wooded area on the west side of the building. Members from the Fremont's Christian community chose Camp Fire for the "Love Thy Neighbor Project" and contributed time by washing windows, repairing the eaves and clearing more foliage from the west side of the building. We greatly appreciate both groups for your time, energy and commitment to Camp Fire.

We have wrapped up our product sale and would like to thank those who sold and bought candy and flowers, donated prizes and everyone who supported our program. We would like to give an extra thank you to Wal-Mart in Fremont and Miller's Super Valu in Clyde for allowing members to sell at their facilities.

Summer is half over and camps are in full swing and we have just a couple openings left in the Traditional Day Camp (July 15th -18th), Art and Wild about Water Camps. The Teen Leadership Camp (in partnership with Fremont Memorial Hospital) was a huge success and we thank Memorial Hospital and staff for this new venture. Again, just a couple opening left for summer camps and adults can obtain a registration form by going on to the web site www.campfirefremont.org, calling us at 419-332-8641 or coming to the office at 2100 Baker Rd. Fremont. Our summer office hours are Monday-Thursday 9am-5pm. We are closed for lunch from 12-1pm. Looking forward to seeing you this summer and remember Camp Fire starts it's club programs back up in September!

Monday-Thursday
7-5:30, Friday 7-5,
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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): When someone asks you to put it on the line, they don't expect you to get out the clothespins and laundry. Be honest with yourself - and others - don't beat around the bush.

TAURUS (April 20-May 20): During the first half of the month, your decision-making skills are at their best, especially when dealing with finances. Be sure to get the best of everything; quality should not be confused with quantity.

GEMINI (May 21-June 20): In the month to come, you could realize that it's not what you look at, but what you see that is important. Accept every opportunity to better yourself, even if it is dressed up and disguised as hard work.

CANCER (June 21-July 22): You might be partial to material success, but are willing to get in touch with your spiritual side in your free time. There may be some things going on behind the scenes that will work out in your favor.

LEO (July 23-Aug. 22): This month, events or friends could encourage you. Someone could offer you an incentive to begin a new study, join a team sports program or travel. Every opportunity contains a hidden benefit.

VIRGO (Aug. 23-Sept. 22): Speak gently. Develop the habit of speaking calmly and other people will begin to listen to what you say. You can improve your reputation and engender good will through teamwork.

LIBRA (Sept. 23-Oct. 22): Some people are proud of good housekeep-

ing, but you might take pride in good heart-keeping. Put your best efforts into mending fences and head off misunderstandings in advance.

SCORPIO (Oct. 23-Nov. 21): Play to your strengths. The more you stretch mental and physical muscles, the stronger you will be. You may earn respect for insisting upon ethical and responsible behavior.

SAGITTARIUS (Nov. 22-Dec. 21): Tell the truth, the whole truth and nothing but the truth and you won't need to remember stories. The upcoming month provides opportunities to clear the air and put relationships back on track.

CAPRICORN (Dec. 22-Jan. 19): You might be wise to remember in the month ahead that it is often better to cross the line than to sign the dotted one. Just because everything is going well does not mean you can let down your guard.

AQUARIUS (Jan. 20-Feb. 18): Make hay while the sun shines. In the early part of the month, you will be luckier and more content than usual and may have opportunities to express your creative talents or enjoy family entertainments.

PISCES (Feb. 19-March 20): An insight can incite a riot of thought. You might be tempted to take impulsive action at the drop of a hat, but by remaining calm, cool, and collected you can honor commitments, too.

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Reiki Circle

Reconnecting Nursing with Reiki

Energy therapies are fundamental to nursing practice and are recognized in the Nursing Intervention Classification Code. (NIC) is a care classification system which describes the activities that nurses perform as a part of the planning phase of the nursing process associated with the creation of a nursing care plan.

Origins of touch therapies, therapeutic touch, Reiki, Healing Touch, and massage may differ; however, they share an efficacy derived from subtle energy or spiritual changes that deflect the focus from disease to wholeness through the prevention of disease and promotion of healthy living. They are not interventions of curing but of healing, which is about becoming whole. The process belongs to the person, not the disease.

Reiki is a energy-based healing modality. It has ancient roots, but is uniquely suited to modern nursing practice. Reiki training offers a precise technique for tapping into healing energy, or ki, and transmitting it through touch. Reiki treatments are gently balancing and provide energy that supports the well-being of the recipient in a holistic and individualistic way.

Relaxation, pain relief, physical healing, reduced emotional distress, and a deepened awareness of spiritual connection are among the benefits attributed to Reiki and is easily adaptable to nursing practice in a variety of settings. Reconnecting to nursing through Reiki and other energy modalities are included in the scope of nursing standards in many states and could address issues of stress, compassion fatigue, and burnout. Nurses are increasingly vulnerable to these conditions; Reiki could assist them in healing themselves and helping others.

Please join us Tuesday August 13, 6-8 PM conference room A/B. If you have any questions regarding Reiki or the Reiki Circle please call Patricia Zilles at 419-355-1283. I look forward to meeting you and sharing the spirit of Reiki.

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Princess for a Day Spa Party- July 13th - 2-4pm
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The Bellevue Hospital Welcomes Dr. Maher Salam

Maher Salam, M.D. has joined the Family of The Bellevue Hospital as a gastroenterologist and will be accepting patients in Bellevue. He joined the practice at Bay Area Gastroenterology, Norwalk, in 2012. He specializes in cirrhosis and liver disease, and in gastroenterology procedures including colonoscopies, EGD and ERCP. He is married with children and enjoys playing soccer and table tennis.

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Maher Salam, M.D., Gastroenterologist ~ 419.663.8061
Dr. Salam is a member of The Bellevue Hospital's Medical Staff with office hours in Bellevue.

Now Accepting New Patients

Helen Marketti's Music Corner



David Cassidy

On Saturday, July 27, David Cassidy will be doing a show at Hoover Auditorium in Lakeside, Ohio.

It is natural to think of teen idol memories when you hear the name David Cassidy. His role as Keith Partridge on The Partridge Family made many a young girl swoon. We can hear the memories with the hit songs, "I Think I Love You", "Doesn't Somebody Want to Be Wanted" and "I Woke Up In Love This Morning," among many more. In those early days, his official fan club membership outnumbered that of Elvis and The Beatles. David's career has spanned over forty years, which included work on television, theatre and Broadway. His mother, actress Evelyn Ward and his father, actor Jack Cassidy already set the tone for the career path David would follow.

"I consider myself an actor and a musician," said David. "I have kept my creative juices going. I have a strong work ethic. I love what I do and I think it's important to always improve and invest time and energy to what you love doing. There are so many different aspects when you are writing, producing, traveling and working in TV, theatre and Broadway. I have been lucky in my career that I have been successful. Sometimes you fail at certain things because no one can be successful all of the time but you can appreciate the opportunity to create something new. I love to make people laugh or cry. I love to entertain."

Teen idol is only one role David has played during his career and while he did so for several years; it wasn't without a challenge to keep being true to himself. "At one point, I was marketed more than anyone else at the time. There wasn't even a Marketing Department in those days. There was radio, television, magazines, posters and all kinds of merchandising. In the end, people had a misconception of who I was. I have been inspired over the years to share with my fans other aspects of who I am, not only with my talent but also of me as a person. I am happy to have once been that guy (teen idol) because I have done so much other creative work since that time."

David appreciates all of his fans and knows it is because of them that he is still able to do what he enjoys. "There are hard core fans that have followed my career since the beginning. It's a wonderful thing. You also get new fans along the way if they have seen a DVD or listened to the music. It's great to receive such love and appreciation from people. It's a celebration for them and for me. It's a great experience to know the impact I have made on them for a couple of generations. I see fans of mine who now bring their own kids. It's a beautiful thing."

David is looking forward to playing Hoover Auditorium in Lakeside. "I have never done a show there but I've heard it's fantastic. I know a few people who have played there and they always come back raving about it. I have heard it's a great venue so I'm looking forward to it. I will mostly do the hits that people will know and recognize. There will be songs that I like to do from artists I have always admired plus the David Cassidy and Partridge Family hits. Sometimes you like to share music with fans that has influenced you as an artist so I may even do some blues. I have an amazing band; they are incredible musicians and have been with me for a decade.

It's a celebration of my generation, our generation and the music experiences of living in that time."

For ticket information for Hoover Auditorium: www.lakesideohio.com

For more information on David Cassidy: www.davidcassidy.com

28th Berlin Heights Basket Festival

The 28th Berlin Heights Basket Festival is scheduled for the first full weekend in August. This year we have moved to Friday night- 8/2/13 and Saturday -8/3/13. Berlin Heights, is located in Erie County on State Route 61, north of S.R.113 and south of S.R.2. The festival is on Center Street and in the surrounding buildings and parks. The gathering is family oriented with lots of activities for children and adults. There is no admission fee.

The Queen's Contest is Friday night at 7 PM. The parade is on Saturday at 1:30 PM. Other events featured at the festival include a flower show, crafts, art show, an open market, the Edison Chargers Band, free, live on stage music by Firelands Symphony Orchestra, The End, Monkey Love, and Beligerant Chimp. We also have a kiddie tractor pull, flower show, marble contest, a baby contest, dunk tank, eating contests, sports contests, and lots of other family oriented fun activities.

The Festival 5K Race and 1 Mile Fun Run is Saturday, August 3, at Memorial Park, Berlin Heights. Registration begins at 8:30am. 5K Race starts at 9am. 1 Mile Fun Run begins at 9:05am. Cost is \$15. First 100 runners registered will receive a T-shirt. There will be a prize raffle after the race. Awards will be awarded to all 5K race class top three finishers and overall Male & Female runners. You can get more info and registration forms online at www.basketfestival.com.

The whole village will be filled with tantalizing aromas from the many food vendors and local organizations. All of this is set in a pretty, friendly, village atmosphere. Check our website www.basketfestival.com

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In Your Own Backyard

Fremont Women's Connection: Ladies, you are invited to bring a friend and come to the Fremont Area Women's Connection luncheon at Anjulina's Catering, 2270 W. Hayes Avenue, Fremont, on Tuesday, July 9, luncheon 11:00 am - 12:30 pm. Cost \$12 inclusive. (A complimentary nursery is available by reservation). The Feature will be Jean Dieterich, Sandusky County Parks District, "Exploring Sandusky County". The Speaker will be Judy Barlow, Strongsville, "Busy person who found inner peace". Judy went from not knowing she had needs to finding God was her only need! For luncheon and free child care, please call by July 3rd -Donna at 419-680-2251 or email - Carrol at fawcluncheon@gmail.com

The 6th Annual Tiffin Art Fair will be held on Saturday, August 10, 2013 in downtown Tiffin at the Courthouse Square on the corner of S Washington and E Market St. Hours for the event will be from 10 am to 5 pm. Artist and craftspeople will be displaying quality and unique handmade creations. Features are tasty refreshments such as smoothies and sandwiches, activities for children, a Peoples' Choice Award, live music, artist demonstrations, and a silent auction benefitting TAG and more. The Fair is sponsored by the Tiffin Art Guild Gallery located at 178 South Washington Street. Gallery Hours are 1 pm to 5 pm Tuesday through Saturday.

Humane Society of Sandusky County, Grandma's Backyard BBQ Chicken Dinner, Friday, July 19th, drive thru at Wendt Key Realty. Dinners are \$8 and include one half chicken, 2 sides and a roll. For tickets contact the shelter at 2520 Port Clinton Road, Wendt Key Team Realty, Jenesis Salon or Mint Condition.

Hayes Memorial United Methodist Church will be having Vacation Bible School August 4 - August 8 from 5:30 pm-8:30 pm. The theme this year is Fun Fair! A free dinner will be served each night at 5:30 pm. Please bring your children to enjoy all the fun activities and fantastic songs! To register your child for this great event please contact Kyle, the HMUMC Youth Director, at 419-334-2605 or kyle@hayesmemorialumc.org.

The next Man to Man Prostate Cancer Support Group meeting will be held Wednesday, July 31st at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. There will be a guest speaker and also a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info, contact Beverly Hart RN at 419-547-8273 or any one of the Man To Man Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

Village of Lindsey Farmers Market: Second Saturday of each month through October, from 9 am until noon, in the Village Park on Main Street. This is open to vendors who wish to sell produce, baked goods, plants, crafts, jewelry, etc. A Flea Market area will be added during the months of July & October. The fee for all vendors is \$5 for unlimited space. Shoppers will find a wide variety of items available and may register to win free merchandise. For info, call 419-665-2045.

The Fremont Exchange Club has announced their 4th Annual "Fremont's

Got Talent" Show. This year the event is scheduled for August 11th starting at Noon at Birchard Park. The final round will be held the same day at 5pm at the Park. The club is looking for Talent. This year the top prize will be \$1,000, Second Prize will be \$600, and Third \$400. An additional prize of \$300 for any youth talent 18 years of age and younger. The competition is open to anyone from Sandusky, Seneca, Wood, Ottawa, and Erie counties. No Professional talent please. To become a contestant, entry forms are available along with the complete rules by contacting Ann 419-986-6542 or Diane at 419-332-8173. Also email at Fremontsgottlent@gmail.com.

Fremont Progress Airport will celebrate its 50th Anniversary with a fly-in and drive-in July 28th at the airport, 365 SR 53. Events will include a pancake breakfast sponsored by the Fremont Exchange Club honoring Miss America Jackie Mayer, who was a special guest at the grand opening in 1963, along with the 2013 Miss Vacationland, Tuskegee Airman Harold Brown, The North Coast Military Veterans Museum Display, D-Day Veteran Warbird, Lulu Belle, and other vintage wings and wheels. For info, call the airport at 419-307-8037.

STUFF THE BUS for Fremont City Schools on July 20th at Rural King on E. State St and July 27th at Advance Auto Parts on E. State St., Fremont, from 10am-3pm on both dates. We will be accepting school supplies and new or gently used uniforms in ALL sizes. Let's stuff the big yellow school bus for our kids! Thank you for your support! For more info contact Shirley LaBonte 419-332-2303 or Vicki Swaisgood 419-332-6648.

Save the Date: The Fundraiser Committee of the Sandusky County Cancer Care Fund would like you to mark your calendar for September 15 for the 7th Annual Fashion, Friends & the Fund event to be held at Anjulina's Catering & Banquet Hall. Again this year, "Fashions" for your home will be presented. More details will be forthcoming and for now, we invite you to "save the date".

Ice Cream Social, St. John's Lutheran Church, Tues. July 30th, 5-6:30pm, Parish House Auditorium (A/C). *Free scoop of ice cream with donation of non-perishable food item".

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DEAR MAYO CLINIC: I'm 83 years old and have osteoarthritis affecting several joints and a peripheral neuropathy. I've been in exercise programs for the past four years, but my balance seems to be getting worse. It's difficult to stand in one spot without holding onto something. Is there any exercise that addresses balance problems?

ANSWER: Yes, a variety of exercises can help improve your balance. Most are simple and take no more than about 10 minutes a day. These exercises can increase your stability, help prevent falls and enhance your overall fitness.

With aging, balance tends to decline for a number of reasons, including deteriorating eyesight and loss of muscle mass. As in your situation, complications from other health conditions, such as osteoarthritis and peripheral neuropathy, can make good balance a challenge, too. Hearing problems or another disorder that affects your inner ears can also lead to balance problems because the inner ear plays a key role in your body's ability to keep its balance.

Balance problems are common in many older adults, and they need to be taken seriously and addressed. Poor balance can make walking and other routine daily activities, such as putting on your shoes or going up and down stairs, difficult. It also greatly increases a person's risk of

falling and, especially in the elderly, breaking a bone or suffering another type of serious injury. That's significant because research has shown that if an individual older than 65 falls and breaks a bone, that injury has the potential to substantially lower their life expectancy.

Exercises to help improve balance are usually simple and don't take much time. For example, one easy exercise is moving from sitting to standing and back again in and out of a chair, with your eyes open and then with your eyes closed. (Have someone else there to help when you close your eyes.) Another is standing on one foot, first using a chair or countertop to steady you if need be, then progressing to standing without assistance. Although these exercises are not complicated, if you do them consistently every day, they can be very effective in retraining your brain to help improve balance. As you become more confident and your balance improves, you can move on to exercises that are more complex, if you like.

In addition to basic balance exercises, other activities have been associated with better balance and walking ability in older adults, including tai chi and yoga. Exercises designed to improve strength and increase muscle mass can also help balance because stronger muscles improve mobility and reduce the risk of falls.

Exercises to help improve balance are critical for older adults who feel they're losing their ability to balance well. But these exercises are also important for people of all ages and ability levels. There's no need to wait until you have balance problems to start practicing these exercises. Everyone should make them part of an overall exercise program that includes aerobic exercise, as well as activities to maintain or improve strength and flexibility.

Before beginning any new exercises, particularly when you are dealing with other health concerns, talk to your doctor. The doctor can help you determine the reasons for your imbalance and decide what's best for your situation. In some cases, your doctor may refer you to a physical medicine and rehabilitation specialist who can work with you to develop a comprehensive exercise

program, as well as monitor your progress and deal with any questions or setbacks along the way. - Carmen Terzic, M.D., Ph.D., Physical Medicine and Rehabilitation, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN\)m Mayo Clinic](mailto:medicaledge(AT)SIGN)m Mayo Clinic), or write: Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For more information, visit www.mayoclinic.org.)

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CAUTION: RISING TEMPERATURES

By Kelly Askins, Humane Agent Humane Society of Sandusky County



Famous last words: "I'll only be in the store for a minute." Really consider how long you'll actually be. By the time you walk in, find the item you're after, go through the checkout and walk back out to the car; was it really just a minute? Or more like 10 to 15 minutes?

Would you put your dog in your oven?

You do, if you leave your dog inside a

car in the summer. If the temperature is over 70 degrees, it's too hot to leave your dog in the car! Leaving your windows cracked does not make a difference. Parking in the shade makes little difference.

See the chart below to learn how quickly temperatures inside your car can become detrimental to your pet. Dogs can't sweat; they pant to cool themselves and cannot cool themselves when breathing in hot air. They can quickly suffer brain damage and organ damage after only 15 minutes.



If that isn't enough to deter you from leaving your pet in your vehicle, maybe this will. The Animal Cruelty Division at the Humane Society of Sandusky County will prosecute to the fullest extent of the law anyone who leaves their pet in a vehicle, even if it's only "for a minute." It is a crime, it's called animal cruelty.

The solution? If it's over 70 degrees, leave your pets at home! Home is the safest place they can be during hot weather.

If you see a pet left in a hot car, call 911 or Animal Cruelty Investigator, Kelly Askins, at 419-603-3313. Write down the important information, for example, the license plate number, the make, model and color of the vehicle, a description of the pet, and details on where the vehicle is located. Your call may save a pet's life.

Great Fireworks Tradition Continues in Fremont

Ken Dumminger a licensed pyrotechnician for the State of Ohio announced that he collected over \$10,000 additional funds for the Fremont 4th of July Celebration which will bring the Fremont Fireworks Show to over \$18,000. Traditionally the City of Fremont donates \$8,000 toward the annual event. Dumminger has gone out and contacted many local businesses and individuals for additional donations. This year Dumminger's goal was to match the City's donation.

Dumminger stated that he probably has over 100 hours in work contacting and the many community leaders who have traditionally donated. Dumminger went on to say that he wanted to thank all that partnered with him to make the Fremont Show one of the largest shows in NW Ohio.

Dumminger now contracts with Melrose Pyrotechnics of Kingsbury, IN who produces the show that the public will see. The show will be shot to music provided by Eagle 99. He recommends that people who want to watch his show bring their radios and listen to the patriotic music that will be played. The show will be shot electronically. Dumminger stated that his crew of technicians will set up the show which will take about 8 hours. The whole show is controlled by the Local Fire Dept, State Fire Marshal, and the ATF and Department of Justice. Dumminger has been shooting shows for over 27 years and with his crew has over 100 years of experience.

Dumminger said that 4th of July has always been a community event. This year the Hayes Presidential Center and their Toledo Symphony Orchestra, the community parade, and then finishing with fireworks are a great tradition for the City of Fremont.

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Just In Time For Summer!



Just in time for summer WSOS C.A.C. Inc., Fremont City School District and Clyde-Green Springs Exempted Village

has answered the pleas of local families by providing quality summer programming for students in grades three to eight. The demand for well supervised summer programs is great. More than 28 million school-age children have either their only parent or both parents working outside the home, and 15.1 million "latchkey children" go home after school each day to a house with no adult supervision, and without the opportunities to learn that summer and school programs can provide.

The children in the Fremont and Clyde-Green Springs school districts are no different. While the children in Sandusky County make up those millions of children who need summer and after school supervision, those in the two school districts are privileged to have extended learning programs in their schools, and are able to benefit from the opportunities summer and after school programs provide families.

The vision of the program is to create a living, learning environment to foster a child's social and educational development through partnerships with the family and community. The programs in both school districts are operated by WSOS Community Action Commission in partnership with the school districts. In addition to providing a safe after school environment for the children, these partnerships have provided the children opportunities to get assistance with their homework, their achievement test preparation, information on nutrition and health-related subjects, visits to places they won't usually go to, career explorations, and many other activities.

While designed as a customer-driven program, it is based on establishing a safe, nurturing environment for children. The objectives are to keep kids safe, improve their academic achievements, and help working families. To this end the program addresses academic, social, emotional, and the physical needs of the students and provides support and resources to the families. However, the over-arching goal is to assist students to meet state standards in reading and math.

It all began in 1998 with little more than \$28,000 when a committee of community organizations decided to offer after school

services. This offer was prompted by a local woman's effort in her neighborhood to keep the children in a safe place and help them with their homework.

WSOS late President/CEO Don Stricker offered the services of WSOS. With that, the program first opened its doors in March 1999 with a \$28,000 budget provided by WSOS and the Sandusky County Family and Children First Council at Fremont Ross High School. It started with about 47 seventh to twelfth grade students, and a staff of one paid WSOS employee and 22 volunteers. Then, after an initially unsuccessful proposal to the 21st Century Learning Center for a grant in March 2000, WSOS received the \$1.99 million, three-year grant in December 2000. In fact, this was the program's first federally-funded grant, and the first time a community action agency was awarded such funding.

The first grant resulted in a strong partnership with the school district that still exists, which in turn led to continued funding for the after school program in this school district. While the funding flows through the school district, WSOS

provides the management and operation of the program, professional development of staff, financial in-kind resources, and the evaluation of the program. Schools provide space, transportation, academic intervention, program guidance, and professional development for staff.

Students, who are mainly those eligible for free or reduced-price lunches in the school district, participate in the program after school hours, Monday to Friday, September to May each year. A full day summer program is operated from mid-June to mid-July each week day.

Each site is licensed by the Ohio Department of Job and Family Services, and academic instruction/assistance is provided by licensed teachers from the school district. Each site adheres to the Ohio Department of Job and Family Services' adult-student ratio. Each site has also received a Step Up to Quality award from the Ohio DJFS, Bureau of Child Care and Development. And, it has an advisory committee comprised of representatives from the collaborating organizations, parents, service providers, and WSOS staff. The committee participates

in regular strategic planning in line with the agency's strategic planning efforts. In the beginning, program officials consulted with Irene Heddon from the Ohio Department of Education to complete its strategic plan.

Currently, there are 310 students enrolled in the county afterschool programs operating in the Fremont and Clyde school districts. Both programs combined are expecting to enroll just over 250 students in a full-day summer program.

Through the years, the students have participated in projects such as a Reading Buddies program, unicycle club, cooking experiences, mentoring, community service projects, art/poster contests, gardening projects, artists presentations, partnerships with area college athletes, the National Lights On for After Schools campaign, and parents have also benefited from all the activities and events the program provides. An important aspect of the program is regular family fun events where parents participate in fun activities with their children in the program.

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Catbird Clown / Any Port in a Storm / Featured Artist

Meow-w-w! Meow-w-w! Chir-r-p! Chir-r-r-p! Tweet-tweet! It sounded like a whole flock of songbirds in our backyard—plus the neighbor's cat that has been living at our place for the past 6 or 7 years. But it was just the little gray catbird sitting on the deck railing calling for us to come out and give her/him (the male and the female look alike) some grape jelly.

Catbirds belong to the family "Mimidae" which includes mockingbirds and thrashers. They are notorious for mimicking the songs and calls of other birds, including jays, kingfishers, grosbeaks and swallows. The male catbird's "long song" can last up to ten minutes during which he strings together the songs of several different birds.

Robin started feeding "Catbird" jelly from a spoon one morning a few weeks ago when she was late putting jelly out in the oriole feeder. When she walked out the backdoor, there was a little catbird waiting on the railing just outside the door. It scurried back a little way but didn't fly off, so Robin held a spoonful of jelly out in front of her on the railing. The catbird timidly hopped up, grabbed some jelly and flew off a short distance. A few seconds later, it was back looking for more. Now it shows up on the railing a couple of times a day or sits on the clothesline nearby if one of us is hanging out laundry.

We knew Catbird had developed a fondness for grape jelly because it would fly in and perch just above our heads when we went out to fill the feeder. In fact lots of birds—robins, cardinals, grackles and sparrows—like grape jelly; it's not just the orioles. But catbirds in general are supposed to be timid and shy so this has been one of those "magical" encounters that make you appreciate the fact that this little bird trusts us enough to connect with us—even if it's just for food.

Here's another "connecting with nature" story. Robin and I and our 2 dogs sat in the crawl space under the house at 12:30 am a few weeks ago when the tornado sirens went off. We have to enter our crawl space from outside—it's a small opening with a removable metal cover—and literally crawl through the opening. Babs was calm but Dolly, the little Pekingese, was already a handful to hold onto. Storms terrify her and she was squirming so badly it was all Robin could do to hold onto her.



We sat there nervously in the semidarkness waiting for the storm to pass, when all of a sudden from the dark near the entrance we heard a loud "PLOP!"...and the unspoken thought going through both of our minds was that it was a huge RAT! Even the dogs stopped fidgeting and looked over. In the light from our flashlights we saw not a rodent, but an enormous bullfrog sitting on the gravel just inside the opening. We're still not sure how he got from the pond into our fenced-in back yard and then over to the crawl space entrance...but there it sat...until it started hopping further under the house. Robin handed Dolly to me and went to retrieve the frog so it wouldn't get stuck under the house and die. For the next 45 minutes, she sat holding the huge bullfrog on her lap because she was afraid if she put it outside it would just hop back in. To its credit, the frog sat calmly on her lap while Dolly squirmed and wiggled on mine. Fortunately, the storm never got really bad and all 5 of us left the crawl space shortly afterward.

Finally, anyone who is visiting Memorial Hospital needs to check out the photos on the wall across from the communications office in the lobby. Robin is the "featured artist" on display for the next 3 months. Her display includes: "American Robins" (Jack and his mate), "Fawn" (the one who walked up to her on the dike and wanted to play), "Great Spangled Fritillary" (taken at White Star Park) and "Lake Erie Sailing" (taken on Lake Erie).

To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

Miller Boat Line Sponsors Tall Ship U.S. Niagara for Battle of Lake Erie Bicentennial

• 18 Tall Ships from Around the World Converge at Put-in-Bay, Ohio

On August 29th, a total of 18 Tall Ships from around the world will navigate their way into the Western Basin of Lake Erie for The Battle of Lake Erie Bicentennial.

From Norway to Duluth, Minnesota, the tall ships of the past now call ports from all over the world home. With large crews, constant upkeep and a host of other responsibilities, unveiling these pristine wooden vessels is a massive undertaking.

Floating on the horizon with what looks like a scene out of the film Master and Commander, these historical work horses only make special, precisely timed appearances. Lucky for the residents and visitors of Put-in-Bay, Ohio, Miller Boat Line is proud to bring us the most famous Tall Ship of them all: The U.S. Brig Niagara.

With The Battle of Lake Erie taking place just a few miles from Put-in-Bay and Oliver Hazard Perry's headquarters on the island, this area was pivotal for its role in the battle. The Niagara also receives its numerous accolades from being Oliver Hazard Perry's last ditch effort in a decisive battle that eventually propelled him to an American victory over the British ensuring naval supremacy over the Great Lakes.

Thanks to Miller's sponsorship of this amazing recreation of early 1800's engineering, visitors will get the chance to either witness the U.S. Niagara in battle from afar or take part in the skirmish up close.

For more information on The Battle of Lake Erie Bicentennial or the island of Put-in-Bay, please visit www.millerferry.com.



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"Grate" Treats & Eats

By: Chris Timko-Grate

What a crazy summer this has been, is it summer, is it spring, no at 40 degree's are we back in winter? The weather has everyone afraid to put their winter clothes away! Just in the last couple of weeks my laundry has been a combination of short sleeve and long sleeve turtlenecks, and I'm still wearing my winter pj's after my shower! But we are going to think positive thoughts about our weather and figure on summer weather by the 4th of July!

The summer holiday's are all about family, friends get together, cook-outs, and picnics. Add good cool desserts with refreshing cocktails that are always a welcome treat and today I have one each of those recipes to share with you. Grab your family, have some fun and enjoy these treats!

Chocolate Chip Cream Cheese Bars

- 1 (18oz) tube refrigerated chocolate chip cookie dough
- 1 8oz cream cheese, softened
- 1/2 cup sugar
- 1 egg

Take one half of the cookie dough and press into the bottom of a greased 8-inch pan. In a bowl, beat cream cheese, egg and sugar until smooth. Spread over crust. Crumble remaining dough over top. Bake at 350 degrees for 35 to 40 minutes.

Great Slush

- 2 (12oz) cans frozen orange juice concentrate
- 2 (12 oz) cans frozen lemon juice concentrate
- 2 cups strong tea
- 2 cups sugar
- 2 cups vodka
- 7 cups water

Mix together all ingredients, with a wire whip, whip until sugar is dissolved. Put into a container and freeze. Must be frozen for two days before used. To serve chop fine and fill glasses half full. Add 7-Up or Gingerale to fill glass. Other frozen concentrates may be used, use your imagination! Enjoy on a hot summer day!

My Mother's Recipes

By Joanne McDowell

I picked these two recipes for July because they are easy, and besides who wants extra work in such a busy month?

Hopefully July will not be so hot we cannot enjoy the outdoors. Stay cool and enjoy all the wonderful produce at your local farm market (we like Drown's!).

Dorito Chicken and Cheese Casserole

- 3 cups cooked chicken, chopped (rotisserie chicken is good)
- 1 cup sour cream
- 1 can cream of chicken soup
- 1 can of corn, drained
- 1/4 cup minced onion
- 2 cups cheddar cheese, shredded
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 1 medium sized bag of nacho cheese Doritos, crushed

Preheat oven to 350 degrees. Lightly spray a 9x13 pan with cooking spray. Spread the bottom of the pan with half of the Doritos . Reserve one cup of cheese. Mix together remaining ingredients in a large bowl. Pour chicken mixture over the Doritos. Top casserole with the

remaining cheese and Doritos. Bake 30 minutes or until bubbly.

Unstuffed Cabbage Rolls

Ingredients:

- 1 1/2 to 2 pounds lean ground beef
- 1 tablespoon oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 small cabbage, chopped
- 2 cans (14.5 ounces each) diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt

Preparation:

In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender. Add the garlic and continue cooking for 1 minute. Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender. Yield: Serves 6 to 8

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Fisher-Titus Medical Center and The Bellevue Hospital Launch Affiliation with the Country's No. 1 Heart Hospital, Cleveland Clinic

Fisher-Titus Medical Center and The Bellevue Hospital today announced an affiliation with Cleveland Clinic's Sydell and Arnold Miller Family Heart & Vascular Institute. The affiliation will bring world-class heart care to area residents and provide greater access to Cleveland Clinic's academic, clinical and research best practices in cardiovascular and thoracic care.

The affiliation is the result of a comprehensive study and assessment of the current level of cardiovascular and thoracic services available to residents in the two hospitals' service areas, according to both Martin and Michael K. Winthrop, president and CEO of The Bellevue Hospital. The study, which began over one year ago, revealed a need for expanding these services to provide a higher level of care for area residents in their own communities. Since then, leadership teams from both hospitals have been working with Cleveland Clinic officials to develop a program to meet those needs.

The two hospitals serve a combined six-county region which includes Erie, Huron, Lorain, Richland, Sandusky and Seneca counties. This affiliation brings these communities four new physicians and Cleveland Clinic's best practices and reputation in heart and vascular care, including:

- A heart program that has achieved the U.S. News and World Report's No. 1 ranking for 18 consecutive years.
- An internationally renowned vascular surgery and endovascular program that offers comprehensive services for carotid artery disease, aortic aneurysms, poor circulation to the legs, and all types of vascular disorders, including peripheral artery disease and atherosclerosis.
- Comprehensive thoracic surgical services for the treatment of diseases of the lung and esophagus, including lung cancer, chronic obstructive pulmonary disease (COPD), lung failure, and esophageal cancer.

"New treatment techniques and technologies for cardiovascular and thoracic diseases are emerging rapidly, and this affiliation will make the latest advancements in care much more accessible to patients of Fisher-Titus and The Bellevue Hospital," said Bruce Lytle, M.D., chairman of the Miller Family Heart & Vascular Institute at Cleveland Clinic. "In addition to our physicians on the ground in the hospitals, we'll be working collaboratively to continually improve the quality of cardiac, vascular and thoracic care available in North Central Ohio."

Cleveland Clinic will provide training and protocols on dealing with all types of medical situations while integrating the newest technologies and innovations. Cleveland Clinic will also be sharing "best practices" related to the various sections within cardiology, vascular surgery and thoracic surgery. Local patients will have greater access to surgical clinical trials, treatment protocols and additional research opportunities offered through Cleveland Clinic at the two local hospitals.

Working with Fisher-Titus and The Bellevue Hospital, Cleveland Clinic will hire and employ a physician team initially including two cardiologists,

a vascular surgeon and a thoracic surgeon who will work in the hospitals and live in the communities they serve. These physicians will begin seeing patients in September 2013.

"The Cleveland Clinic physicians will augment and complement the physicians who are currently providing heart and vascular care to area patients, and will work with clinical support teams employed at Fisher-Titus Medical Center and The Bellevue Hospital," said Suzanne Inglis, assistant vice president of nursing at Fisher-Titus Medical Center.

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Friday August 2nd, 2013:
 Opening Ceremony at 5:00pm,
 Street vendors, including food, crafts & strolling minstrels all starting after opening.
 Soldier encampment, featuring a Hoe Down Dance at 7:30pm,
 Live entertainment at the Elks Lodge featuring Rude Mood at 7:30pm,
 Heritage lantern tours after dark.

Saturday August 3rd, 2013:
 Farmer's Market & 4mile relay, in Downtown Fremont beginning at 9:00am,
 Battle Re-Enactments at 11:00am and 2:00pm,
 Street vendors, including food, crafts, strolling minstrels and other period
 entertainment all day long, beginning at 9:00am,
 Children's activities on the Birchard Library grounds from 1:00-5:00pm,
 The Grand Parade at 6:00pm,
 Fireworks display at dusk,
 Heritage lantern tours after dark.

Sunday August 4th, 2013:
 Eggs & Kegs breakfast provided by the Elks Lodge from 8:00-11:00am,
 Interfaith Church Service on the battle field at 9:00am,
 Battle Reenactment at 1:00pm,
 Street vendors, including food, crafts, strolling minstrels and other period
 entertainment all day long, beginning at 9:00am,
 Closing ceremony at 4:00pm.

All events will take place
 at the original site of Fort Stephenson
 the corner of Park Ave. and Croghan St.
FREE public parking available at
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Fremont, Ohio

By DAVID L. HOYT and JEFF KNUREK

July 2013



Calendar of Events

July 2013 – Sandusky County

Thru July: The War of 1812 on the Ohio Frontier. Through the holdings of the Hayes Presidential Center and the Lou Schultz Collection, this exclusive exhibit marks the bicentennial of the War by exploring America's early defeats and its eventual victories at Fort Meigs, Fort Stephenson on Lake Erie and at the Thames. www.rbhayes.org for hours and admission prices <http://www.rbhayes.org>

7/03: Independence Day Celebration, Oak Harbor. Food, entertainment, duck race on the Portage River, kid's games, 50/50 drawing and a beer tent all followed by a spectacular fireworks display starting at dusk.

7/4: Fremont Fireworks at dusk.

7/4: There will be a tea party rally on Independence Day from 9:30 to 11:30 a.m. July 4 at the Birchard Park bandstand. Andrew Dean will provide patriotic music. Tom Zawistowski will report on the status of the Tea Party/IRS lawsuit. John McAvoy will speak on the Workplace Freedom Amendment. Mike Mann will be delivering Lincoln's Gettysburg Address.

7/4: Independence Day Concert, Hayes Presidential Center, 2 PM, free. Take part in a red, white, and BOOM celebration at the home of the nation's first presidential center. Civil War re-enactors join the gifted musicians of the Toledo Symphony Concert Band in a rousing concert of patriotic and popular tunes. The "1812 Overture" which features cannon-fire accompaniment! Bring your own seat.

7/10: Verandah Concert, Hayes Presidential Center, 6:45 PM, free. It's "bring your own seat" as you select a spot on the shaded lawn in front of the historic Hayes Home. Come early to enjoy a free ice cream social. Featuring: Cottonwood Jam String Band.

7/13: Fremont Flea Market. 9 AM, Sandusky County Fairgrounds. Admission is free. Indoor and Outdoor vendors; rain or shine Saturday: 9am to 4pm, Sunday 9am to 3pm.

7/15: Historic Jail and Dungeon Tours. 5 PM. Visit Sandusky County's historic jail and dungeon and hear stories of restoration, intrigue and escape. Tours last approximately an hour and are great fun for people of all ages! Tickets can be purchased at the Sandusky County Visitors Bureau located at 712 North St. (the fairgrounds parking lot) Tickets are \$2. Tours begin at 5pm, 5:30pm, 6pm, 6:30pm, 7pm.

7/19: Humane Society of Sandusky County, Grandma's Backyard BBQ chicken dinner, tickets are \$8 each and sold at Wendt Key, Jenesis Salon, Mint Condition and the animal shelter

7/20: Art & Music Festival. 9 AM. Local artists and musicians will be displaying their artwork and performing their music for the public to enjoy during the July 20 Farmers Market. This is a juried show. www.downtownfremontohio.org

7/20: Fremont Farmers Market. 9 AM. Visit downtown Fremont for our Farmer's Markets on various Saturdays from June through October.

7/24: Verandah Concert. 6:45 PM. Come early to enjoy a free ice cream social. Featuring: Musician/vocalist Kerry Clark. Free

Memorial Hospital Sleep Disorder Center renovated

As part of Memorial Hospital's 2013 \$2 million dollar facility improvement project, the hospital's Sleep Disorder Center has been renovated. The Sleep Disorder Center renovations included improved lighting, new flooring and new colors.

Trish Stiger, manager of Memorial Hospital's sleep and respiratory program, explains that the improvements will enhance the patient experience. "We chose warmer colors and lighting for this project to create an environment in the sleep center that is similar to a home, and therefore more conducive to healthy sleep," Stiger said.

The Memorial Hospital Sleep Disorder Center has diagnostic and treatment capabilities. Amenities in the center include private bedrooms and a relaxation lounge. The center also offers flexible day and overnight appointment options and much more.

In 2013, Memorial Hospital has committed more than \$2million dollars to facility improvements. The hospital's lab and diagnostic imaging departments are seeing significant upgrades; the obstetrics unit, intensive care unit (ICU), Chestnut Café and many other patient care and visitor areas are also undergoing renovations this year.

Memorial Hospital is a non-profit, community-based health care provider that has served the Sandusky County area since 1918. The hospital is a state-of-the-art medical center with more than 150 physicians and nearly 500 employees. The hospital provides a comprehensive range of services, including the surgery, obstetrics/pediatrics and intensive care, as well as hospice and occupational and mental health services. For more information, visit memorialhcs.org.

Memorial Hospital hosting health screenings

On July 30, from 6 – 11 a.m., Memorial Hospital is hosting several health screenings for the public. Screenings offered include:

- Lipid Profile (Cholesterol, HDL, LDL & Triglycerides): \$10
- Thyroid (TSH): \$15
- A1C (Blood Glucose Control): \$15
- Body Mass Index (BMI): Free
- Heal Density: Free
- Blood Pressure: Free
- Depression Screening: Free

All screenings are being provided by Memorial Hospital employees by appointment. Walk-ins are welcome, but appointments will be given priority. This is a community screening event. Physician orders and insurance will not be accepted. Participants can pay by check or cash on day of event. Results will be mailed to participants. The event is being held in the Memorial Hospital Chestnut Café. For more information, or to schedule, call the Memorial Hospital Golden Threads Office at 419.3346.6613.

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"Behavior Problems of the Dog and Cat, 3rd Edition," by Dr. Gary Landsberg, Dr. Wayne Hunthausen and Dr. Lowell Ackerman (Elsevier Publishing, 2013; \$93), is an ultimate reference on the topic. While this definitive 454-page volume is intended primarily for veterinary professionals, it can also be a valuable guide for dog trainers, professional behavior consultants and anyone with a special interest in animal behavior.

This week, Landsberg, a veterinary behaviorist in Thornhill, Ontario, Canada, answers your questions.

Q: My daughter adopted a young puppy. He's a great little dog except that he mounts every animal he gets near. This isn't a constant thing, but it happens often enough. Is there something we can do to curtail this behavior? - J.T.

A: "Of course, this could be the start of sexual behavior if the puppy is not neutered," says Landsberg. "If the dog is neutered, it is still what normal dogs sometimes do, and young dogs particularly because it feels good, and they haven't perhaps yet learned appropriate play protocol. Try allowing your dog to play, but with a leash on. When your puppy seems to be having 'too much fun' (with other dogs), if you get my drift, calmly walk away with him. Over time, the dog will learn that mounting means play must stop."

Of course, if the behavior really gets obnoxious, an adult dog may put your pup in his place - and that will be that.

Q: Does the Thundershirt help to calm cats as well as dogs? - T.G.

A: A Thundershirt is a vest which fits snugly around a pet. For many pets, it helps decrease anxiety, and for several years now has been used as a tool for dogs fearful of thunderstorms, fireworks, car travel and for other problems such as separation anxiety. Now, there is a Thundershirt for cats.

"Some cats feel frozen when wearing it," however, Landsberg warns. "They may be motionless, but I'm not sure they're any less anxious. Anecdotally, we hear Thundershirts might help (some cats), particularly to calm more active cats rather than cats who tend to hide."

Landsberg notes that you didn't mention why you're thinking about a Thundershirt for your cat. Typically, the Thundershirt isn't the sole tool available to calm anxiety; other products and behavior modification may also be attempted, depending on a pet's problem. He adds if you do try it a Thundershirt for your cat, let us know what happens.

Q: I adopted a pitbull-mix. She's been great, and gets along with every person and dog she meets. The only exception is, she gets aggressive when there's a dog on a person's lap. For example, when my

mom's miniature schnauzer is on her lap, my dog becomes aggressive, but when the schnauzer is on the floor, they happily play together. What can we do? - J.B.

A: Landsberg suggests, "Set your dog up to succeed. Let the two dogs play. Then take your pit-mix to the other side of the room, with a Gentle Leader or another head halter, luring him with a really good treat. Simultaneously, let the schnauzer jump on someone's lap. Do this over and over, and gradually (over weeks) move the pit-mix close to the dog on a lap, while giving your dog treats and distracting her with play." You may also have to "bribe" the schnauzer with treats so he stays on the lap.

The scenario you describe isn't particularly uncommon. Also, it's difficult to discern from your question if the pit-mix is merely excited about the dog being on someone's lap or is truly aggressive. If you believe the latter, enlisting a certified dog behavior consultant or dog trainer might be best.

Another idea: No more dogs on laps when your pit-mix is nearby.

Q: My typically mellow 15-pound, 13-year-old cat has started batting me in the face when he's upset about something. For example, last night, as I snuggled with my husband, the cat lunged and bit me in the face. What can I do to stop this aggression? - J.G..

A: Landsberg says to make an appointment with your veterinarian immediately, and describe exactly what's happening. Since this is a new behavior, the question is "why now?"

"It sounds like there may likely be a medical explanation," adds Landsberg. "This is an older cat, and I wonder if being touched a certain way is painful. Arthritis is common in older cats, particularly in larger cats." Other possibilities include gastrointestinal pain, feline cognitive dysfunction syndrome (like Alzheimer's in cats) and kidney disease, even diabetes.

Landsberg adds that if your cat passes the physical, or even if it turns out he has a medical problem, it's a good idea to give the cat an appropriate outlet with an interactive toy to chase. Also, keep notes on what cues your cat responds aggressively, and simply attempt not to put yourself in that position. For example, if the cat doesn't like to be petted while sitting on your lap, perhaps sitting next to you would be a compromise acceptable to everyone.

There may be an anxiety component to your cat's aggression. Adding a Feliway diffuser (which diffuses a copy of a calming pheromone) or two in the home might help.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state.)

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Thanks to everyone who participated in the 3rd Annual Shelter Shuffle raising over \$2,000 for the HSSC.

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Thank you from Claire Gabel Bohn

Claire Gabel Bohn wants her Lifestyles' friends to know that her last six chemo treatments have gone well, thanks to their prayers. Claire wants anyone undergoing chemo to know it is easier if they drink lots of water before and after each treatment. She also thanks the community and Dairy Queen West (Joanne Darr Wagner) for the benefit that raised \$2,300.

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