

# 2000 Lifestyles

**Free**

Vol. 15 Issue 7

**July 2014**

**Celebrating  
15 Years**

**Happy  
4th of  
July!**

[www.lifestyles2000.net](http://www.lifestyles2000.net)



# The Bellevue Hospital Welcomes Dr. Kaveh Nabavighadi

**Kaveh Nabavighadi, M.D.** has joined The Family of The Bellevue Hospital as a pain management physician specialist. He is Board Certified as an interventional pain anesthesiologist with experience in pain management techniques as well as conventional pain management. He was born in Pennsylvania and grew up in the Mentor, OH area and now resides in Northwest Ohio. In addition to spending time with his wife, his hobbies include photography, computers and programming, travel, films, cooking, and golfing.

## **Education:**

Bachelor of Science, Johns Hopkins University, Baltimore, MD

Medical Degree, Case Western Reserve University School of Medicine, Cleveland, OH

## **Internship & Residency:**

Categorical Internship (medical, surgical, cardiac critical care, emergency medicine, anesthesiology), Henry Ford Hospital, Detroit, MI

## **Residency:**

Anesthesiology, Henry Ford Hospital, Detroit, MI

## **Fellowship:**

Pain Management Fellow, Henry Ford Hospital, Detroit, MI

## **Certifications:**

American Board of Anesthesiology

Subspecialty Certification in Pain Medicine, American Board of Anesthesiology

## **Kaveh Nabavighadi, M.D.**

***Pain Management, Board Certified***

**1400 West Main Street • Building 1, Suite C**

**Bellevue, Ohio 44811**

**419.484.5903**



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





# Lifestyles 2000

July 14



Vol. 16 • Issue 7

www.lifestyles2000.net

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*Lifestyles is available at local Subways in Fremont & Clyde*

### ABOUT THE COVER:

*Haus was the winner of the 2014 Shelter Shuffle, owner is Dan Kiser of Green Springs.*

*Photo by Danielle Nicole Photography.*



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# Auxiliary of ProMedica Memorial Hospital hosting trip to Mount Rushmore trip

From September 27 – October 5, the Auxiliary of ProMedica Memorial Hospital is hosting a 9 day, 8 night motorcoach trip to Mount Rushmore, the Badlands and other attractions nearby. A portion of the proceeds raised from hosting this trip will benefit the Auxiliary of Memorial Hospital.

Departing on September 27, the travelers will visit the Unique Journey Museum, Crazy Horse Memorial, Badlands National Park, Wildlife Loop Road at Custer State Park as well as Deadwood, South Dakota and Mount Rushmore National Memorial. The trip includes 8 nights lodging, 14 meals as well as admission and tours of most of the destinations.

The cost of the trip is \$729 per person in a double occupancy room; for single occupancy, add \$250. \$50 of the cost is tax deductible as a donation to the Auxiliary of ProMedica Memorial Hospital. A \$75 non-refundable deposit is due with the reservation. Full payment is due by July 21. For more information, or to make your reservation, call Val Floro at 419-680-4158. Payments can be mailed to the ProMedica Memorial Hospital Foundation, 715 S. Taft Ave., Fremont, OH 43420.

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## Advertising/General Information

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

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

Lifestyles 2000 is a monthly publication available free of charge at over 200 retail locations in Sandusky, Ottawa and Erie counties.

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

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

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Here it is July, where is summer going? I hope you are all enjoying the beautiful sunny days, your graduation parties and other family events.



As I write this I have just returned from NYC and the graduation of my little grand daughter from Kindergarten. Kindergarten is certainly not what it was when I went to school, it was mostly play time and naps back then, now the little ones can even read and do math.

Have a wonderful month and keep the "Celebrating 15 Years" entries coming, I love to read your comments!

Happy 4th and God bless America!

Joanne



There were almost 200 entries this month with the majority being correct. Please remember, "Pete" is always located in an ad, he is never part of an article.

Also, the 20th is the deadline, anyone entering thereafter is too late! Thanks for playing.

## Find Pete Winners

Winners for June include: Ruth Miller, Brenda Cox, Lynne Warwick, Bellevue; Sandy Elfring, Ted LeJeune, Kristen Askins, Patti Davis, Mary Post, Dick Hoffman, Ricky Wagner, Fremont; Laurie Wasserman, Burgoon; Jillian Baker, Green Springs; Torry Mossing, Rhonda Miller, Becky Balsizer, Clyde; Kathy Yoder, Vickery; Mary Lou Mittower, Republic; Kathy Nieset, Helena; Cheryl Abel, Gibsonburg; Tom Berry, Tiffin.

Winners of Miller Boat Line tickets are: Jack Weaver, Larry McElfresh and Linda Stine of Fremont; Bonnie Moyer of Elmore. African Safari winners are Cassie Molyet, Patti Saam of Fremont, Annette Mavros and Karen Sawyer, Clyde and Mary Juliano of Bellevue.

## Find Pete Prizes

Prizes this month include gift certificates to Jenesis Salon, Old Fort Market, Dairy Queen West, The Pond Builders and Rallys. If you wish a specific prize, please list in your entry.

Lifestyles is celebrating our 15th Anniversary, be sure to be part of the fun! "Celebrating 15 Years" on your entry gives you a chance for Miller Boat Line tickets, add "African Safari" and enter to win a pass for up to 6 people valued at \$100.

## Find Pete Contest Rules

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

## Campfire News and Notes

After our cold and harsh winter, this July we will not complain about a hot summer. A dip in the pond, water games and freeze pops are ways we have discovered help to keep everyone cool.

We would like to extend a gracious thank you to Jimmy Bukkett's for having us this year. We had a great time listening to the bands and conversing with all those who showed their support. Congratulations to our \$1,000.00 raffle winner Al Stull.

In June we held our "Make A Difference Leadership" camp along with our horseback riding camp. We would like to thank Promedica Memorial Hospital and Rider's Unlimited for their partnership in these camps. Our youth learned life skills including: leadership, socialization, team building, problem solving, fitness, swimming, and canoeing. They reflected on motivational speeches and volunteered at the Sandusky County Fairgrounds. Camp Fire's motto, "Give Service", was provided by the youth with lots of smiles and faces of accomplishment. Our horseback riding camp was also a great experience while the youth learned the basic maintenance and care of a horse, and of course learning to correct and safe way to ride!

Training sessions were held in June to cover risk management issues to ensure all our campers and volunteers will be safe this summer. Our trainings cover many subjects including hands on practice in boating safety (recovering from a capsized canoe) as well as tornado drills. The "Make A Difference Leadership" camp was held in June, and once again proved to be a success.

We are excited that both the Sandusky County Parks Department and OSS Joint Solid Waste Management returned again this year to provide educational programs. In addition, a couple of Camp Fire clubs and Boy Scout troops will be utilizing our 47 acres for overnights.

Without generous volunteers, we would not be able to offer our camps. We have volunteers who are willing to help for a couple of hours to others who volunteers for days over the summer. Never underestimate how important it is to an organization when you share your time, talents and treasures! Thank you!

Be sure to visit our website: [campfirefremont.org](http://campfirefremont.org) or like us on facebook for details on upcoming events. Remember Camp Fire starts its club programs back up in September!



**Camp Fire**

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## HAWAIIAN LUAU



Please join Valley View for our annual Hawaiian Luau!

**Thursday, July 10th**  
**4:00 – 6:00 p.m.**

- FREE community event
- Family fun for all ages
- Great food
- Musical Entertainment by Dana Dorsey & The Blue Notes begins at 4pm
- Door prizes

419-332-0357  
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**Valley View**  
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# Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

A beautiful sunrise lights the eastern sky and ushers in a brand new day. Here I sit-pen in hand enjoying the early morning hours of June 14th. A cup of freshly brewed coffee and my aged dog, Buddy are my companions. Tomorrow is deadline for Lifestyles and so, as the saying goes, "Time waits for no one" and I'm sure, printing presses don't either.

What to write about? How about the Men in My Life as a subject? Well, there's the men at BDI. (Bearing Distributing Inc.) We share the end of the road. They are great! When I can't get the Mantis started or the full fuel can is too heavy for me to lift and pour into the Kubota, or a summer storm passes, they are always there for me. They don't even yell at me when my peacocks leave little presents in their parking lot!

And then there are the men just down the road at Streacker Tractor Sales. They put my Kubota battery on charge, or unwrap a piece of landscape plastic from the mower blades under the deck when I catch it with too short a turn. Most of the time the problem is with the operator not the equipment! I know my family worries less about me because these men are in my life. I'm thankful that they are, too.

If You Are Reading This-You're Invited-My family always wants to do something for me on my birthday and I always have said "no, no, all I want is to have you come home and spend time with me. That's the best gift of all." Well, it didn't work this time, at least the "all I want" part didn't. They think, because it's my 80th it's a "milestone" and should be celebrated. So, as they say, "If you can't beat them, join them." They are planning

an open house here at my home, The Old Garden House, 1045 S. Bloom Rd. on Sunday July 27th from 1 p.m. to 4 p.m. approximately. Please come. No reservations necessary and no need to bring a gift. Just seeing my family and friends and making new friends, who I've not met yet, but read this column, would be the best gifts of all for me. I am looking forward to seeing you and to meeting, if we've not met before. For directions or questions call me at 419-332-7427 or my daughter Beth Sage at 419-602-0974 or Christy Webb at 419-639-2709.

A couple of events coming up in July; Saturday the 26th, we will be at the Grovesfest at the Hayes Center, offering Victorian Era games for children from 11 a.m. to 2 p.m. We will teach Sticks and Hoops, Corn Cob Darts, Jump Rope and new this year, Rope Board Races. We will take our Crocinole Boards, a table game, for older children and adults.

Reservations are now being taken for the July 29th Tea at Two. House Blend tea and tea sandwiches and sweet treats will be served on the veranda. (weather permitting). The Victorian Experience to follow is a garden tour. Call reservations into 419-332-7427.

So, till we see you, smile, enjoy the sunshine and know that LIFE IS GOOD; especially on your 80th birthday!

*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.*

# My Mother's Recipes

By Joanne McDowell

July, heat, heat and more heat! I hate winter, but really don't care for high temps either, now if there were only a way to keep it 70 degrees year round. Anyway, both of these call for the use of the oven, so don't attempt on a really hot day. I think the refrigerator cake sounds especially delicious. Enjoy!

## BROWNIE REFRIGERATOR CAKE

9x13 pan

Ingredients:

1 box brownie mix

1 extra large egg

1 (8 oz.) package cream cheese, softened

1 cup powdered sugar

2 (8 oz.) containers whipped topping

1 (3 oz.) package instant chocolate pudding

1 (3 oz.) package instant vanilla pudding

3 1/2 cups milk

1 Hershey candy bar or chocolate syrup

Directions: Mix brownie mixes according to directions on box, add egg, bake in brownie pan. Mix cream cheese, powdered sugar and 1 container whipped topping. Put this mix on top of the cooled brownies. Blend puddings and milk together and put on top of the cream cheese mixture. Top with another layer of whipped topping. Put chocolate shavings or chocolate syrup on top. Refrigerate until ready to serve.

## NO DOUGH PIZZA

Gluten Free, Low Carb, Diabetic Friendly  
For when you absolutely want pizza but not all the carbs!

### Crust

1 (8 oz) package of full fat cream cheese, room temperature

2 eggs

1/4 tsp ground black pepper

1 tsp garlic powder

1/4 cup grated parmesan cheese

### Topping

1/2 cup pizza sauce

1 1/2 cups shredded mozzarella cheese

toppings - pepperoni, ham, sausage, mushrooms, peppers

Garlic powder

Preheat oven to 350.

Lightly spray a 9x13 baking dish with cooking spray. With a handheld mixer, mix cream cheese, eggs, pepper, garlic powder and parmesan cheese until combined. Spread into baking dish. Bake for 12-15 minutes, until golden brown. Allow crust to cool for 10 minutes.

Spread pizza sauce on crust. Top with cheese and toppings. Sprinkle pizza with garlic powder. Bake 8-10 minutes, until cheese is melted.



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# SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JULY:

Sandusky County Park District announces events for July, call 419-334-4495 for reservations.

**Fishing with Ranger Dan,** July 1, 10-11:30am, Creek Bend Farm, 654 S. Main St, Lindsey. Learn the basics of fishing, bait and poles provided or bring your own. Registration required.

**Puddle Jumpers:** Fantastic Fireflies, July 2, 8-9pm, White Star Barn, 5013 C.R. 65, Gibsonburg. Ages 5 and under can bring their net and bug box (or share the ones we have) to go on a firefly hunt and learn about these interesting insects. Registration required.

**Fish Research,** July 5, July 19; 2-4 pm, Creek Bend Farm, 654 S. Main St (SR 590), Lindsey. Dress to wade into the creek and assist with ongoing research. All ages welcome. Registration required.

**Leave No Child Inside Natural Play Day,** July 5, 4-7pm, Wolf Creek Campground, 2701 S.R. 53 south of Fremont. Spend the evening with activities along the trail. Dress to get dirty. No registration.

**Stargazing,** July 5, sunset, Wolf Creek Campground, 2701 S.R. 53, Fremont. No registration.

**Tom Sawyer Days,** July 7, July 14, July 21, July 28; 2-4pm, Creek Bend Farm, 654 S. Main, Lindsey. Ages 6-12 should dress to get dirty and wet as we re-live the adventures of Tom Sawyer through a book reading and activities. Attendance at all four programs provides the best experience, but you may attend any number of weeks. Registration required.

**Kids in Nature:** Aquatic Discovery, July 7, 6-7pm, White Star Doug Haubert Wetland, 1330 C.R. 66, Gibsonburg. Be prepared to get wet as we explore life in the wetlands.

Boots or old shoes suggested (no sandals or flipflops). Registration required.

**Moonlight Canoeing,** July 10, July 11, July 12, 8-11pm. Meet at the Park Office, 1970 Countryside Place, Fremont then travel to Decoy Marsh. Perfect for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Registration required.

**Winous Point Shorebird Banding & Tour,** July 13, July 26, 7-11am. Meet at the Park Office, 1970 Countryside Place. Learn about bird banding research in a wetland area. This is a unique opportunity to visit the oldest duck club in North America with a tour of the facilities. Open to ages 13 and over. Registration required.

**Babies in Parks: MUD!** July 14, 5-6pm, Creek Bend Farm, 654 S. Main, Lindsey. A program for infants & caregivers. Discover the feel of mud as we explore it through stories, fingerplay and more. Registration required.

**Meet Me at the Cabin:** Basket Making, July 16, 5-6:30pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Spend the evening under the old maple tree weaving a small basket. \$2 fee payable on site. Registration required.

**Beach Party:** Under the Sea, July 17, White Star Park, 925 S. Main St, Gibsonburg. It's free, family fun with activities that celebrate the sea and the critters that live in it. Organized games and activities will be held from noon-4pm around the beach area and in the shelters. FREE Beach Admission from noon-8pm.

**Hike for the Health of It,** July 17, 5-6pm, Ringneck Ridge Wildlife Area, 1818 C.R. 74, Gibsonburg. No registration.

## REIKI CIRCLE-THE BELLEVUE HOSPITAL

By Patricia Zilles

Reiki Circle is continuing to provide support opportunities for new Reiki students, starting with First Degree class. Our topics of discussion are becoming very intense as we share ideas and strategies to help students get the support they want and need and to provide continuing support for skills review and practice time between each level of Reiki.

We need to understand the value of an integrative approach because no single modality treats everything. Each month we plan to introduce a different modality of healing by inviting guest speakers that will provide education and information about the integrative practitioners such as Reiki, massage therapy, craniosacral therapy medical qigong, polarity therapy, acupuncturist, yoga, meditation, plus nutrition and specific herbs with detoxification properties.

Integrative physicians, chiropractor, osteopath, naturopathy, nutritionists, acupuncturist, and many more will be on our program for the next few months. Reiki and all modalities of energy therapy are very valuable to our community, especially now that integrative medicine continues to expand in health care. Join us Tues., July 8, at the Bellevue Hospital, conference Room A & B; 6 PM-8 PM. Open to the public.

**Water World!** July 21, 3-5pm, Wolf Creek Picnic Shelter, 2409 S. St. Rte. 53, Fremont. Bring your squirt guns (and towels) as we have fun learning all about the water cycle, water quality, and river wildlife. Registration required.

**Track & Trail:** Mud, Mussels and Mosquitoes, July 21, 5-8pm, Wolf Creek Campground Entrance, 2701 S. St.Rte. 53, Fremont. For ages 12 to 17, dress to be outdoors to discover what wildlife around the Sandusky River. Registration required.

**Working for Wildlife,** July 28-Aug 1, 9am-noon. Designed for ages 12-17 to improve areas for wildlife with projects such as habitat restoration, trail maintenance, and more. Get more details and a registration form from the Park Office, cost: \$15 for the week. Registration deadline: July 25.

**Stream Quality Monitoring,** July 26, 10am-noon. Wolf Creek Canoe Launch, 2409 S. State Route 53. Discover the health of the Sandusky River by searching for the critters that live in it. Dress to get wet, no open-toed shoes. Registration required.



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# Out to Lunch

By Joanne McDowell



## Jimmy G's Barbeque

"The Three Little Pigs" really do exist---at Jimmy G's Barbeque at 1321 West State Street in Fremont.

Pete and I discovered this fabulous sandwich eight months ago and we are hooked. The menu describes it as: House Smoked Ham, slow smoked Pulled Pork and a three-slice Bacon weave piled high on an onion roll, capped with Swiss cheese with house made Pesto Aioli on the base, Savannah Sweet Sauce on the lid and costs a mere \$8.00. Along with a sandwich that we have learned to share, come home made chips. If you want to try a different side, try the homemade BBQ beans (\$2), they are loaded with pieces of pork and are almost a meal in themselves. We also recommend the Fresh-Cut fries (vinegar on the table) and the Mac-N-Cheese. For under \$20 we can enjoy some of the best BBQ in the Midwest!



Since we have never tried anything else I have asked around for people's favorites and have been told to try the Cluck Norris, a mix of Smoked Pulled Chicken, a 1/4 lb. of BBQ Chicken Chunks and 2 ounces of Chicken Pastrami, caramelized onions and Swiss, pesto on the base, Savannah Sweet on the lid, served on an Onion roll for \$10.00.

The menu is loaded with a choice of sandwiches, from smoked Prime Rib to Pastrami, from corned beef to Smoked Salmon. Some of the sandwiches have names that will bring a smile to your face; Oink & Moo (brisket & smoked ham), Boss Hog, Pig Floyd (bacon & smoked ham), Firebird and Bo Schembechler (sausage, pork, bacon). There are also Gourmet Brisket Burgers, half and full slab St. Louis Style Spare ribs, and combo selections

All gourmet sandwiches feature house made smoked and cured meats. If you eat there, (which we do to avoid sharing with our dogs!) the tables come equipped with a roll of paper towels and a six pack of tasty BBQ sauces.

If you have room there is a display case of home made pies for \$3.00 a slice, and usually a good selection from which to choose.

Jimmy G's is open Tuesday through Saturday from 11am-9pm and Sundays from 11am-7pm, closed on Mondays.

When you go be sure to tell them you heard about them in Lifestyles. Enjoy!



# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): Find suitable ways to alleviate stress and offset demands. Everyone seems to want too much, too soon, and all at your expense. You may be too attractive for your own good.

**TAURUS** (April 20-May 20): Reciprocity is the name of the game, be sure to return favors and reimburse people for their kindnesses. Assume that every gift and coupon has a string attached.

**GEMINI** (May 21-June 20): Set your financial goals, you may gain the ear of an ally or supporter at work. Listen to a friend who may have his or her finger on the pulse of a money-making proposition.

**CANCER** (June 21-July 22): Live in the moment, but don't forget that it's just a moment. You might be charming and likeable, but when the attention fades you must show solid accomplishment.

**LEO** (July 23-Aug. 22): You can't please all the people all the time. Take a breather before you begin your next major undertaking. It's possible there will be a few loose ends to tend to.

**VIRGO** (Aug. 23-Sept. 22): Live and learn. You can only do your best until you know better. But once you know better, you have no choice but to do better, take your life lessons to heart.

**LIBRA** (Sept. 23-Oct. 22): Focus on friendships. Group meetings, associations and clubs can help you do better in business or offer ideas to help you fulfill your financial ambitions.

**SCORPIO** (Oct. 23-Nov. 21): Not everyone who smiles at you is your friend. You needn't be suspicious of everyone, but do be leery of anything that sounds too good to be true.

**SAGITTARIUS** (Nov. 22-Dec. 21): The urge to mingle and socialize is strong, so get out there. Expect to pay your dues, as you could meet up with people who glitter but aren't golden.

**CAPRICORN** (Dec. 22-Jan. 19): Major transitions might alter your relationships and boost your ambitions, but this may mean longer hours and more stress. The need for better organization becomes evident.

**AQUARIUS** (Jan. 20-Feb. 18): Extra spit and polish may be in order. No one may notice your concerns or fears, but they'll certainly notice your mistakes. Make an effort to put your best foot forward.

**PISCES** (Feb. 19-March 20): Don't let dogma dampen your determination. Philanthropic ideals might not work well in the real world. Focus on achieving financial ambitions through hard work, not investments.

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## Keep A Nature Journal

Journaling has always been a popular past time--an outlet for expressing feelings, space to vent or a place to sort out emotions without making a fool of yourself in public. When you were younger you may have kept a "diary." The point is, journaling can take many forms--including recording the natural world around you.

Any time spent outside watching and enjoying nature is relaxing and calming--it's good for the body and the soul. Nature journaling takes "observing" one step further because you're physically recording what you see through words and sketches. Yes, you can take a camera with you, but rough sketching a natural object--whether it's bird or a leaf--makes you pay more attention to detail. You don't need an art degree to sketch as long as the drawing means something to you.

We keep a nature journal that has spanned several years. At first it started out as a record to keep track of differ-

ent animals and birds that we saw as the property became more wild. When we realized that a lot of the same birds came back each year, we started looking back in our journal to see when they showed up the year before. We used past years to predict when to expect their arrival in the current year so we could get feeders and housing ready. Amazingly, with the exception of this year--because of the severity of the winter--most birds showed up within a day or two of the time they showed up the past year.

Our nature journal is mostly words, although Robin has sketched in it a few times. Our "12 Acres in Ohio" column is a nature journal based on what we see here on our property along with research and fact-checking on our species articles. Robin would like to spend more time sketching and less time dragging her camera around. Her sketch pad and a few pencils weigh a lot less and are easier to carry around than her bulky

tripod and camera gear! Admittedly, sometimes it's easier to make a sketch later from a photo--especially when the subject is a fast moving bird, flitting through the underbrush and you've managed to snap off one good shot of it sitting perfectly still out in the open. So, camera--or not--the choice is yours.

There are several good reference books available on the subject of keeping a nature journal. Not only are they fun to read, but they also give recommendations for sketch pads and paper, hints and tips on what details to notice when sketching plants or birds and wildlife, and what pencils or pens work best in the field. Two of our favorite references are: *The Art of Field Sketching* by Clare Walker Leslie, and *Keeping A Nature Journal* by Clare Walker Leslie and Charles E. Roth.

You don't need to live in the middle of nowhere to walk outside and enjoy nature. Granted, some places are better--maybe you don't have grass and trees

right around your house--but there are numerous city parks, as well as several fine state and county wildlife areas in this region.

The weather's nice...grab your sketch pad and pick your spot. It's a great day to go out and draw a little sunshine.

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# Calendar of Events

July 2014 – Sandusky County

**July 1 - Oct 5:** Privy to History: Civil War Prison Life Unearthed. Hayes Presidential Center, 8 am, \$7.50 Adults, \$6.50 Seniors. \$3 Kids 6 - 12. Northwest Ohio is home to the only Union Army Civil War prison specifically designed to house captured Confederate officers. This exhibit focuses on additional information learned through archaeological evidence discovered since the 1965 publication of 'Rebels on Lake Erie' - the seminal history of the prison written by Charles E. Frohman. Numerous artifacts recovered from the site in recent years are on display.

**July 3-6:** Jimmy Bukkett's @ Memory Marina (Fremont Ross Athletic Boosters)

**July 3:** Elmore Independence Day Celebration, Depot Park, 353 Ottawa St, Elmore, 5pm, free. Food, entertainment, giant inflatables, duck race on the Portage River, 50/50 drawing and a beer tent, all followed by a spectacular fireworks display starting at dusk. [www.oakharborohio.net/](http://www.oakharborohio.net/)

**July 4:** Independence Day Concert, Hayes Presidential Center, 2pm, free. Take part in a red, white, and BOOM celebration at the home of the nation's first presidential center. Civil War reenactors join the gifted musicians of the Toledo Symphony Concert Band in a rousing concert of patriotic and popular tunes marking Independence Day! [www.r.b.hayes.org](http://www.r.b.hayes.org)

**July 6:** Birchard Park Concert Series, 7p.m. Andrew Dean Concert.

**July 9:** Verandah Concert: Terra Brass Choir, Hayes Presidential Center, 6:45pm, free.

**July 11:** Sandusky County Postive People Fundraiser, Fremont Yacht Club, 6pm, show begins at 8pm. Join the Together band as they host the concert of the summer at the Fremont Yacht Club. Advance tickets are \$15 and are available at Jimmy G's, Sheets Supply and Van Ness's Time Out Sports Bar. 21 and over only please.

**July 11-13:** Jimmy Bukkett's @ Memory Marina (Fremont Area Athletic Foundation)

**July 12:** Bird & Butterfly Walk, Schedel Gardens, Elmore, 10am, \$12 pp or \$10 for Schedel members. Naturalists and local author Ken Kaufman and wife Kim, Executive Director of the Black Swamp Bird Observatory, will share their unparalleled knowledge on a tour of the SA&G. Discover and learn about the birds & butterflies in SA&G's backyard. Fee includes admission to the gardens until 4pm.

**July 12:** Second Saturdays R 4 Kids, Hayes Presidential Center, 11am-3pm, \$7.50 for adults, \$1 kids. Topic: Ohio's Link to the Underground Railroad

**July 13:** Birchard Park Concert Series, 7.m. Wayne Golob Polka Band.

**July 14:** Sandusky County Jail and Dungeon Tour, 622 Croghan St, 5:30 pm, 6pm, 6:30pm & 7pm, admission \$2.

**July 17-20:** Jimmy Bukkett's @ Memory Marina (Clyde Fliers Football Donation)

**July 18:** Great Gardens & "s" Wine! A Pig Roast, Schedel Gardens, Elmore, 6pm-9:30pm, donations of \$50 p/p. A good old fashioned Pig Roast with all the fixin's! Swig & Stella's Restaurants will provide the on-premise smoked pigs and

the Bourbon Street Band will get you out on the floor with their lively rock, rhythm and blues while you enjoy wine tastings from Wine Trends. [www.schedel-gardens.org](http://www.schedel-gardens.org) to purchase tickets or 419-862-3182.

**July 20:** Birchard Park Concert Seriesm, 7 p.m. Swingsters.

**July 23:** Clay Leaf Casting, Trellis Gallery Schedel Gardens, Elmore, 6:30pm, \$15 per person/\$13 for Schedel members. Join Master Gardener, Elaine Mylander and learn to create your own ornamental clay leaf impression. Supplies and leaves will be provided. The gate will open at 5:30pm to tour the gardens and browse the gift shop or plant sale. Reservations required.

**July 23:** Verandah Concert: Honey Creek Preservation Jass Band, Hayes Presidential Center, Fremont, 6:45pm, free.

**July 25-27:** Jimmy Bukkett's @ Memory Marina (Fremont Exchange Club)

**July 26:** General James B. McPherson and the Army of the Tennessee, Clyde High School Auditorium, 1015 Race St, 7:30 - 9pm, free admission - but you need a ticket. Discussion, lecture and questions presented by Dr. Steven E. Woodward, Dept. of History at Texas Christian University. Co-sponsored by Communities for the Arts and the Clyde Public Library. Tickets can be picked up at Clyde-Green Springs Board of Education, Clyde Public Library, Visitors Bureau and Copper Top Bakery in Bellevue. 419-547-0588, [www.communitiesforthearts.org](http://www.communitiesforthearts.org)

**July 27:** Birchard Park Concert Series, 7p.m. Deutschmeister German Band.

**July 28:** Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, 622 Croghan St, Dinner at 6pm, doors open at 5:30pm, \$20. What's better than a dinner theater? A Jailhouse Rock Dinner Theater! Costumed staff will greet you at the door to get your souvenir mug shot before you stand in the chow line for a delicious meal and real jailhouse entertainment! Following dinner, enjoy a tour of the Historic Jail, Dungeon and Gallows Exhibition Hall. Tickets can be purchased at the Visitors Bureau, located at 712 North St, or online [www.sandusky-county.org](http://www.sandusky-county.org)

**July 31:** Evening Guided Tour of the Gardens, Schedel Gardens, 6:30pm, \$15 pp/\$13 for members. Master Gardener, Elaine Mylander will direct a twilight journey of the beautiful 17-acre-graden estate of Joe and Marie Schedel. The tour will include information on plants and trees as well as Schedel history. The 2 hour tour will also include a brief stop by the Schedel Summer Cottage or "Shack".

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# In Your Own Backyard

**There is still time to become a contestant in Fremont's Got Talent!** You could win \$1000 for 1st place, \$600 for 2nd or \$400 for third. Someone under 18 not in the top 3 will win \$300. Send an email to fremontsgottalent@gmail.com or call Ann at 419-307-5578 for details. Competition will be held in Birchard Park on August 3rd starting at noon. (Rain date Aug 10th) FINAL deadline to enter is July 20th!

**Hospice of ProMedica Memorial Hospital hosts Camp Fearless in Fremont:** July 15 – 19, Hospice of ProMedica Memorial Hospital is hosting Camp Fearless Children's Bereavement Camp for children ages 6 – 16 in Fremont. Camp Fearless is a free program of therapeutic activities, arts and crafts and team building for children and adolescents who have experienced the loss of a loved one; it is led by a team of Hospice professionals and trained volunteers. Parents will also be given the opportunity to meet individually with a social worker to discuss the individual needs of the child and family. Lunch and snacks are provided at the camps. The camp will meet in Fremont at Grace Community Church from 9 a.m.-3:30 p.m., with registration at 8:30 a.m. each day. To register or for more info, contact Hospice of ProMedica Memorial Hospital at 419.547.6419

**Gibsonburg Farmers Market in downtown Gibsonburg,** July 5th, at the log yard. 9 am to 12 pm. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. Contact us at gibsonburgfarmersmarket@gmail.com or call 419-637-2257.

**Rock The Dock is getting close and we need more performers for this event.** Bands and single performers are welcome. Call Pontifex 419-333-9667 to set up a time slot. This is a free musical event with free snacks and drinks. It will be outside of Pontifex at 416 West State in Fremont, on the back dock, please bring a chair to sit in. Guest performances by Roimusic and Sakred Grounds. Come share in the fun.

**Village of Lindsey Farmers Market:** 9 am until noon, in the Village Park on Main Street. Open to vendors selling produce, baked goods, crafts, jewelry, etc. Fee for all vendors is only \$5 for unlimited space. For info call 419-665-2045.

**Battle of Fort Stephenson Celebration is offering** 1 hour narrated historic tours that describe the settling of Fremont and the oldest settlement in Sandusky County. Visitors will be treated to a glimpse of the trading post foundation, be able to view artifacts from the site and see the Whittaker's graves. Saturday, Aug. 2, tours at 11, 1, 2, 4pm; bus leaves from the corner of Court and Park

Ave. in Fremont. Tickets are \$5 each and seating is limited to 54 passengers per tour. Tickets may be purchased at the Sandusky County Visitors Bureau located at 712 North Street, or [www.battlefortstephenson.org/home.html](http://www.battlefortstephenson.org/home.html)

**On August 2 & 3, the Battle of Fort Stephenson Celebration** will be held in downtown Fremont. As part of this year's event, the organizers will be hosting a Star Spangled Banner Birthday Party on August 3 at 1pm. There will be a community band and choir performing tunes of the 1812 era as well as the National Anthem. There will be a volley of cannon shots and is aptly named "This Shot's for YOU!". Folks may write a sentiment of 15 words or less that will be read from the stage before the cannon is fired in honor of that party. Shots are \$20 each and are on sale now. Purchase can be made through downloading the online form at: <http://www.battlefortstephenson.org/home.html> or stopping by the Sandusky County Visitors Bureau 712 North Street in Fremont.

**The next Sandusky County Prostate Cancer Support Group** (previously known as Man to Man) meeting will be held July 30th at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. There will be a guest speaker followed by a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860.

**"Quilt Regatta"** on July 18th & July 19th at Peace Lutheran Church, 900 Jefferson St., (across from high school) Port Clinton from 10-5 daily. \$5 admission fee, view 100 quilts, visit vendors, door prizes and demonstrations.

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**Splash-N-Jam:** Sat., July 26th from noon to 4pm at the Fremont Rec Complex on St. Joseph St. Free to the first 250! A fun filled family day with food, games, prizes and inflatable's.

**Douglas Michael Sr., Memorial Golf Scramble** to benefit the Humane Society of Sandusky County on Sat., July 12th at Sycamore Hills. Contact Doug Michael for sign up at 419-332-5716 or email [sycamorehillsgolf@yahoo.com](mailto:sycamorehillsgolf@yahoo.com). Payment at 9 am registration, 4 person teams at \$60 per person, 18 holes with a steak dinner.

**Sandusky County YMCA Summer Day Camps** are going on now though August with fun and creative themes. New this year, the Y has collaborated with the village of Gibsonburg to offer this year's camps at Williams Park. Outdoor camps give our kids new opportunities and new adventures, a recipe for an awesome summer. Registration is going on now at the Y. Week-long camps run from Monday thru Friday, 8:30am to 4pm. For more information, contact Nate at [Natem@frymca.org](mailto:Natem@frymca.org) or call 419-332-9622. Let's get outdoors, see you at camp!

**Back to School Bash at The Church of Jesus Christ of Latter Day Saints,** 801 Smith Rd in Fremont on August 9, 11am-4pm. Games and prizes for kids of all ages, food and drinks, free raffles will also be taking place for 3 book bags full of supplies, one each for elementary level, junior high level and high school level. Three Ross High t-shirts (courtesy of Benchmarks) and giving away school supplies and school uniforms. Donations will also be accepted on the day of the event. Contact Mashelle Robinson @ 419-680-5411.

**AN APPLE A DAY . . . Ladies,** you are invited to a luncheon and program with Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Tues., July 8, 11 am-12:30 pm, cost \$12/incl. Our Feature will be Annette Overmyer with Golden Threads, Promedica Memorial Hospital. Speaker is Letitia Hicks, Stoutsville. Her subject is "Change Happens". Rule #1 – Plan well, Rule #2 – Have a back-up plan Rule #3 – Be flexible. For luncheon and free child care, please call by July 3rd – Donna 419-680-2251 or email [Carrol@fawcluncheon@gmail.com](mailto:Carrol@fawcluncheon@gmail.com)

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# Helen Marketti's Music Corner

Gavin George



*On Tuesday, August 12, eleven-year-old pianist, Gavin George will be playing with the Lakeside Symphony Orchestra at Hoover Auditorium.*

Gavin George has a gifted talent for playing classical music on the piano. Early signs of piano playing began when he was 3 ½ years old. Since then, Gavin has already achieved quite an extensive background. He has performed at Carnegie Hall (New York City), appeared on The Early Show, the Queen Latifah Show and played at Severance Hall (Cleveland). "It's wonderful to see your child excel at something he is interested in," said Gavin's mother, Mary. "Gavin started playing on a Baby Grand piano that my brother had brought from Colorado once my nephew was through using it. I felt that Gavin needed enrichment to keep him challenged and motivated. He was two years old when he started reading Kindergarten level books."

Mary continues, "My husband gave me a DVD of music by Andre Rieu for Christmas around the time Gavin was two years old. The DVD is two hours long and Gavin watched it repeatedly, often accompanying the video or conducting. He loved it. He used to listen to the cartoon music of Tom and Jerry and then copy the music on the piano. He started to read music by the time he was four years old and before then was

playing by ear. At first, I questioned if this was OK for him to do, this intensity. As long as he enjoys what he is doing, we support him."

Gavin is from the Columbus area. His grandparents, Mary and Harold George live in Catawba, so there is a local family connection. They are very proud of Gavin and his accomplishments.

Gavin has a younger brother, Max who is eight years old and also a very talented piano player although their styles are different. They improvise songs together and take turns to play their pieces. They both are Star Wars fans, too!

There have been three different piano instructors over the years who have worked with Gavin. He seemed to master what each had to teach him and they would refer him to another instructor. His latest instructor is Antonio Pompa-Baldi who is a Distinguished Professor of Piano at the Cleveland Institute of Music. Gavin receives extensive lessons from Professor Pompa-Baldi twice a month in Cleveland.

Gavin and his brother, Max are home schooled. The daily schedule includes piano practice, which is split up in sessions throughout the day. Gavin averages a total of three hours of practice each day.

After speaking with Gavin for a brief time, one gets the sense of a young man who is very thoughtful and articulate as he conveys his thoughts about music.

"When I play the piano, I really get into it because it evokes such strong emotions in me and makes other people happy to hear me play. It's a win-win situation," said Gavin. "It depends on what mood I am in when I listen to music. Sometimes I like listening to Tchaikovsky, Chopin or Beethoven. I like listening to all of their styles. I also like Jazz music."

Gavin is looking forward to playing with the Lakeside Symphony Orchestra on August 12 where he will have a solo performance. "I will be playing Mendelssohn's First Piano Concerto. I am looking forward to playing with the orchestra. One day when I am an adult, I really hope to become a concert pianist." Gavin George is well on his way to achieving his dreams.



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Summer is finally here and I am really enjoying it! Grilling dinner out, enjoying a fire at night, and star gazing while around a fire can't be beat. It has been so long since I have had a summer off from working a job that I am really taking this all in. It has made me realize what relaxing and enjoying being home is about. The warmer weather and sunshine actually energizes me to be outside working around the yard. My job is watering the outside flowers, then sweeping the sidewalks and patio, because something keeps throwing the mulch out of the landscaping! Working in the yard is so wonderful after that brutal winter we had, the sunshine and warmth feel so good, but of course I will soon forget that feeling when the hot humid weather sets in. I will be wanting to head for the air-conditioned house and not staying outside past noon.

We planted a garden this year, the first here at this house and boy do we have plants. Lots of tomatoes, three or four different kinds of peppers ranging from bell to cayenne, then brussel sprouts, a couple squashes, cucumbers and more. My hubby has a green thumb and grew up in a home that had a huge garden every year and a Mom who taught him a lot. There was also lots of canning going on in that family, and I foresee some canning going on for us this year. I don't think it will be as much as when he helped his Mom, but enough to preserve what we can't eat or share.

With the summer heat we do a lot of grilling out, keep that heat out of the kitchen is my motto, and in the past we have done a lot of meat and vegetables, but this year I have been seeing a lot of magazines talking about and sharing recipes for salads and desserts made on the grill. So I decided to check it out, I picked up leaf, bib, and romaine lettuces. For dessert I am going to try pineapples, pears, and apples because I have read they are solid, and sturdy fleshed fruits that require the least attention. Once I have mastered those I also want to try peaches and plums, even though they are a little softer. If I keep an eye

on them I hope they won't get squishy. Hopefully by the time they are in our local farm markets I will have learned a lot from the solid fruits. I am going to try grilling my fruit two ways, first the fruit directly on the grill grates, and then second in foil packets to see which I like the best. Here are a couple recipes to try along with me. Let me know if you had to make any changes and I will do the same next month. Enjoy!

## Grilled Greens: Bib, Leaf, and Romaine Lettuce

Olive Oil as needed, salt and pepper

I peeled down the outer leaves until I got down to the tight bunch, you will know when it is right. Leave the stem intact no matter how many you peel off. The leaves I peeled off I use for sandwiches, garnish, and chop to add to the grilled greens.

Brush the outside with olive oil and season with salt and pepper or any seasoning you would like.

Heat your grill to a medium heat and place greens directly on grill, grill until grill marks appear, turn over and do the same until grill marks all around, but do not wilt to much. Let cool, chop and add any toppings and the dressing you would like.

## Glazing Sauce for sliced Fruit:

4 tablespoons butter melted

1/4 cup light brown sugar

1/4 teaspoon each cinnamon and vanilla extract

Optional - a splash of rum, dark rum, or bourbon

## Recipe One - Direct Grilling

Preheat a section of your grill to a low medium heat. Peel and slice fruit 1/2 to 3/4 inch slices. Brush fruit with glaze and place on grill. Grill basting with glaze until fruit has grill marks and is heated through.

## Recipe Two - Packet Grilling

Preheat Grill to medium heat. Using foil sheets place fruit that has been cut in large chunks in middle of foil. Add the glaze and toss. Cook until fruit is soft and golden, about 15 to 20 minutes.

Tip: small fruit like berries leave whole, medium fruit like peaches, plums cut in half, and large like pineapple quartered or cut into large chunks.

Contact me at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com) with comments, questions, suggestions, and your recipes.

Also, I have another request, I had a woman call me awhile back and gave me a recipe she fixes to take out to the fields for her family to eat during planting and harvesting seasons. If she would contact me again I would appreciate it as I can't find that recipe. I think it might have gotten misplaced during our move! I can remember the recipe sounding so good and want to share it with everyone.



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DEAR MAYO CLINIC: I'm a 50-year-old woman recently diagnosed with scleroderma. What causes it, and can anything stop its progression? What medications are available, and at what point should I begin taking medication?

A): Scleroderma is a disease that causes the body's connective tissue and skin to harden and tighten. In some cases, only the skin is involved. But the disease can also damage other organs, including the kidneys, lungs, digestive tract and heart. The cause of scleroderma is unclear. Depending on the organs involved, medication may effectively slow or stop the disease's progression.

Scleroderma results from an overproduction of collagen in body tissues. Collagen is a fibrous type of protein that makes up your body's connective tissues, including your skin. Connective tissues are the fibers that provide the framework and support for your body.

It is not known what triggers the abnormal collagen production that leads to scleroderma, although the body's immune system appears to play a role. Scleroderma can run in families, but in most cases it occurs without any known family tendency for the disease.

Scleroderma can produce a variety of symptoms, depending on which organs it affects. One common symptom of scleroderma is a heightened response to cold temperatures or to emotional distress. This condition, known as Raynaud's episode, causes blood vessels in the hands and feet to constrict. That leads to transient numbness, pain or color changes in the fingers or toes. Scleroderma can also cause persistent skin changes, such as swollen fingers and hands; thickened patches of skin, particularly on the fingers; and tight skin around the hands, face or mouth.

As a progressive disease, scleroderma typically gets worse over time. Currently, no known cure will halt the overproduction of collagen.

A variety of medications are available that may be able to control the symptoms of scleroderma. For example, angiotensin-converting enzyme, or ACE, inhibitors can be used to help relax and open blood vessels, thus relieving some kidney problems associated with scleroderma. Calcium channel blockers may decrease the symptoms of Raynaud's episodes. Several other drugs are being studied to learn if they may stop the lung inflammation that can be caused by this disease.

Treating the skin symptoms of scleroderma can be a challenge, but you can take steps that may help. Protecting yourself from cold can lower your risk of Raynaud's episodes. When you're outside in the cold, cover your face and head and wear layers of warm clothing.

Staying active can help, exercise keeps your body flexible, improves circulation and relieves stiffness. Range-of-motion exercises can help keep your skin and joints flexible. Finally, don't smoke. Nicotine causes blood vessels to constrict further and that can make symptoms of scleroderma worse.

A variety of other treatments - such as stem cell transplants, the medication paclitaxel and a group of drugs known as cytokine blockers - are under investigation to see if they may be effective in reducing skin symptoms of scleroderma. Discuss with your doctor the best timing of treatment. In many cases, the earlier treatment begins after symptoms appear, the more effective it is in managing scleroderma. - Thomas Osborn, M.D., Rheumatology, Mayo Clinic, Rochester, Minn.

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## ProMedica Memorial Hospital to offer low cost lung cancer screening

Lung cancer is the leading cause of cancer related deaths in the United States, resulting in nearly 160,000 deaths each year. Lung cancer kills more people each year than breast, colon, and prostate cancer, despite the fact that there are well established screening programs for these three cancers. Fortunately, studies have recently shown that lung cancer screening with the use of low-dose CT "CAT scan" results in early detection of lung cancer and therefore a significant reduction in lung cancer related deaths.

ProMedica Memorial Hospital is one of the first facilities in the area to offer lung cancer screening, which is a test performed using low-dose CT technology.

People at high risk for lung cancer include individuals between the ages of 50 - 74 who have smoked a pack of cigarettes a day for over 20 years. This includes people who still smoke or have quit within the past 15 years. Although age and a personal history of smoking are the most common risk factors for lung cancer, other risk factors include a prior history of a different cancer, emphysema, lung fibrosis, a family history of lung cancer, or exposure to certain substances (including asbestos, beryllium, or arsenic, to name a few).



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## Wrangling cats need to start over building a good relationship

**Q:** Nigella was born under our shed. I took her in when she was about 8 months old. Our 15-year-old cat is not happy about that. The cats have had vicious fights, so I've had to lock up one in our playroom, especially at night. Unfortunately, when we lock up Luna she pees on a table or on the floor. Sometimes, she just doesn't use one of our two litter boxes. Spraying her with water for doing this hasn't helped. The veterinarian says there's no medical explanation for this behavior. Any advice? We're desperate. - S.G.

**A:** The fact that Nigella and Luna don't get along seems to be at the bottom of all this. While there's no mention of how you introduced the cats in the first place, Dr. Brian Holub, Winn Feline Foundation Board Member and Science Advisor, and Chief Medical Officer of Vet Cor, a national family of veterinary hospitals, suggests you start all over and separate the cats.

"To do this effectively, they'll be a part for several months," he says. Since Luna was there first, it's best to keep Nigella in a separate room, or the basement. Do visit and play with Nigella often, and make sure both cats have interesting environments with lots of toys.

Take something each cat has slept on and place it near the other cat's food dish (first maybe 6 feet away), gradually moving it closer. Use Feliway diffusers, which emit a copy of a calming pheromone which only cats can detect. Also, ask your veterinarian about a diet from Royal Canin called CALM, which does exactly what the name implies.

To stack the odds even more in your favor, ask your veterinarian about fluoxetine (Prozac) to help calm the aggressor. Fluoxetine for dogs is sold as Reconcile, and can be used for cats - a good idea since this chewable pill tastes and smells like liver. Speaking of

which, Holub says spraying Luna with water just causes more anxiety, and does not communicate what you DO want Luna to do.

When your world has calmed down, put up a double-baby gate or screen door at the entrance to the special room Nigella calls home, and let the cats greet one another as they wish. Don't push it. However, when they come to the gate/door and act civil toward each other, reward both with tuna or salmon. Over time, they'll discover when they act friendly they get an amazing treat.

"When they do finally come together, having three litter boxes is a better plan than two boxes, and scoop at least once daily," Holub adds.

**Q:** My 9-year-old cat was just diagnosed with diabetes. Can this disease be regulated only with diet? - C.V.C

**A:** "It depends," says Dr. Vicki Thayer, president of the Winn Feline Foundation and a cat veterinarian

based in Lebanon, WA. "Some cats can manage without the insulin, and with a high-protein and low-carb diet, combined with weight loss, the diabetes goes into remission. Other cats absolutely do require insulin. Still, though with management of diet and weight, those cats (on insulin) may sometimes go into remission as well and no longer require insulin."

(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 Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve.dale.tv. Include your name, city and state.)

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## Parents can help teens deal with stress

If you have a teenager, you've probably heard the words, "I'm stressed out!" on a regular basis. I don't remember ever saying this as a teen, but I'm sure there must have been some version of that saying in the air, although stress wasn't much of an issue when I was growing up.

Our society, as a whole, is much more stressful (I think both real and perceived) today, and parents often utter the same words. But while the teenage years are sometimes difficult, and may be stressful at times, they should also be filled with friends, fun and downtime. There should be "lazy" days to fill up with "whatever."

But when I talk to my adolescent patients, most tell me quite the contrary. They're always worried about grades, and start discussing SAT and ACT tests long before high school. Most have nearly every waking hour filled with school commitments (and crazy competitive class schedules), extra-curricular activities, homework, private lessons and part-time jobs.

Many teens are getting too little sleep (do yours get the recommended 8 hours per night?), have poor nutrition, and spend too much time on the Internet.

Stressed teens report difficulty falling asleep (or staying asleep), which may lead to further problems with concentration and mood. I see many high school students who are convinced they have ADHD, even though they've never had such issues before. Suddenly, say they can't focus, which may be exacerbated by lack of sleep.

Trying to get them to believe what I tell them is not always easy! For example, a teen may not always

see "eating junk food" as poor nutrition. Their brains need protein, vegetable and fruits to keep functioning at warp speed, yet skipping meals is quite common.

Stress can often be reduced by parental involvement in setting a teen's daily schedule. I don't mean you should tell your teen what to do all the time. But the security that comes from knowing that breakfast will be served every day, that dinner will be a family meal, and that there's a set "bedtime" when the computer and phone must go dark can ease the tension in a teen's life.

Having parents willing to sit down and help a teenager see their way through a stressful event or provide wisdom or perspective also helps control anxiety. And try to strike a balance between "not being involved" but "being available." Of course, that's sometimes easier said than done!

Stress will always be part of life, but teenagers should not perceive that their life is filled with constant tension. They have plenty of time for that once they become parents, right?

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

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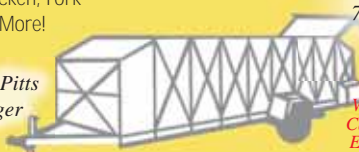
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