

2000's Lifestyles

Free

Vol. 16 Issue 7

July 2015



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Lifestyles 2000

July 15



Vol. 17 • Issue 7

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NEWS & NOTES:

Camp Fire News.....	7
Winner, Winner, Chicken Dinner	10
Local Volunteer Opportunities	10

ENTERTAINMENT:

SCPD Events.....	4
Helen Marketti's Music Corner: Start Me Up.....	5
Farm Market Fun, Kelsey Nevius	9
In Your Own Backyard.....	11
Omarr's Astrological Forecast, Jeraldine Saunders	12
Jumble Puzzle	12
Boggle Puzzle.....	13
Sandusky County Calendar	14
Video View, Jay Bobbin	19

IT'S YOUR BUSINESS:

Jill on Money, Jill Schlesinger	3
---------------------------------------	---

HEALTHY LIVING:

Goodwill Wellness Program	8
Half a Century of Help with Medicare	13
The Kid's Doctor, Sue Hubbard, M.D.	16
Mayo Clinic	16

HOME & HEARTH:

"Grate" Treats and Eats, Chris Timko-Grate	6
Out to Lunch: Cocina de Carlos, Lynn Urban	6
Happiness Resides in All of Us, Robert Morton, M.Ed.,Ed.S.....	7
New Shelter, New Goals, Joanne McDowell	8
My Mother's Recipes, Joanne McDowell	14
12 Acres in Ohio, Robin Arnold/Gena Husman	15
Timing is the Key to Successful Pruning, Sean Conway.....	17
Pet World, Steve Dale.....	18
Kiss-Me-Over-The-Garden-Gate, Grace Sidell.....	19

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Jill on Money:

By Jill Schlesinger

What men and women can learn from each other about investing

In the category of Not Breaking News, here's a headline to consider: Men and women are different in their approaches to managing money. (Before some of you write in and tell me that you and/or your spouse or partner do not fit the classic descriptions, what I am about to discuss is based on surveys and doesn't pertain to all!)

Women tend to view money "holistically, emotionally," writes New York Times writer M.P. Dunleavy. According to her review of gender-specific investment data over the past five years, women's approach to money focuses on long-term saving, while men are all about transactions and performance.

When it comes to investing, a study conducted in the 1990's found that men are more over-confident than women. That may seem like a good trait, but researchers found "that men trade 45 percent more than women." More trading increases your chance of losing, and it racks up transaction fees, which can lower portfolio returns. "Trading reduces men's net returns by 2.65 percentage points a year as opposed to 1.72 percentage points for women," the study found. In other words, men's investment performance was about 1 percent worse than that of women.

That research was conducted 20 years ago, when trading costs were higher. So has the differential narrowed? Not really. A study conducted by the portfolio platform SigFig concurred with the older data. In an examination of 750,000 portfolios in 2014, which anonymized for gender, netted out fees and included dividends, the results were clear: Women investors earned an average of 4.7 percent for the year and men earned 4.1 percent. (The S&P 500 index increased by 11.4 percent in 2014, excluding dividends, so both genders were likely utilizing balanced portfolios.) That differential may not seem like a lot, but "with \$100,000 to invest and assuming this performance trend continued for 30 years, a woman would earn \$58,000 more than a man," the study concluded.

Despite their underperformance versus both the benchmark and their female peers, men were 1.5 times more confident that they would beat the market in 2015. At least they're consistent! The big lesson men can learn from women is to slow down on the trading - it really takes a bite out of your bottom line!

Men should also borrow a page from women when it comes to retirement planning. According to a study by Prudential, "With a longer life expectancy, women generally assign higher levels of importance to long-term financial goals than men." Because of that big picture approach, women tend to be better savers than men.

A Fidelity study found that while women typically earn two-thirds of what men do, and their retirement balances are smaller on average, they actually save more of their income: 8.3% versus 7.9% for men. Again, small percentages can add up - if you earn \$50,000, the 0.4 percent equals \$200 more per year, every year, than men.

So what can women learn from men? A Vanguard study found that women can be more risk-averse than men - which can be good, but not in the extreme, especially for younger women. SigFig found that women tend to own more expensive funds than men, so they are throwing away money on an annual basis. Perhaps most importantly, women need to embrace their abilities to manage money and trust themselves.

Senior BINGO Bunch

Join Senior Bingo Bunch *July 17 from 1:30 pm - 3:30 pm*. We meet at Clyde Gardens Place the 3rd Friday of every month. Lunch will be provided and cash prizes will be awarded! RSVP to Christine at 419-547-7746 by July 15th.

Summer Concert Series

This summer, join us in the parking lot to hear a variety of musicians that will get your toes tapping and fingers snapping!



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July 23—Classic Trendz

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All concerts are from 6-7 pm. and will be followed with ice cream sundaes and tours. Bring your own lawn chair. If there is bad weather, the event will be held inside.

Lifestyles 2000

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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

I love getting mail, and I especially appreciate all the wonderful congratulations for our celebrating sixteen years. What is really great fun is reading the Find Pete entries from the children who weren't even alive when we published our first issue in 1999!

Thanks for being a reader, we hope you enjoy each issue as much as we enjoy bringing it into your homes. Please remember to thank our advertisers.

Have a great month and celebrate America and our independence.

God bless America!

Joanne



We thought "Pete" was easy to find but apparently you thought otherwise! We had 100 correct entries, and 40 incorrect. Pete was in the Old Fort Market ad in June.

Find Pete Winners

Winners are: James Tooman, Judy Sevitts, Barbara Behrendsen, Benett Ebert (age 7!) Brianna Boskovich (age 10) Fremont; Brooke Frank, Jamie Ruffing, Bellevue; Berta Seymour, Oak Harbor; Robert Faber, Kansas; Ray Fruth, Tiffin; Mariann Hovis, Risingsun; Carol Watson, Theresa Chagnon, Clyde; Steve Wetzal, Elmore.

Miller Boat Line tickets to Tim Reed, Patti Saam and Bob Wells of Fremont; Annette Mavros of Clyde and Brenda Wagner of Gibsonburg are winners of the African Safari pass for six! In total almost \$400 in prizes.

Find Pete Prizes

Prizes are from Jenesis Salon, Pond Builders, Dairy Queen West, Family Dental, Fremont. The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry. Mention "Celebrating 16 Years" to be eligible for a pass to African Safari for 6 or Miller Boat Line tickets.

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

SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JULY:

All programs require pre-registration at www.lovemyparks.com or 419-334-4495

Becoming Kaya (American Girl) July 6, 13, 20 & 27; 4-6pm, White Star Park: Log Cabin. Each week we will read a chapter from the American Girl series and follow with an activity from the book. Attendance at all four sessions is recommended for the best experience. For ages 6 to 12 years.

Insect Investigations: July 8; 7:30-9pm, White Star Park Barn. North America is home to 90,000 different species-we'll keep track of how many species we find, observe their feeding habits and discuss their life cycles.

Beach Party: July 9; 2-6pm, White Star Park Quarry. There is no admission for the beach for the entire day! In the evening watch "Pirates of the Caribbean: Curse of the Black Pearl". FREE beach admission. No registration required. Movies start at dark.

Winous Point Shorebirds & Tour: July 11 or 18; 7am-noon. Meet at Countryside Park Main Office. Learn about bird banding research in a wetland area and visit the oldest duck club in North America. Dress for the weather, must be age 13 plus.

Hike the Bike: July 13; 4:30-6pm, North Coast Inland Trail-Birchard Park. Calling all hikers, our goal is to hike all 26 miles of the North Coast Inland Trail. We have incentives & free gifts to keep you motivated.

Stream Quality Monitoring: July 16; 6:30-8:30pm, Wolf Creek Park Canoe Launch. An important indicator of our

environment's health is water quality, which can be determined by surveying the creatures that live in the river. We will be walking into the Sandusky River, dress to get wet. No open-toed shoes. A change of clothes and a towel are suggested.

Puddle Jumpers: Fantastic Fireflies: July 21; 8-9pm, Creek Bend Farm: Wilson Nature Center. Bring a net and bug box or use one of ours as we walk the trail in search of fireflies. For children 2-5 years.

Tree Hugger: Night Adventure: July 21; 8-9pm; Creek Bend Farm: Wilson Nature Center. Adventure out at sunset to see what kinds of critters we can find! For children 6-10 years.

Senior Stroll: July 22; 6-7pm, White Star Park; Trail by the Tracks. For seniors who want a little bit of exercise and a little bit of nature, join us as we walk the trails, learning as we go.

Scavenger Hunt: July 24; 5-7pm, White Star Quarry. Twist on the familiar-this is a scavenger hunt about scavengers! Follow the clues, take some pictures and learn more about nature's "clean-up crew". A scavenger-style snack will be provided.

Hands-on Science: Fish Traps: July 26; 2-3pm, Creek Bend Farm: Wilson Nature Center

Hike the Bike: July 27; 4:30-6pm, North Coast Inland Trail-Walter Avenue.

Rug Braiding: July 29; 6-7pm, White Star Park Log Cabin. Learn the lost art of rug braiding under the shade of the old maple tree. Bring a yard of cotton material, scissors, needle and thread.

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Helen Marketti's Music Corner

Start Me Up - The Ultimate Rolling Stone Tribute



Start Me Up will be doing a show at Jimmy Bukkett's in Fremont on August 29.

Joey Ortega better known as "Joey O" is the lead guitar player for Start Me Up - The Ultimate Rolling Stones Tribute. Joey shares the history of the band, fond memories of their friend and former lead singer, Scott Gast and his hopes for the band's future.

There are many tribute bands for various artists. They offer a way for fans to see as close to the "real deal" as possible. Some tribute bands are spot on in their portrayal of a band whereas others seem to wane in their efforts. "You have to focus on the essence of who the band is or was, that's what we try to capture in Start Me Up," explains Joey. "We try to do a big representation of the Stones from their early days when Brian Jones was with the band, then when Mick Taylor was a part of the group and up to and including Ronnie Wood. I think their glory days were the late 60s and early 70s. Another good thing about The Stones is that you have 50 years of material."

"I formed the group with Scott Gast and Paul Letherer. I have known Paul since

we were kids. I had known Scott since he was a teenager," explains Joey. "Scott and I had a mutual friend in Sandusky, Randy Porter who had a recording studio. Randy had introduced me to Scott who was still in high school at the time. I went to see Scott when he got his band, The CoCoBeanOs going. I had encouraged him to go out there and play a million gigs, pay his dues. I saw something in him that was special. He was a diamond in the rough. He had all of the passion, the genuine love and interest in music."

In the early morning hours of November 2, 2014, Scott Gast passed away in a one-vehicle accident. While his loss is felt through everyone who knew and loved him, his ambition to do what he wanted for himself should serve as a positive influence to others. Music was a significant and meaningful focus in Scott's life. He always took himself to the next level of where he wanted to be in his career.

"One of the great things about Scott; he was very humble and kind to everyone. He had the talent and the right personality. He was perfect for our band. He was a complete rock star on stage. I couldn't be more proud of him and what we accomplished," said Joey. "The rest of us in the band were at least 20 years older than Scott. We looked upon him as our friend and little brother."

The crowds grew louder and larger with each show that Start Me Up performed. Their first show in Alpena, Michigan drew 2,500 fans. Their last show in Honduras drew 100,000 fans with numbers continually growing.

"We started out rehearsing in Scott's basement in Castalia, Ohio six years ago to performing in front of thousands of people. Those kinds of crowds are what Scott was looking for and I'm glad our band pro-

vided an opportunity for him to get a taste of what that was like. I sometimes felt he thought he was never going to get in front of crowds that large. I remember him once telling me he would watch film footage of The Beatles. He loved how the hysteria followed the band everywhere they went. Scott said he had hoped to achieve that one day," recalls Joey. "He did so with Start Me Up which Scott would acknowledge over and over. He had the talent. He had the "it" factor."

During the days, weeks and months that followed Scott's passing, Joey wasn't sure he could go on playing guitar. "I stayed home for days at a time after hearing the news and just wept. I couldn't function. It seemed so impossible to believe that he was gone," said Joey. "One day my wife, Donna told me that I had to get myself going again. Gradually, I came to realize that this was a band Scott had helped create and build. It would be a disappointment to him if we let it fold so we have kept going because it's the right thing to do and what he would have wanted. We continue on in Scott's honor."

The show scheduled in Wooster on July 24 has special significance, as it is one of the last two shows that Scott booked for the band. The other show is on August 29 at Jimmy Bukkett's in Fremont, Ohio.

The current line up of Start Me Up includes Joey on lead guitar, Bob Wotherspoon (vocals), Paul Letherer (drums), Sean McKinney (rhythm guitar) and Jess Mann (bass). "Our current line up is going well," said Joey. "After Scott passed our band mate, Jeff who had played "Keith Richards" left the group. It was too difficult for him to go on without Scott in the band. It came as a shock because we were counting on everyone to support each other but we understood."



"Bob who plays "Mick Jagger" is someone we have known for a long time and he does look like Mick!" (laughs)

Wherever they may travel and play, Scott is in their hearts. "One big thing I have learned from knowing him is that you have to prioritize what is important in your life. There is a lesson for everyone here. Focus on what you want to do with your life. Everything else is a distraction. Scott tried hard to please everyone. When he focused on himself, he was absolutely awesome. We are looking forward to celebrating Scott's life and our love of music. I can't say enough great things about the guy. He was one in a billion." For more information: www.startmeuprollingstonetribute.com




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We sure have had some nice weather so far this summer, although there has been lots of rain and humidity, but over all it hasn't been that bad. It sure beats those harsh wind and snow days in winter! Sure hope it continues for a long time cause I'm am ready to put my sweatshirts and winter jammies away for the summer for good, to many cool nights yet!

The garden is planted and all the flowers are potted and placed or planted, the yard looks great! Everyone takes care of their yards; some have planted flowers and others have them potted and placed around yards, porch and patios. It all looks very summery.

With it being summer time the grill is in use a lot, especially those hot humid days, none of us like cooking inside when it is hot, we don't want any extra heat in the house. I found these recipes in one of my favorite Cookbooks "America's Best Recipes". Recipes from all over the country and it is one of one of my "go to" books because I know so far all the recipes are good. Enjoy!

Corn Slaw

- ½ cup sour cream
- ½ cup mayonnaise (not miracle whip)
- ¼ cup sugar
- ¼ cup white vinegar
- Salt and pepper to taste
- *1 (16 ounce) whole kernel corn, drained
- 3 to 4 carrots, peeled and chopped
- 1 green pepper, seeded and chopped
- 1 small onion, chopped

Combine first five ingredients in a large bowl; stir well. Add vegetables; toss gently. Cover and chill 2 hours. Use a slotted spoon to serve slaw. Yield: 6 servings

*Instead of can corn used 2 to 3 ears of fresh corn, depending on size, and grill on the grill until cooked and scored.

Pork, Corn, and Tomato en Brochette with Hot Red Pepper Marinade

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 2 green onions, chopped
- 1 shallot minced
- 4 cloves garlic, minced*
- ½ teaspoon salt
- 2 teaspoons dried whole oregano, crushed
- 1 ½ tablespoon crushed red pepper
- Freshly ground pepper to taste

- 1 ½ pounds pork tenderloin, not pork loin, cut into 1 inch cubes
- 6 ears fresh corn - husked
- 16 cherry tomatoes - washed

Combine first 9 ingredients, stir well. Add pork, and stir well. Cover and marinate in refrigerator 4 hours. Slice each ear of corn into 4 pieces. Remove meat from marinade, reserving marinade. Alternate meat, corn, and tomatoes on eight 12- inch metal skewers. Grill kabobs 6 inches from medium coals or medium heat on gas grill, 30 minutes or until done, turning and basting frequently with marinade. 6 servings (discard any leftover marinade).

*I like using the already minced garlic you can find in the grocery store. It stores well and 1/2 teaspoon to one teaspoon is usually the same as one whole clove of garlic.

Contact me at ChrisTimkoGrate@roadrunner.com with any questions, comments and recipes of your own!

Cocina De Carlos

If you like great Mexican Food, I've found a place that serves authentic Mexican food using only the freshest ingredients, nothing frozen [except the Margaritas], and everything is made from scratch. It's called Cocina De Carlos, on Route 20 in Perrysburg, right behind the Kroger store.



The owner, Carlos Mendez is originally from Mexico. The food is very good and service is excellent. If you happen to go for lunch, they serve a loaded buffet, filled with all the fixings for tacos, fajitas, and taco salad. Also on the buffet are tamales, quesadillas and deserts. The buffet serves from 11:00-2:00 daily, \$8:00 weekdays and \$10.00 weekends. Kids under 10, \$4:00. It is a great deal!

The lunch menu also features items from \$4:00- \$8:00. The dinner menu is loaded with several varieties of Fajitas, Burritos, Enchiladas and Gourmet Tacos, along with several specialty dishes, with chicken, steak, and shrimp, with reasonable prices. A specialty that actually made it on a Toledo News segment is the Pineapple Don Charley. It's a half of a ripe pineapple grilled and filled with grilled mushrooms, onions, pineapple and your choice of chicken, steak or shrimp and melted cheese. It's a favorite among the customers. It runs \$15-\$17 depending on the meat you choose.

Of course, there is a large variety of margaritas, including a skinny margarita, which is light on sugar and alcohol, but has the same great flavor. And of course the Mexican desserts; fried ice cream, caramel apple skillet, and flan, a Mexican custard, that was delicious.

Look for them on the web www.cocinadecarlos.com for their complete menu and directions.



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Happiness resides in all of us

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

Happiness levels in America have remained stagnant over the past 50 years while our living standards have risen. Are we forgetting that we all possess the ingredients for happiness? Even though scientists continually search for a genetic link to suggest some may embody a greater propensity for happiness than others, the fact remains that joyfulness resides in each of us. If your DNA threads lead to a propensity for downheartedness, than you will simply have to burrow deeper to unearth the happiness within. It's there, waiting for you to unearth it!

In 36 years of counseling youth and adults, I've witnessed happiness or glumness dwelling within both the healthy and ailing, rich and penniless, smart and dull, and handsome and ugly. The happier clients discovered that happiness must be learned and practiced daily or it will wither away. They took responsibility for their own contentment and didn't allow politics, the government, their boss, social attackers and gossip, or a myriad of other external events to upset them for very long.

People who remain in high spirits perform to the best of their abilities on the home front, in the community, and at the office or shop. They deliver more than what life pays them to do and often reach beyond their own selfish needs to extend small courtesies that inspirit the lives of others. They dream dreams, set worthy goals, remain committed to paying the price to achieve them, and enjoy the gallant journey toward reaching them.

Regardless of your genetic weavings, past experiences or current situation, you possess the ingredients for happiness. Your road to happiness must be an active process that's practiced each day. Life doesn't devote itself to making you happy, so by design it is the manner in which you travel through life that makes you so. If you passively sit back and wait for happiness to arrive, you will never encounter it...even if it knocks on your door, which it rarely does.

The happiest people I've met laugh through life's little irritations, regardless of their circumstances or genetic make-up. Zig Ziglar wrote about a man who bought a lemon of a used car and drove it back onto the used car lot a week later and said to the upbeat and persuasive salesman, "Could you please tell me about this car again? Sometimes I get so discouraged with it!"

Yes, disappointing things will happen to you and fairness, peace and justice will not always go your way, so you need to be encouraged... like Zig Ziglar. Happiness is not the absence of problems- it's how you deal with them. You will only be as happy as you make up your mind to be, so don't allow traumatic life events or ill-humored DNA strands inherited from your ancestors to rob you of the power to discover your good side. Don't travel through life with the gusto of the cruise director on the Titanic...you can choose not to.

I know you can, because I've counseled many people who have found happiness despite past upsets and current injustices. Traumatic events licked the red off their candy canes, but they discovered the free, miracle drug which has no bad side effects...laughter! They didn't purchase it at the local pharmacy, but unearthed it from deep inside themselves.

It's a researched fact. Laughter can ease pain, banish tension and worry, and liberate cloudy minds to think more clearly. You can "condition" yourself to laugh at life...and to be happy. Begin the journey!

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He is author of the book "Finding Happiness in America."

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.



In June we held our "Day Camp Session 1" and it was a great success. The children were able to experience many different skills all while making some new friendships.

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 as well as emergency drills. We also cover behavior management for children.

We are excited that both the Sandusky County Parks Department and OSS Joint Solid Waste Management returned again this year to provide educational programs. 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 or like us on facebook for details on upcoming events. Remember Camp Fire starts its club programs back up in September!

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New Shelter, New Goals

By Joanne McDowell

Once in a great while you encounter a miracle, and that is exactly what has happened in Sandusky County for our abused, neglected and homeless pets. Two years ago Dr. Michael Morkywas and his wife, Christine, paid our shelter a visit. They were overwhelmed at our conditions; cats and dogs everywhere, no isolation, no quarantine or storage space, cats caged in the treatment area with dogs, and an overworked staff!



Our building was purchased in 2001 thanks to the kindness of Art Lipstraw who passed away in 1999. Prior to that, Sandusky County had not had an animal shelter in fifty years. Our current building is the former Fremont Animal Hospital, a building that served for many years as a veterinary clinic and was not built to house two hundred animals.

Within a month the Morkywas family had made a commitment to build a new facility in our community, all we had to do was find land. Finding land was a difficult problem, we needed at least two acres that was zoned, or could be zoned, for an animal shelter. It took a year of searching to find the perfect place, North River Road in Fremont, right off the Route 20 bypass. Luckily it was over two acres, plus it is a central location in our county. Again, the family came to the Humane Society's aid and purchased the land.

Now two years later the plans have been sent to the state for final approval and a groundbreaking ceremony will take place in early July. We can never appreciate enough the efforts of these giving people who have a large heart for animals, but our work does not stop now, we have to maintain and staff this facility and continue to care for these dogs and cats—that is where you come in! The new shelter will need cat cages, a commercial washer and dryer (an average of 6 to 10 loads a day), additional furniture, refrigerators for medication, fencing, a sprinkler system, fencing (so our dogs can run and play) and much more.

One of our first ongoing fundraisers is to give you an opportunity to name a piece of the building in your honor, or the memory of a pet or loved one. You choose what goes on your plaque. Since we have so many naming opportunities I will list a few here. We are aware that not everyone has the means to donate so we have tried to make it possible for as many of you as we can. We appreciate the generosity of our benefactors but we cannot expect them to continue to support this wonderful gift to our community once it is completed. .

Lobby: \$50,000

Board Room: \$25,000

Cat Room: \$10,000

Cat Isolation, Quarantine: \$5,000

Cat Grooming: \$1,000

Dog Kennel: \$5,000

Dog Kennel Area: \$25,000

Dog Meet & Greet: \$5,000

Top Dog: name on plaque in lobby: \$3,000

Pillar of Names, 8x10: \$500

One of our board members will gladly meet with you to discuss naming opportunities. We will share our building plans with you to help you make a choice and payment plans are welcome. Give me a call at 419-334-3602 and we will set up a meeting at your convenience.

We also appreciate you remembering the Humane Society in your trust or will. If you would like to set up a monthly sponsorship plan we can help you do so.

For those not able to help financially, we would love you to be a volunteer to walk dogs and groom and play with the cats. We will need help with creating a newsletter and now will have the room to work together on important projects. We also always are in need of litter, paper towels, canned cat food, dry cat food and Kitten Chow.

Community support is vital, this shelter is a gift to our community and we need help to bring it to fruition. Whatever you can do to help will be greatly appreciated, we hope to hear from you soon.

Goodwill Wellness Program

Goodwill Industries of Erie, Huron, Ottawa and Sandusky Counties has challenged employees to improve their health by participating in a 15 week walking program—Walk, Wheel and Run! Employees have formed walking teams from each of Goodwill's eight retail stores, three manufacturing facilities, and the Sandusky administrative office. With funding from the United Way of Erie County and the United Way of Sandusky County, 250 participating employees received a pedometer and team tee shirt, and began logging their daily walking activities in May.

Goodwill's workplace wellness program is offered all year long and includes free health risk appraisals, flu shots, Tdap vaccines, health education, and weight management support as well as the walking program. In the summer months, our focus is on healthy eating, exercise and weight loss.

Last year, Goodwill employees logged more than 61 million steps in the Walk, Wheel and Run. The top team was from Fremont Plant, where the employees walked more than 19 million steps. For their prize, their team photo was displayed on a billboard on State Street for one month.

This program is a great way for employees to get healthy, to build teamwork, and to just have fun. Since the program has been extended to five weeks longer than last year—at the request of the walkers!—we expect to see big numbers again at the end of the year. The competition is on, and in just the first few weeks, employees have logged well over 8 million steps. With all the health benefits of this program, there will be a winning team at the end of this season, but there will be no losers!



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F arm Market F un!



By Kelsey
Nevius

Since we had such a beautiful and sunny June, this month I decided to visit a few of the farmer's markets in and around Fremont. I decided that I would first take a trip to Bowling Green for their farmer's market, and then head back to Fremont to see what their market had to offer. I



always love seeing what the markets bring to the community because they not only present local and usually family-owned farms, but they also produce a lot of wonderful vegetables, flowers, and baked goods.

My first trip was to the Bowling Green Farmer's Market, located on South Main Street. They had a lot of vendors selling freshly potted flowers and a surprising amount of herbs, as well as unique vegetables like fennel and rhubarb. Other vendors sold homemade cosmetics like hand lotions and hand-made soaps and candles, fresh tomatoes and jams, and there was even a vendor that featured knife sharpening. The two special events that were featured included a live music performance as well as an art vendor. My favorite part of this particular trip was the appearance of Bella Cuisine, which is located in Fremont. I picked up several of their baked goods, including Italian Herb Foccacia Bread and half a dozen chocolate chip and snicker-doodle cookies. The Bowling Green Farmer's Market also has the unique Frequent Farmer's Card, where you can earn stickers from your purchases at the market. Every five dollars you spend gets a sticker, and when you reach twelve stickers, you get a gift certificate.



My next stop was the Fremont Farmer's Market, and this market spanned a few blocks of Front Street in downtown Fremont. Many of the usual amenities that farmer's markets feature, such as beautifully green produce and fresh baked goods were in stands up and down the street. Stands like Riehm Farms, Countryside Acres, and TJ's Produce had fresh lettuce, rhubarb, zucchini, and snap peas. There was also stands selling handmade jewelry,

body and skin care, and the market even had a small car show at the entrance. Bella Cuisine once again made an appearance, and was selling their fresh baked goods, including mini pies and cookies. Other baked good sellers also included Healthy Bakes, which offer a healthier alternative to regular baked goods. The Fremont market also had many home décor items, and the wall items I found particularly interesting were the small potted plants mounted on wooden planks you could hang on your walls.

Both of these Farmer's Markets were lovely. Whether you're headed to the markets for produce to include in your next meal or getting dozens of flowers and plants for your garden, these markets offer home grown and hand-made items that you can't get anywhere else. I'd be sure to pencil at least one into your schedule for the summer to enjoy the many things your local town has to offer.



Photos are: Baskets of muffins as well as the breads and jam I picked up from the Bowling Green Farmer's Market, both from Bella Cuisine. The beautiful Red Leaf Lettuce was from Riehm Farm's stand.



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"Winner, Winner, Chicken Dinner!"

So says the Sandusky County Republican Party and the Sandusky County Republican Women. The two groups are combining forces to sponsor a BBQ Chicken Dinner on Saturday, July 11, 4 p.m. to 6 p.m., Fremont Baptist Temple, 1150 South County Road 198, and the public is invited. The dinner contains 1/2 of a chicken prepared by Bar-B-Q Traveler, baked beans, summer slaw, roll and butter, and utensils. Cost is \$12 for adults and \$10 for children 12 and under. Advanced tickets are required, and may be purchased from any member of the Republican Party or Republican Women, or by calling Justin at 419-559-8386 or emailing him at sancogop@gmail.com. Checks should be made payable to the Sandusky County Republican Party. You may dine in or get carry-out. Republican elected officials and 2015 candidates will be in attendance.

In addition to a tasty meal, recording artist Andrew Dean will be performing live during the entire event. Dean is a recurring performer at The Villages in Florida and has produced a number of recordings. He is also popular in the Fremont area and is a regular in the Birchard Park Concert Series.

The groups are also inviting classic or antique car owners to join us to show off their vehicles. The car show participants will not be endorsing the Republican Party or any of its candidates. The participants will be there to display their prized possession. If you are interested in participating in the car show, contact Anita at 419-357-2686 or email anitalhahn@yahoo.com.

There is no additional charge for Mr. Dean's performance or to attend or participate in the car show. That is free and open to the public, and just for fun for the entire family.

Local Volunteer Opportunities

Have you wanted to help others in our community? The following is a list of some volunteer opportunities. If the "job description" interests you, please contact the organization that is listed.

Shelter Volunteer – Answer the phone, record donated items, visit with residents, oversee daily functions, and/or read a story to a child. Time Commitment: 3-4 hours a month. Training provided. Age: 21 and older. Contact Margaret Weisz, Liberty Center of Sandusky County, 419-332-8777.

Soup Kitchen Volunteer – Help cook, serve and/or clean up after community meals. Age: No requirement. Contact: Jan Nowak, Pontifex, 419-333-9667.

Tutor – Teach reading and writing to non-reading adults. Training is provided. Age: 18 and older. Time Commitment: 1-2 hours per week. Project READ Adult Literacy Services, 419-334-6901, extension 4701.

Hospice Choir – Looking for female voices to form a small choir. Time Commitment: Based on the volunteer's availability. Training is provided. Age: 16 and older. Volunteer Coordinator, ProMedica Hospice, 419-547-6419.

Museum Store Assistant – Assist customers and check out purchases. Training provided. Contact: Joan Eckermann, Rutherford B. Hayes Presidential Center, 419-332-2081, extension 245.

Special Olympics Volunteer – Help with score keeping, officiating games, running score boards, and coaching athletics. Age: 16 or older. Lisa Celek, Sandusky County Board of Developmental Disabilities, 419-332-9296, extension 131.

Special Project Volunteer – Help as needed on projects such as inventory, research, maintenance, lawn and garden, cleaning, etc. Training: Will work with an experienced volunteer between 1-4:00 pm, Wednesday and Sunday. Age: Mature students to senior adults. Contact Roy Wilhelm, Sandusky County Historical Society, 419-332-1495.

General Assistant – Move clothing bags and boxes, collect empty hangers, straighten clothing. Time Commitment: Flexible. Training is provided. Age: 14 and older. Lynette Kirsch, Sandusky County Share and Care, 419-334-2832.

Animal Shelter Volunteer – Help walk dogs, brush cats, scoop litter, etc. Visit 2520 Port Clinton Road to fill out paperwork. Must be 16 or with a parent.



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In Your Own Backyard

North Central Survivors of Suicide Loss - Support Group (peer led): Group meets the 1st and 3rd Mondays of each month (this month's meetings are July 6th and July 20th) at the Administration Board Room of Flat Rock Care Center, located at 7353 N CR 29, Flat Rock, from 6:00 - 7:30 p.m. No cost. Visit our website at northcentralsos.org. Please call or text Jynelle (567) 230-6785 or Monica (567) 230-7023 with any questions.

July 25 & 26: The Sandusky Historical Society will be having a Quilt Show presented by the Hayes Ohio Star Quilt Guild. There will be a quilt clinic for quitters to get help with their quilting problems. There will also be quilting demonstrations. Plus the Historical Society's own vintage quilts. Hours are 10:00 am to 3:00 pm. Contact Lou Nitkiewicz for info at 419-307-0702.

The Village of Green Springs will be holding their annual Independence Day Parade and Celebration, Friday, July 3rd. Elmwood Communities of Green Springs, Tiffin and Fremont are sponsoring this year's parade and festivities.

The village parade will begin at approximately 5:30 pm. in the downtown area, followed by a festive evening of food, fun and live music for all ages in the Community Park. Come enjoy the array of tasty festival and homemade foods from local vendors including assorted sandwiches and snacks, BBQ dinners, ice cream & more. Kids will enjoy clowns, fun activities and prizes, while adults can take part in raffles, bingo, and a silent auction. The evening festivities include live band performances by Ground Pounder beginning at 6 pm. followed by the Eric Sowers Band performing from 8:30 pm until midnight. A beer tent (cover charge applies) will be open to those 21 & older. Fireworks are set to begin at dusk. Free to the public.

July 21, 5 -7 p.m. Ice Cream Social at St. Mark Lutheran Church, 902 East State Street, Fremont. Co-sponsored by Sandusky- Seneca Counties Chapter #31383 Thrivent Financial. Proceeds benefit the Sandusky County Food Pantry.

A GUIDING LIGHT: Ladies are invited to a luncheon and program with

Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Avenue, Tuesday, July 14, with luncheon at 11:00 am and program until 12:30 pm. Cost \$12.00 (incl)
The feature and speaker will be Sandy Bartz, Hudson, OH giving us "A Lighthouse Lover's View" of life. For luncheon and free child care, please call by July 9, 2015 - Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

Fremont's Got Talent is still searching for contestants for the show on August 9th. Please contact fremontsgottalent@gmail.com or call Ann at 419-986-6542 to enter. We welcome any G rated talent and no age restrictions! \$1000 to the big winner, \$600 to second place, \$400 for third. A youth award and People's Choice award will also be presented! Deadlines are approaching so please do not delay, make that contact today!

Tiffin Art Fair: 8th Annual Art Fair, August 8th from 9:30-4 in downtown Tiffin.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held Wednesday, July 29th at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. A Guest Speaker will be presenting a program, also will be 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, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

2015 VBS "Christmas in August", Aug.3-6 from 6:30pm-8:30pm, pre-school-6th grade, crafts, snacks, games, songs, Bible stories, Christmas gift! Call 419-483-6507 or 419-483-5415.

Gibsonburg Farmers Market in downtown Gibsonburg, Saturday, July 11th at the log yard. Crafts, baked goods, seasonal fruits/vegetables and

more. Vendors welcome. For more info contact Mary at 419-637-2257

Lindsey Village Farmer's Market is the second Saturday monthly thru October from 9am to noon in the Village Park on Main Street.

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For more information call 419-332-0357.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Grit and determination to realize your dreams may be your focus. You may inadvertently ignore a loved one due to ambitious activities, so remember to schedule some time for quality togetherness.

TAURUS (April 20-May 20): What you see and feel may not always be what you get. You could easily go overboard by making grand gestures and indulging in romantic fantasies. Focus on home and family for the best results.

GEMINI (May 21-June 20): Crack the mental whip, you have a vivid imagination and the know-how to apply it in practical ways. You may have ideas that will pay off financially, so keep a pen handy to write them down.

CANCER (June 21-July 22): This year's summer solstice may remind you of all the blessings in your life. You might even be empowered to make an effort to overcome deficiencies or work on improving a close relationships.

LEO (July 23-Aug. 22): You may enjoy a certain claim to fame. Your generosity might put you in the limelight, or your willingness to explore new ideas and places. You may be tempted to begin a new study or research project.

VIRGO (Aug. 23-Sept. 22): You could become caught up in unbridled optimism where your checkbook is concerned. Use your brains when choosing new household items or when generously agreeing to pick up the tab.

LIBRA (Sept. 23-Oct. 22): The focus is on your fondness for family in the upcoming month. You may become extravagant when social or romantic activities beckon, but you won't end up over your head if you put home and family first.

SCORPIO (Oct. 23-Nov. 21): Use your mental prowess to achieve success. You could absorb information and impressions faster than you can handle them. Because you can see the future as easily as the past, you have a great advantage.

SAGITTARIUS (Nov. 22-Dec. 21): Social activities could dominate the month ahead. You may be more interested in fun than work, so stay focused and leave the fun and games for after business hours. Be prepared to look your best.

CAPRICORN (Dec. 22-Jan. 19): Being petted and pampered won't affect your strong work ethic. You can keep the job engine humming all day and purr with contentment all night. Your animal magnetism will shine.

AQUARIUS (Jan. 20-Feb. 18): By using your discerning eye, you can bypass tasteless extravagance. When others buy into silly fads, you can spend your pennies wisely. Find new ways to widen your horizons.

PISCES (Feb. 19-March 20): You may be called on to come up with compromises. Your charm and personal magnetism can be put to good use in the workplace.

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JUMBLE

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HALF A CENTURY OF HELP WITH MEDICARE

By Erin Thompson/Social Security Public Affairs Specialist in Toledo

On July 30, 1965, President Lyndon B. Johnson signed Medicare into law with these words: "No longer will older Americans be denied the healing miracle of modern medicine. No longer will illness crush and destroy the savings that they have so carefully put away over a lifetime." For 50 years, the Medicare program has provided essential health care services for millions of people who are age 65 or older, disabled, or have debilitating diseases. Without Medicare, many people would not be able to pay for hospital care, doctor's visits, medical tests, preventive services, or prescription drugs.

Your Medicare card is the most important piece of identification you own as a Medicare beneficiary since medical providers will request it when you seek their services. If you need to replace a lost, stolen, or damaged Medicare card, you can do it online with a my Social Security account at. Requesting a replacement card through my Social Security is safe, convenient, and easy. Going online saves you a trip to your local Social Security office or unproductive time on the phone. Request your replacement Medicare card the easy and convenient way — online — and you'll get it in the same amount of time as you would if you applied in an office or over the phone — in about 30 days.

Fifty years ago, Medicare didn't have as many options as it does today. As the largest public health program in the United States, Medicare includes four parts to keep you covered:

Part A is insurance that covers inpatient hospital stays, outpatient care in nursing facilities, hospice, and home health care.

Part B includes medical insurance for doctor's services, medical supplies, outpatient care, and preventive services.

Part C is a Medicare advantage plan that allows you to choose your health care coverage through a provider organization. You must have Part A and Part B to enroll in Part C. This plan usually includes Medicare prescription drug coverage and may include extra benefits and services at an additional cost.

Part D is prescription drug coverage. There is a separate monthly premium for this plan; however, people with low resources and income may qualify for the Extra Help with Medicare prescription drug costs from Social Security. Visit www.socialsecurity.gov/prescriptionhelp to see if you qualify.

A recent survey to Medicare beneficiaries asked: Why do you love Medicare? One person stated, "It gives peace of mind not only for seniors, but for veterans and disabled as well." Another satisfied recipient replied, "I most likely wouldn't be alive today without Medicare." These are just two of the millions who endorse Medicare's half-century strong success story. For more information about Medicare, visit www.medicare.gov. As Medicare celebrates 50 years, Social Security commemorates 80 years. Learn more about Social Security's 80th anniversary at www.socialsecurity.gov/80thanniversary.

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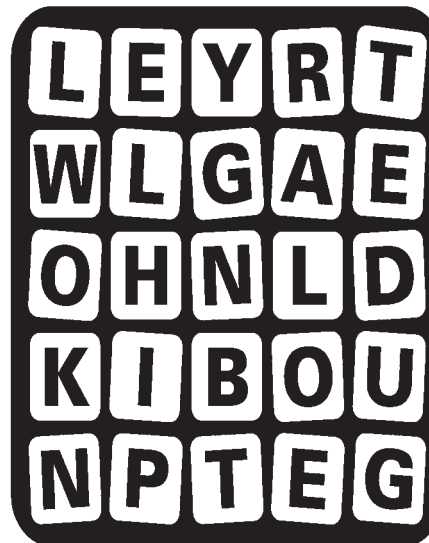
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By David L. Hoyt and Jeff Knurek



10-5-14

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INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

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Calendar of Events

July 2015 – Sandusky County

My Mother's Recipes

By Joanne McDowell

July 2, 3 & 4, 73rd Woodville 4th of July Celebration- Trailmarker Park, Cherry St.

July 3, Independence Day Celebration – Mill Street along the River Downtown, Oak Harbor Gates open at 5pm

July 4, Independence Day Concert 2-3:30pm, Hayes Presidential Center, Free. www.rbhayes.org.

July 5, Fremont Concert Series in the Park, Birchard Park, 7pm German Band

July 8, Verandah Concerts, 6:45 – 8pm, Hayes Presidential Center

July 9, 2015 Pemberville Cruise-ins Downtown Pemberville (along Front St) Registration 4:30, Show 5pm, free

July 11, Second Saturday R 4 Kids, 11am-2pm Hayes Presidential Center. Attendees can come when they want during the time frame and spend as much time on an activity as they want. 419-332-2081 or www.rbhayes.org.

July 12, Vintage Baseball, Featuring the Spiegel Grove Squires. 2pm at Home in Spiegel Grove, www.rbhayes.org

July 12, Fremont Concert Series in the Park, Birchard Park, Fremont 7pm . Andrew Dean Concert

July 17, 18 & 19, Sacred Heart Parish Summerfest. A three-day family event featuring great food, games, rides, raffles and LIVE entertainment. www.sacredheart-fremont.org

July 18, Ralph's Joy of Living Farmer's Market, Downtown Fremont, 9am to 2pm rain or shine

July 19, Bratfest – Birchard Park, 3-7pm, Sponsored by Fremont's Exchange Club www.exchangecluboffremontoh.org

July 19, Vintage Baseball, Featuring the Spiegel Grove Squires, 2pm at the Huntington Reservation in Bay Village.

July 19, Fremont Concert Series in the Park, Birchard Park, 7pm, Wayne Golob Polka Band.

July 22, Verandah Concerts, 6:45 – 8pm, Hayes Presidential Center

July 25, Vintage Baseball, Featuring the Spiegel Grove Squires. Noon at Sauder Village In Archbold.

July 25, Grove Fest , 11am-10pm, Hayes Presidential Center. www.rbhayes.org.

July 25, Woodville's Farmers Market, on Main St. 9am-1pm

July 25, Duathlon Elmore Cycle and Fitness, 453 Maple St, 8 am-12pm Admission Fee: \$15

Duathlon: 2 mile run – 20 mile bike ride, and 3 mile run. 419-332-4481 www.flatlanders.info.

July 25th, 26th, Quilt Show, Sandusky County Historical Society, 514 Birchard Ave. Fremont, 10am-3pm both days. Hayes Ohio Star Quilt Guild and the Sandusky County Historical Society will be presenting a quilt show at the Historical Society, admission is FREE.

July 26, Fremont Concert Series in the Park, Birchard Park, Fremont 7pm , Classic Trendz.

July 27, Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, 622 Croghan St, Doors open at 5:30pm, \$20

July 30, Farmers Market in Downtown Bellevue, Sandusky Street, 4pm-7pm

Who wants to turn on an oven in July? Not me for sure! This recipe is courtesy of Lynn Fox of Gibsonburg, looks especially easy and tasty as well.

Orange Kool-Aid No Bake Cheesecake

1 Graham Cracker crust
2 pkg. orange Kool-Aid drink mix
1 8 oz. cream cheese
1 14 oz sweetened condensed milk
1 Cool Whip container

In a large bowl combine cream cheese and Kool-Aid, add milk till smooth. Fold in Cool Whip, stir well, pour into crust, refrigerate. Enjoy!

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Screams in the Night / The Geese are Back!



Robin Arnold



Gena Husman

For as long as we've lived on this piece of property (about 29 years to be exact) we've never been bored...surprised, maybe--or amazed or frustrated or even sometimes frightened. But, never bored. Each passing year has brought new surprises as the property has grown more wild. We're fortunate in that we've had the opportunity to watch and learn firsthand about the habits and lives of the birds, animals and plants that are here around us. When we wanted to learn more we've turned to the internet, which is a good source of information, as long as you don't believe EVERYTHING you read there.....

the night. We also found this quote by naturalist E.T. Seton, who described the alarm scream of the red fox as "probably one of the most sinister, unearthly wild-animal notes that can be heard in North America."

Fox facts: The red fox is the most common fox in North America. It is also one of the smallest at about three feet in length--including its luxurious tail--and weighing in at eight to twelve pounds. And unlike pack animals like wolves, coyotes and dogs, the red fox prefers to live and hunt alone except during mating and rearing young.

Mating occurs in January and February. The female finds or digs a den and gives birth to anywhere from two to ten young (kits, pups or cubs--we've seen the babies called by all these names) between late March and early April. During the first month she stays with the babies and the male hunts alone for food for himself and his family. Diet consists of insects, small rodents, birds, squirrels, and in lean times, if the opportunity presents itself, chickens and ducks. After a month, the "pups" emerge from the den and begin learning about the world around them. The male and female separate and by autumn the young foxes go off on their own.

Even though we've never seen a fox roaming around our 12 acres--they're primarily nocturnal and after hearing that sound we're not likely to go wandering around here in the dark anyway--we've noticed holes that could be dens in the banks of the dike at the back of the property. A short time ago, we were back in that area looking for things to sketch and Robin, who was further up the dike, thought she heard "puppies" although she didn't see anything. Maybe there's more going on around here than we know about... we might have to set the Trailcam up back there.

Fortunately, not everything that roams around here screams in the night. We were fortunate this year to have a Canada goose pair raise their seven goslings on our pond. This is the first goose family we've had since before the harsh, frigid winter of 2013-2014. It has been fun to watch the parents teach their young how to dive, swim, and run across the water flapping their stubby



little wings as they prepare their children to become adults. Canada geese are wonderful parents.

And then there was the morning when Robin, Babs and Keetie went out for their walk and encountered babies of another kind making their way across the dike toward the marsh. On the path directly in front of them a mother mink waddled across with six little brown

furballs scampering happily along behind. Babs barked, Keetie ran up to investigate, and Robin wished she'd had her camera. We never know what we're going to see here next....

Have a safe and happy July 4th!

Check out Robin's website and blog at www.duckmarshstudio.com. There you will find her blog, a link to her photos, and a link to her etsy store.

Family Care from a caring team



In an effort to improve our care to our patients we now offer Monday, Tuesday, Wednesday and Thursday evening appointments as well as most Saturday mornings.

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Range of treatment options available for stage 0 cervical cancer

DEAR MAYO CLINIC: Years ago, I had mild cervical dysplasia and was treated with cryotherapy. I now have cervical cancer (stage 0) and am leaning toward having a hysterectomy since I'm done having children, but my doctor says there are other options for treatment. What do you recommend?

ANSWER: Your treatment options depend on several factors, such as the extent of the disease and if you have any other underlying medical conditions that may come into play. In general, a hysterectomy is a reasonable choice, given your situation. But other more conservative therapies are possible, as well.

A diagnosis of cervical dysplasia means that abnormal cells were found on the surface of the cervix - the lower part of the uterus that connects to the vagina. In some mild cases of cervical dysplasia, treatment may not be necessary. Instead, the situation may simply require regular follow-up appointments to ensure there's no change in the abnormal cells. But in moderate to severe cases, cervical dysplasia may be successfully treated by destroying the affected tissue using cryotherapy - a procedure that freezes the abnormal cells.

Although cervical dysplasia is not cancer, it is a form of cervical disease. Because you have had cervical dysplasia in the past, your condition now is considered recurrent cervical disease. You may have the option of being treated with cryotherapy again. Destroying the abnormal cells with laser therapy or surgically removing only the cancerous tissue may be possibilities, as well. But whether these treatments are right for you depends on how large the lesion is and how far it extends into the cervical canal.

If the lesion is small - only a few millimeters in size - and is completely visible, then such conservative treatments may be appropriate options. A stage 0 cancer, such as yours, would typically fall into this category. Many women in your situation, however, who have recurrent cervical disease and who are finished with childbearing, do opt to have the entire uterus, including the cervix, removed.

In many cases, this type of hysterectomy cures early-stage cervical cancer, as well as precancerous conditions, and no other treatment (such as chemotherapy or radiation) is needed. In addition, it prevents cervical disease from coming back, so you would no longer have to be concerned about another recurrence at the cervix. However, you still could develop disease in the vagina.

If the cancer is more extensive, then conservative treatments would not be recommended. In those situations, along with the uterus and the cervix, some of the vagina and lymph nodes in the surrounding area may also need to be removed. From your description, though, it does not sound as if your condition is likely to require this type of surgery.

Choosing to have a hysterectomy can be beneficial if you have other medical issues related to the uterus, such as uterine fibroids or menstrual abnormalities. A hysterectomy will eliminate those concerns, too. In addition, a hysterectomy provides permanent contraception, and that can be desirable for those who are not interested in becoming pregnant in the future.

Talk to your doctor about the range of treatment choices available to you. With knowledge of the risks and benefits, if you would prefer to have a hysterectomy at this time, that is certainly a viable option, given a diagnosis of early-stage cervical cancer or recurrent cervical dysplasia. - Timothy Wilson, M.D., Gynecologic Surgery, 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.mayo.edu](mailto:medicaledge(AT)SIGN.mayo.edu). For more information, visit www.mayoclinic.org.)

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Old 'rule' about babies and ear pain on airplanes doesn't hold up

Everyone's heard the adage, "Never wake a sleeping baby," right? Yet many people insist that a baby should be awake and eating during takeoff and landing to avoid ear pain while flying on an airplane.

Frankly, I've never found any science stating that an infant's ears are any different from those of older children, or even adults, for that matter. Therefore, the "rule" that an infant should be "sucking" for takeoff and landing has never made much sense to me.

When I was a parent with young children, I can remember some wonderful flights when the baby slept through both takeoff and landing, and probably didn't even realize we were in the air.

That being said, I do have some horrible memories of flights with a screaming baby who wouldn't eat, take a pacifier, or quiet down throughout a flight, to the horror of glaring fellow passengers. I certainly didn't want them to know that I was not only a mother, but also a pediatrician who had no idea how to stop the madness! If there had been a parachute available, there were times, I swear, I would have jumped.

But, I digress. I tell patients all the time, "Don't wake up your baby if (he/she) is sleeping!" On a plane, a baby will start to cry not from ear pain but because the child was awakened.

While traveling with my grandbaby recently, I had the opportunity to "practice what I preach" (which is humbling the second time around the parenting track). As we boarded a plane, the "sweet angel" was sleeping and her parents said, "we need to wake her" as we took off. I


made a leap of faith and decided to offer my "two cents" (I really do try to keep my lips sealed) and suggested they let her sleep.

Guess what? We took off and she continued to sleep. Thirty minutes later, she woke up happily and played for a bit before taking her bottle - all with no crying and no obvious discomfort in her ears.

So, as the summer vacation travel season kicks off, I'm sticking to the advice: "Never wake a sleeping baby - even for flying."

(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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Timing is key to successful pruning

By Sean Conway

A string of bad hair days usually sends me straight to the barber's chair. When my unruly locks grow past a certain point, I know it's time for a good pruning, as it were. The same holds true for many of the flowering shrubs in my garden.

A good percentage of blooming shrubs used in our landscapes flower on what nursery professionals refer to as second-year wood. This means that the new shoots the plant sends up this growing season are the ones that will bloom next year -- or, if you will, in their second year. There is one caveat, however, and that is that the shoots need time to mature before winter arrives. Shrubs that produce new shoots too late in the growing season will not produce flowers the following spring.

Keeping that in mind, the best time to prune many flowering shrubs is immediately after they are finished flowering. For most mid- to late-spring

blooming shrubs, this allows plenty of time to produce an abundance of new growth and still have plenty of time for that new growth to mature.

Several years ago, I planted a shrub border in my yard. Much like a perennial border, a shrub border consists of a variety of different plants with varying shapes, textures, leaf colors and bloom times. Planted correctly and properly cared for, a shrub border can provide year-round interest without the high degree of maintenance required of a perennial border. An annual pruning, a light application of fertilizer and a quick top-dressing of mulch are all that are required to keep the border looking good.

My shrub border begins blooming in early May and continues through a succession of bloom until late summer. Once the late summer bloomers have finished, several varieties of shrubs with showy fruit take center stage. In order to maintain the border, I prune

the shrubs in it according to their bloom time.

Shrubs which bloom in late summer on growth produced the same season, are pruned early in the spring before they leaf out. This encourages the plant to produce plenty of new growth followed by flowers while maintaining the plant's size. Spring pruning is also helpful for Buddleia, the common butterfly bush, as well.

Shrubs that bloom from early May through July are cut back as soon as they finish flowering. This rule of thumb holds true for other spring-blooming favorites such as lilacs, Kolkwitzia and Weigela 'Wine and Roses,' a beautiful shrub with dark red foliage and pink, tubular flowers.

Evergreen shrubs such as the elegant variegated boxwood, with its dark green, elliptically shaped leaves bordered in white, or inkberry, are given a quick shaping in early spring and

then left to grow out naturally over the next several months. Some dwarf evergreens don't require any pruning at all due to their small stature.

Keep in mind that some groups of shrubs such as viburnums are planted for their clusters of fruit, which ripen after their flowers are pollinated. These types of shrubs are best pruned lightly in early spring. I remove old and dead branches out of the center of the plant to let light in and to encourage new suckering from the base of the plant. If they grow too big, I give them a hard pruning in early spring to get them under control. Often this means sacrificing fruit for a year, but I am careful not to cut back all of them in the same year so the border still has some shrubs bearing fruit come fall.

(Sean Conway's book "Sean Conway's Cultivating Life" (Artisan Books, 2009) describes 125 projects for backyard living. www.cultivatinglife.com.)



The Humane Society Benefit Golf Scramble Sunday, July 19 at 10:00 AM

9:00 AM Registration

10:00 AM Shotgun Start at Sycamore Hills Golf Course

4 Person Teams - \$60.00 Per Person/\$240.00 Per Team

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Contact Doug Michael Jr. by Phone (419) 332-5716 or email sycamorehillsgolf@yahoo.com with questions. You may pay at registration - please call ahead if your team cannot participate.

Entry Form:

Please fill out completely and send check made payable to Sycamore Hills Golf Course, 3728 W. Hayes Ave., Fremont, Ohio 43420

Registration Deadline - July 16th

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Q: My 14-year-old cat was diagnosed with kidney failure, but my veterinarian never told me the stage of the disease. Any advice? - D.P.

A: Some level of kidney disease is very common in older cats, and the stage is important.

"Treatment depends on the individual cat, as well as the stage," says Dr. Natalie Marks in Chicago. Blood work, urinalysis and an accurate blood pressure reading could help your veterinarian stage your cat's illness.

No matter the stage, more water is a good thing. You can encourage drinking by offering your cat water in several places around the house, and at various different levels (including one water bowl placed up high, for example). Some cats like running water, and there are many feline drinking fountains available. Canned food is preferred for cats, in part because it contains much more moisture than dry food.

Early diagnosis can allow you and your veterinarian to get ahead of the progression of the kidney disease, potentially slowing it down significantly. Talk to your veterinarian about the stage of the disease.

IRIS is led by an international board of 15 independent veterinarians with expertise in nephrology. Its mission is to help veterinary practitioners and pet owners better diagnose, understand and treat renal disease in cats and dogs. The group investigates

ways to accurately diagnose early signs of chronic renal disease. One of IRIS's primary objectives is to establish an internationally recognized set of guidelines on the diagnosis and treatment of renal disease in small animals. For more info, check <http://www.iris-kidney.com>.

Q: My 8-year-old cat has been diagnosed with lymphoma, but the veterinarian is optimistic. My father died of lymphoma, so I'm quite skeptical. What are the odds my cat will survive? Please be honest. - G.K.

A: We can be honest, but not absolutely authoritative in a newspaper column.

"So much depends on your individual cat, and even more on the type of lymphoma it is," says feline veterinarian Dr. Susan Little, editor and co-author of "The Cat: Clinical Medicine and Management" (Elsevier/Saunders Publishing, Philadelphia, PA, 2011; \$180).

"Small cell intestinal lymphoma is the most common in cats, and generally offers the best prognosis. With drugs, we can prolong life and maintain quality of life, often for some time, months or years. Lymphoma of the liver or kidneys doesn't offer anywhere near that optimistic of a prognosis, and may not even be treatable," she notes.

Little, of Ottawa, Ontario, Canada, adds that while there's no cure for lymphoma in cats, at least for those

with small cell intestinal lymphoma there is some cause for optimism.

Q: Gabby, my 12-year-old German Shepherd, has been on Rimadyl for two months. She's developed lumps on different places on her body. Could this be a side-effect of the drug? - A.S.

A: "Those lumps are unlikely to be an adverse response to any non-steroidal anti-inflammatory drug (like Rimadyl)," says Dr. Daryl Millis, a board-certified veterinary surgeon and boarded in veterinary sports medicine and rehabilitation, at the University of Tennessee College of Veterinary Medicine, Knoxville. "In older dogs, lumps are common, and often benign, but might also be more serious, so do see your veterinarian," Millis, says.

As for adverse reactions to NSAID drugs in dogs, the most common among the rare side effects are diarrhea, vomiting and loss of appetite. Far more rare, but sometimes associated with Rimadyl, in particular, is liver disease. Kidney disease can also occur. As with any dog on medication, paying attention to any changes in behavior is always suggested, and so is periodic blood work.

(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 Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.)

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Today was the first day of summer---Yeah! The sun is warm, the intermittent soft rain showers have given way to a beautiful sunset. Welcome to summer! We have waited through a long cold winter for this day. Bring it on!

It is a "corn year" here at the Old Garden House. The farmer who rents our small acreage rotates between soy beans and corn. I remember an old farmers saying "corn should be knee high by the 4th of July." Ours is almost shoulder high, is a beautiful green color and it is still June.

Sometimes you just have to enjoy the humor in the little annoyances of ordinary days. Last Sunday I was getting ready to go to early church when I noticed a button hanging loose on the front of my sweater, It was hanging by a couple of threads. No time to sew it on, so I reached into my "junk dish" for a safety pin. (You know the dish where we put the backs to our earrings, the paper clips, a tie tack and even a lone thumb tack or two). I found the pin and quickly made the repair and was on my way to church. I made my way to the pew, picked up a song book and opened it. This exposed the inside of my wrist and the magnets that closed and held the bracelet on my arm. There they were---1 paper clip, 3 straight pins, 1 tiny watch battery and a small finishing nail---all stuck to the magnet!

"You work too hard, Ms. Grace -- fixing all those luncheons and dinners and taking care of the flowers and yard." These concerns are well intended and are compliments. I take them that way and thank you for them. In my own defense, I was raised in a family that survived "the great depression". Work is a part of who I am, It brings me joy and satisfaction and the physical part keeps me happy and healthy. The flowers and beauty they produce satisfy my soul and make my heart sing. Yes, I know I won't be able to do this forever and my "forever" grows shorter each day---but, so does everyone elses. So, you see, I thank the Lord for the blessings of health, happiness and the people who care about me enough to say, "Ms. Grace, you work too hard".

As long as He is sending sunrises, I'm going to live each day and be thankful I can. My family and friends help when I need it and because of them LIFE IS ALWAYS GOOD at The Old Garden House.

Ms. Grace

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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Video View

By Jay Bobbin

"THE LONGEST RIDE" (July 14): Rebounding from an injury, a rodeo rider (Scott Eastwood) falls for an art student (Britt Robertson) in this Nicholas Sparks story. (PG-13: AS, N, P, V)

"EX MACHINA" (July 14): A Web programmer (Domhnall Gleeson) gets up close and personal with the embodiment of an artificial intelligence. (R: AS, N, P, V)

"THE SECOND BEST EXOTIC MARIGOLD HOTEL" (July 14): Richard Gere joins returnees Judi Dench, Maggie Smith and Bill Nighy in the seriocomic sequel. (PG: AS, P)

"PAUL BLART: MALL COP 2" (July 14): While attending a convention in Las Vegas, Blart (Kevin James) opposes would-be art thieves. (PG: P, V)

"EVERY SECRET THING" (Aug. 4): A detective (Elizabeth Banks) suspects two young women (Dakota Fanning, Danielle Macdonald) of involvement in a child's disappearance. (R: AS, P, V)

"INSURGENT" (Aug. 4): The "Divergent" sequel finds Tris (Shailene Woodley) trying to find respite while being hunted by enemies, physically and psychically. (PG-13: AS, P, V)

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

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