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**Vol. 17 Issue 7
July 2016**

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Lifestyles 2000

July 2016

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TORCM to host Airshow July 23 and 24, 2016

The Tiffin Ohio Radio Control Modelers (TORCM) welcome spectators to their first annual "Fun-Fly and Tail Dunk Challenge," featuring model aircraft, on July 23 and 24, 2016 at their picturesque flying site in Seneca County. Special accommodations will let hotshot 3D pilots attempt to dunk their hovering airplane's tail feathers in the pond. This will be the only public TORCM event in 2016.



A 50/50 raffle will be drawn at 1:30pm on both days with all proceeds to be donated to Scipio-Republic Fire Department. Tickets will be available at the airshow only.

Spectator admission and parking are free. There will be food and refreshments available on site. Spectators are encouraged to bring lawn chairs and spend the entire day. Flying begins at 9:30 am daily and will continue into late afternoon. Club members, using club owned airplanes, will be offering flights to people interested in trying their hand at radio control aviation.

The TORCM flying field is located on East Seneca County Road 38, 1.7 miles east of North State Route 101.

For more information visit the TORCM website at, www.torcm.blogspot.com.

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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.

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

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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

Happy 4th of July! What a wonderful country we live in, be grateful you live in the best place in the world.



The foot has pretty much healed, thanks for your prayers and good wishes. Hopefully I have learned patience from this and will watch where I am going in the future!

We have another great issue with a big calendar of events, there is so much to do in July.

Enjoy the month and stay safe.

Joanne



Apparently "Pete" was difficult to find in June as we had only 108 correct answers. The correct answer was: Swim Rite Pools.

Find Pete Winners

Winners are: Mike Todd, Bellevue; Lisa Smith, Tess Hasselbach, Susie Kirk, Brenda Blodgett, Karen Cronin, Nancy Bousquet, Kent Williams, Tom Klos, Erin Esker, Fremont; Amber Miller, Risingsun; Alice Cochenour, Clyde; Mary Ottney, Sharon Fitzgerald, Gibsonburg; Alana Muzik, Green Springs.

Anniversary Winners are: Virginia Oglesbee, Port Clinton; Lynn Fox, Gibsonburg; Linda Herring, Christopher Franks, Patti Saam, Fremont. Margaret Ruffing, Bellevue, won two tickets to the wine tasting for the Bellevue Historical Society. Congrats to everyone!

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad. Anyone who mentions Celebrating 17 Years in their entry will be included in a drawing for Miller Boat Line tickets.



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Happy "Almost Summer". As I write this column, it is just 6 days until we will be celebrating the first day of summer. Yeah! I love summer in Ohio!

Writing the name of my column this month made me think of my garden and all the new green starts of the flowers by that name. Kiss Me Over The Garden Gate is a self-sowing annual that produces plants that grow to 4 or 5 feet tall. This very old plant dates back to the late 1800's. It is also known as Ladyfingers because of the bloom that resembles a lady's gloved hand and appears to have moving fingers in the slightest breeze.

Father's Day is coming up this Sunday. We are all reminded of the Fathers in our lives---those who are with us and those who have left an indelible mark on our hearts while they were here with us. We love and cherish them all.

Space remains for the July Tea at Two on the 26th. Weather permitting, we will be serving outside on the veranda and the space around the water garden. Harpist, Karen Westgate, will provide background music for the Tea. Call me for reservations, 419-332-7427.

As you probably already know, I am one of 12 House Guides at the Hayes Presidential Center. In that capacity, I show visitors through the 31 room home of our 19th President, General Rutherford B. Hayes. It is a part-time position which allows me to have the time to cook and serve luncheons and dinners and other activities here at my home, The Old Garden House. We can also trade a scheduled day with another guide which makes it even more flexible.

The visitors are so appreciative and are absolutely impressed with the number

and quality of the artifacts that they see in the home. We guides often say, "They saved everything, the family seemed to have a strong sense of their responsibility to provide a history of their father's and mother's legacy. It is a story of love, service and sacrifice for other—a message for us and many generations to come.

If you have not visited the home or the newly, totally remodeled Museum, trust me, you need to take your family and go. You will be so glad you did. Who knows, you might just happen to run into a guide named Ms. Grace while you are there.

July means that it won't be long until it's Sandusky County Fair time. This year's dates are Tuesday, August 23 through Sunday August 28th. I'll be spending several days helping out at the Log Cabin area again this year. The "Log Cabin Gang" does such a good job. They continue to build and maintain not only the cabin, but a church, barn and sheds where you can watch a blacksmith at work. Also, there is entertainment on the Log Cabin Stage. And perhaps, best of all there are age-old shade trees under which you can relax with a bottle of good old-fashion root beer. It doesn't get any better than that.

So until next month, enjoy summer in Ohio, eat some watermelon, go swimming and give someone you love a big hug while you celebrate the words LIFE IS GOOD!

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

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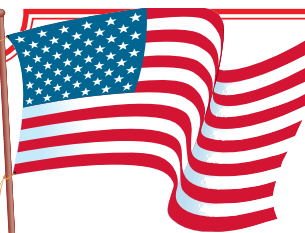
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Try this Asian beef appetizer for your next backyard barbecue

What are you serving as appetizers when you entertain outdoors this summer?

Too often, grill cooks think only about their main courses and maybe side dishes like grilled vegetables and old standbys like potato salad or coleslaw. When it comes to first courses, though, most default to dishes like guacamole or other dips, prepared away from the grill, accompanied by the inevitable chips.

I'd like to propose another approach. As long as you're making the effort to heat up your backyard grill, why not be fuel-efficient (as well as conserving your own energy) and cook an appetizer on the grill too?

The point, of course, is to be creative while also making less work for yourself, not more. Most importantly, you want a recipe that will be fairly quick and easy to prepare and serve, so you have time to get the larger main dishes cooking while everyone is enjoying your appetizer.

One appetizer recipe that meets those requirements is the slender Asian kabob known as a satay. These are basically small, thin, pieces of meat, poultry or seafood threaded onto skewers, designed to cook almost instantly over an open fire for less than 5 minutes. And the individual skewers make passing and serving them both easy for you, the cook and host, and fun for your guests.

As a great example, I'm happy to share my recipe for a beef satay I've served from time to time over the years in my restaurants. For a special-occasion, you can prepare it with good-quality, tender New York strip or fillet; but it's just as good made with less costly skirt or flank steak, which is the traditional choice in Asian kitchens.

For convenience and authenticity, I suggest preparing the satays on individual bamboo or wooden skewers, which you'll need to soak briefly in water so they won't scorch or catch fire on the outdoor grill. You can also cook them indoors on a countertop grill, under the broiler, or in half the time with an electric panini grill or hinged contact grill that cooks the meat from both sides at once.

The satays are so easy that they also allow you time to prepare a delicious dipping sauce to go with them. My recipe takes only a few minutes to make, yet it delivers big flavor.

Once you've tried this dish, feel free to vary it with different seasons or by substituting other proteins like pork, chicken or shrimp. You can also serve the skewers as a main dish, accompanied by rice and vegetables.

Have creative fun with your grilling this summer!

HONEY-MARINATED BEEF SATAYS WITH SPICY BUTTER SAUCE
Makes 24 skewers, serves 8 to 12

BEEF SATAYS:

3/4 pound (374 g) New York strip or fillet steak, trimmed
1/2 cup (125 mL) soy sauce
1 tablespoon honey
1/2 to 1 teaspoon crushed red pepper flakes
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
2 tablespoons vegetable oil or peanut oil

SPICY BUTTER SAUCE:

2 garlic cloves, finely chopped
4 tablespoons unsalted butter
1 teaspoon minced fresh ginger
1 green onion, finely chopped
1 cup (250 mL) organic chicken broth
1/4 cup (60 mL) soy sauce
1 teaspoon honey
2 tablespoons hoisin sauce or bottled barbecue sauce
1 teaspoon crushed red pepper flakes
Soak 2 dozen 6-inch (15-cm) bamboo or wooden skewers in water for 30 to 60 minutes. Drain and pat dry.

With a sharp knife, cut the steak into 24 long, thin strips. Thread 1 strip onto each skewer, weaving the skewer back and forth along the length of each steak strip. Arrange the skewers on a large platter or baking tray. Cover with plastic wrap and refrigerate until needed.

Until 30 minutes before you plan to grill the skewers, combine the soy sauce, honey, red pepper flakes, cumin, turmeric and oil in a small bowl. Pour this marinade over the steak skewers, turning to coat the meat evenly. Leave the skewers to marinate at room temperature for about 20 minutes.

Preheat an outdoor grill, stovetop grill, broiler, panini grill or hinged grill.

Meanwhile, make the sauce: Bring a small saucepan of water to a boil. Add the garlic cloves and blanch them in the boiling water for 30 to 60 seconds. Drain well, pat dry with paper towels, and chop finely.

In a small skillet, melt 2 tablespoons of the butter over medium-high heat. Add the garlic, ginger and green onion; saute just until they begin to soften and smell fragrant, about 2 minutes. Add the broth, soy sauce, honey, hoisin or barbecue sauce, and red pepper flakes and bring to a boil. Cook for 1 to 2 minutes longer. Pour the sauce through a strainer into a clean pan and, over medium heat, whisk in the remaining butter a little bit at a time. Keep warm.

Grill the skewers, in batches if necessary to prevent overcrowding, until cooked through and nicely browned, about 2 minutes per side on the outdoor grill or in the grill pan or broiler, or 2 minutes total in the panini grill or hinged grill - or 1 minute total for rare. (Take care that the skewers don't prevent the panini grill or hinged grill from closing properly.) Transfer to a platter, pour on the sauce, and serve; or serve the sauce on the side for dipping.



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"Grate" Treats & Eats

By: Chris Timko-Grate

Hope you are enjoying your summer! I love the fact of not having to wear a coat when I go outside. I have my summer hats, but the coats stay in the closet! The garden and flowers are all doing great and I am enjoying all the greenery and colors because I know it isn't too far off that we will be looking at fall colors which means snow isn't far behind. But I am not going to think about that right now because we have lots of great weather ahead. I am always looking for new recipes and this time of year I am looking for grilling recipes, salad and light dessert recipes. I like salads cold with light dressings and for the desserts usually they involve chocolate! Enjoy!

Fruit Salad

- 1 can fruit cocktail, well drained
- 1 can pineapple tidbits, well drained
- 2 bananas, sliced
- 1 cantaloupe, cubed
- ½ cup tang
- 6 strawberries sliced or quartered

Layer fruit in bowl in order listed, omit strawberries. Sprinkle Tang over the top. Cover and refrigerate for at least 6 hours. When ready to serve, add strawberries, mix well, and serve.

Hershey's Bar Cake

- 2 sticks butter
- 2 cups sugar
- 4 eggs
- 2 (51/2oz.) cans Hershey's syrup
- 2 and 1/2 cups plain flour
- 1 tsp. salt
- ½ tsp. soda
- 1 cup buttermilk
- 2 tsp. pure vanilla extract
- 7 plain Hershey's bars, melted

Icing:

- 5 plain Hershey's bars
- 1 stick butter
- 1 box confectioners' sugar
- 1 can Hershey's syrup
- 1/3 cup milk

Cream together butter and sugar. Add eggs, one at a time. Add Hershey's syrup. Sift flour, soda and salt. Add to mixture alternately with buttermilk. Add vanilla and melted Hershey's bars. Bake in a tube pan for 65 minutes at 350 degrees. Cool

Icing: Melt Hershey's bars and butter. Mix in confectioners' sugar, Hershey's syrup and enough milk to obtain the consistency for icing. Spread over cooled cake.

"Experience is what you get when you don't get what you want" – Dan Stanford

Out to Lunch

By Lynn Urban



The Galley Restaurant

Now that summer is finally here, it's time to head up to the lake. It's nice to find someplace to eat outside on a patio or deck.

I like to go to the Port Clinton area where there are lots of restaurants to choose from. Along the strip in Marblehead, I've been to a place that I really like called The Galley restaurant. The food has always been very good. It's a vacation area, so it can get pretty busy, but between the dining room, the bar area and the outside deck, there is plenty of seating.

To start with, I'll mention some of the different appetizers that I found interesting. I had a wonderful Fig and Proscuitto flat bread that was made with a fig fruit spread



on flat bread topped with proscuitto, baby kale, cheeses, and finished with a balsamic glaze for \$9.99. The Italian Butter Shrimp served with garlic toast sounded good, as well as the Fried Cheese made with locally pro-

duced Monterey Jack cheese and hand battered to order, just to name a few.

Something that's gaining popularity are fish tacos, and theirs were very good. The hand breaded perch is wrapped in a soft tortilla and topped with galley slaw and homemade pico do gallo. I got three tacos for \$9.99.



I was surprised by the large variety of choices on the menu. They've got pasta dishes with homemade Italian sauce, homemade soups, large dinner salads, homemade bread, and chicken and waffles! To top it off, check out the large refrigerated case of homemade pies and cakes for dessert. If you get up early enough, go for breakfast, the prices are great. The week day special is, 2 eggs, hash browns, and fresh baked bread, toasted for \$2.49!

There is something good here for everyone. I already know what I'm getting when I go back. The slow roasted corn beef, slaw, marinated peppers, and pepper jack cheese wrapped in a whole wheat tortilla. That sounds amazing!

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In Your Own Backyard

Luncheon and program with Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave, Tues., July 12, luncheon at 11 am and program ending at 12:30 pm, cost \$12.00 incl. The feature will be Alison Marie Schepflin of Shear Delight Pet Salon, Fremont, (Please bring a picture of your pet.) The Speaker will be Linda Harrah, Parma. Linda found an exciting book that gave a new perspective. For luncheon and free child care, please call by July 7, Donna at 419-680-2251, or email Carrol at fawcluncheon@gmail.com. There will be a collection for the Humane Society, needed items include cat litter and hard cat food.

St. Mark Lutheran Church will host its 22nd annual ice cream social Tuesday, July 19 at the church, 902 E. State St., Fremont. Serving from 5 p.m. to 7:00 p.m. The social will benefit the Sandusky County Food Pantry. Those attending may "buy" their ice cream with non-perishable foods which will be taken to the Food Pantry. The menu includes sausage and hot dogs; sloppy joes; Roots' shredded chicken sandwiches; home-made salads and desserts; beverages; and Toft's ice cream. Thrivent Sandusky and Seneca Counties Chapter #31383 is providing limited financial assistance. Sue Peck, 419-680-3529 or pecks1525@gmail.com,

Fremont's Got Talent is still in search of contestants for the show in Birchard Park to be held on Sunday August 7. (Rain date of August 14). Entry forms can be obtained by sending an e mail to fremontsgottalent@gmail.com or by calling Ann @ 419-307-5578. The absolute deadline for all paperwork is July 22 so do not delay! The first 32 contestants will qualify for the show. Acts must be

"G" rated and family friendly. No professionals please. Get your "Act" together and enter now! First prize \$1000. 2nd prize \$600. 3rd prize \$400 and a top youth (not in the first 3) will win \$300.

FAMtastic Splash N' Jam sponsored by The Fremont Elks #169 and the Fremont Recreation Dept., Thurs. July 21 and August 18 at the Fremont Community Recreation Pool starting at 6 pm. Event is free to the first 200 with a terrific fun filled family time geared for all ages with food, games, inflatable and music with DJ Beth Daniels. To top the night off there will be a movie under the stars at dusk. For more info contact the Fremont Community Rec Complex at 419-334-5906.

Tiffin Art Guild has scheduled 5 Oil Painting & 2 Fused Glass Classes in July, August & September. July 7 from 6-9 pm, Beginner level age 12 & up "Sand Dunes"; July 13 & 20 from 10 am-1 pm, Advanced level, "Ocean Waves" August 4, 6 to 9 pm, Beginner level age 12 & up, "Mountain Landscape"; August 19 & 17, 10 am-1 pm, Advanced level "Boy Fishing"; September 7, am-1 pm, Advanced level, "Fall Mums Still Life." and 2 Fused Glass Classes on July 6 & August 2 from 6-9 pm Info on tiffinart-guild.org & Facebook. Sign up at TAG, 178 S Washington St, Tiffin. Hours Wed thru Sat from Noon-4 pm.

The Ohio Star Quilt Guild is having its biennial quilt show, Quilt Regatta on Friday July 15th from 10am-5pm and Saturday July 16th from 10am- 4pm at Peace Lutheran Church, 900 Jefferson St., Port Clinton. Admission is \$5. On display at the quilt show will be over 100 quilts and fiber art pieces created by the members of the guild. There will also be

several vendors offering a wide variety of quilt supplies, quilt demonstrations and hands on activities. For more info about the Ohio Star Quilt Guild or the Quilt Regatta Quilt Show, visit www.ohiostartquilters131.com.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held Wednesday, July 27th at 7 p.m. at Pro Medica Memorial Hospital (Chestnut Café) 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 419-559 1171, Wilson Forney 419-355-8860, Gregg Gerber 419-334-2707.

July 5th Centering Prayer 7-8pm. The focus of Centering Prayer is the deepening of our relationship with God. Our Lady of the Pines, 1250 Tiffin Street, Fremont.

July 19th Stations of Mercy, 7-8pm, "Comforting the Sorrowful", Led by Sr. Mary Jane Fisher, RSM. All donations will be given to Hospice. Our Lady of the Pines, 1250 Tiffin Street, Fremont.

Village of Lindsey Farmers Market is held the second Saturday of each month through October, from 9 am-Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. There are several vendors offering shoppers a wide variety of items. For info call 419-665-2045.

Reiki Healing Touch Reiki Circle Group

Tuesday, July 12
The Bellevue Hospital
Begins 6:00 PM. - 8:00 PM
Conference Room A- B

Being a Reiki Master can be an ongoing process involving continuous personal growth. To establish their practice or business and to receive the opportunity to open Reiki to the public as well as the potential to help, depends on the attendance of you, the community, and the number of Reiki Practitioners that are able to give their time. I am hoping to provide the new Reiki Practitioners with a few closed group meetings and Reiki Share Groups for them as well as teaching and gaining experience in the field of energy.

I am very thankful for the Reiki Practitioners that have volunteered their valuable time to help me in providing this service. They have assisted me in giving the community the blessing of their love, kindness, and sharing their healing hands and words of sympathy for others. They truly have helped the community in many ways that will aide them to move forward in spiritual, physical, and mindful Healing.

Karen Allison Reiki Master
Cindy Stolk Reiki Master / teacher
Kathy Atkinson Level I, II
Barbara Good Reiki Master/teacher

Reiki Level I - II- III and Master Classes will be offered at The Bellevue Hospital, conference room A & B from 6:00 PM to 8:00 PM . and announced when scheduled. The Home Study course will be continued to those that attend at least ten (10) hours of actively participating in practice skills and receiving each level of attunements.

For more information for class schedule, fees, and registering call 419-355-1283
Patricia Zilles, Reiki Circle Coordinator
or e-mail teetazilles@gmail.com.

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July 1 – Family Fishing, Decoy Marsh, 2700 CR 259, Fremont. 10– 11 am. Enjoy an evening of fishing. We will show you all the basics so you can catch a whopper of a fish! Supplies available for borrowing. 419-334-4495 or: www.lovemyparks.com to register.

July 1– Puddle Jumpers: Fantastic Fireflies, Parking Lot at Ringneck Ridge Wildlife Area, 1818 CR 74, Gibsonburg. 8– 9p.m. Designed for children 2-5 years of age and their adult companion. Join us as we discuss fireflies and then try to catch some. All supplies provided or bring your own net and bug box. Free. Call 419-334-4495.

July 1 – Tree Huggers: Fantastic Fireflies, Parking Lot at Ringneck Ridge Wildlife Area, 1818 CR 74, Gibsonburg. 8-9pm, free. Designed for children 6-12 years of age and their adult companion. Time to come out at night to search for the magical fireflies! We will try to “talk” to them, and learn why and how they flash. 419-334-4495 or www.lovemyparks.com to register.

July 2 – Gibsonburg Farmers Market, Log Yard, W. Madison Street. 9 a.m. to Noon. .

July 2– Green Springs 4th of July Fireworks, Green Springs Park, 120 S. Catherine St. Green Springs. All Day event at the Park in Green Springs Ohio!

July 2– Woodville 4th of July Fireworks, Trailmarker Park, Cherry St. 10 p.m. Admission: free, for info woodville4th@gmail.com

July 3– Volunteers in the Parks: Macro-Invertebrate Survey, Boat Ramp in Picnic Area at Wolf Creek Park, 2409 S. S.R. 53, Fremont. 4:30-6 p.m. Volunteer Opportunity. We will be sampling the rivers macro-invertebrate community to determine the health of the Sandusky River. Participants will be IN THE RIVER. A change of clothes and shoes

is highly suggested. 419-334-4495 or www.lovemyparks.com to register.

July 3– Deutschmeister German Band (Mayor’s Concert Series in the Park), Birchard Park, Fremont, Ohio 43420. <http://www.fremontohio.org>**

July 3– Clyde Community Fireworks, Clyde Community Park. 4th of July activities will begin at 5pm at the Clyde Community Park. There will be bounce houses, kids games and prizes, live music, kid and adult corn-hole, food concessions. Free.

July 4– Fourth of July Concert. Rutherford B. Hayes Presidential Library. 2 to 3:30 p.m. Bring your own chair or blanket for this patriotic concert, performed by the Toledo Symphony Concert Band, on the verandah of the historic Hayes Home. FREE.

July 4– An Old Fashioned Fourth, Historic Lyme Village, 5001 SR 4, Bellevue, 419-483-4949 or www.lymevillage.com.

July 4– Fremont City Fireworks, Roger Young or Walsh Park. 10 pm. Over \$20,000 in fireworks this year!

July 6– Babies in the Parks: Turtles, Mull Covered Bridge, 1515 CR 9, Fremont. 2-3 p.m. FREE. Designed for children birth to 2 years of age and their adult companion. Bring a blanket to sit on as we learn about turtles in the creek through stories, finger plays and puppets. 334-4495 or www.lovemyparks.com

July 8– The Together Band/Sandusky County Positive People Concert, The Fremont Yacht Club. VIP Party: 6 – 7:30 p.m. with concert following at 8 pm. Cost: \$20 General Admission; \$30 VIP Admission. Advanced Tickets are available at Jimmy G’s, Sandusky County Convention Bureau, or www.scppohio.org Also at the door, ages 21 and older.

July 9– Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. 11 a.m. to noon. An interactive educational series for children. The event this month will feature a George Custer living history presenter. \$1.00 for kids ages 1-12 and \$7.50 for adults. (Cost includes admission to Second Saturdays & to the Hayes Museum.)

July 9– Volunteers in the Parks: Muddy Creek Fish Surveys, Creek Bend Farm, 720 South Main St., Lindsey. 3– 4p.m. Join Tom Kashmer to trap and identify the fish that call Muddy Creek home. This has been an ongoing project and over 44 different species of fish have been identified. Call 419-334-4495 to register.

July 9 – Star Gazing, Wolf Creek Park, 2701 South SR 53. Dark, Sandusky Valley Amateur Astronomy Club will lead a Star Gazing program. The Event will be cancelled if overcast. Register at 419-334-4495.

July 9–15– Directed Retreat, Our Lady of the Pines Retreat Center, Fremont. With the assistance of a spiritual director, the Retreatants are aided in noticing God’s presence in their life. Directed Retreat with directors available and contracted beginning at 5:30 on July 9 with departure on Friday, July 15 at 10 AM. \$495.00 including meals. www.pinesretreat.org or email olprc@pinesretreat.org.

July 13– 36th Annual Bellevue Hospital Golf Outing, Green Hills Golf Course, Clyde. Space for first 36 teams! Great prizes including Apple iPad Air 2 and a Flat Screen TV. www.tbhfoundation.com

July 16– Sunflower Sale, The Golden Acorn, 106 South West Street, Bellevue, www.bellevuehistoricalsociety.com

July 20 – Sunday Sundaes, Creek Bend Farm, 720 S. Main St., Lindsey. 2-3pm. Participants will make their own ice-cream.

Bring gloves or mittens! 419-334-4495 to register.

July 10– The Andrew Dean Concert (Mayor’s Concert Series in the Park), Birchard Park, Fremont.

July 13– Zenobia Highlanders Verandah Concert, Rutherford B. Hayes Presidential Center. Old-fashioned ice cream social at 6:45 p.m., concert begins at 7:00 p.m. The summer concert series continues and provides a chance to listen to some of Northwest Ohio’s top musical groups. Free.

July 14– Jailhouse Rock Dinner Theater, Historic Sandusky County Jail. Dinner at 5:30 p.m. This unique tour allows you to enjoy dinner in the Historical Sandusky County Jail. \$25.00. Tickets can be purchased at the Sandusky County Visitors Bureau, located at 712 North St, in Fremont or online at: www.sanduskycounty.org.

July 15-17- Sacred Heart Parish Summerfest, Sacred Heart Church, Fremont.

Come on out and enjoy the fun with the whole family. 419-334-3874 or www.sacredheart-fremont.org.

July 16– Shorebird Banding & Winous Point Tour, Winous Point Hunt Club, Port Clinton. 7a.m. –noon. FREE to register. Get a close-up look at shorebird banding then take a tour of Winous Point, the oldest, continuously operating duck hunt club in North America. 419-334-4495 to register.

July 16– Downtown Fremont Farmers Market-The Garden Market! 9 a.m. to 1 p.m. rain or shine. The Garden Market celebrates everything that grows. Hands-on activities include a rain barrel demonstration, beehive and keeper demonstration, biblical herb garden and more FREE!

Cont’d on page 9

Senior Bingo Bunch

July 15th, 2016
1:30-3:30 pm

We meet at Clyde Gardens Place the 3rd Friday of every month. Sandwich lunch will be provided and CASH prizes will be awarded! RSVP to Maria at 419-547-7746 by July 14th.

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July 16- Digitizing Your Old Family Photos. Rutherford B. Hayes Presidential Library. 9:30 to 11:30 a.m. Head of Photographic Resources Gil Gonzalez will explain the best methods of digitizing family photographs – file formats, internet albums, etc. Register by calling Becky Hill at 419-332-2081 or emailing her at bhill@rbhayes.org. Cost: \$10.

July 17- Classic Trendz (Mayor's Concert Series in the Park), Birchard Park, Fremont. www.fremontohio.org**

July 18- Sunset Hike, Doug Haubert Wetland, White Star Park Parking Lot, CR 66, Gibsonburg, 8:30 p.m. – 9:30 p.m. Enjoy the evening sun as we walk the trails, looking and listening to the sights and sounds of the park. 419-334-4495 to register.

July 22- Parker's Purpose Dinner and Auction, Ole Zim's Wagon Shed. 5 p.m. – 11 pm. Doors open and Chinese Auction begins at 5 p.m. Dinner begins at 6 p.m. \$65.00 pre-sale tickets (only 400 tickets are available); \$450.00 for table of 8. Annual fundraiser to benefit Parker's Purpose, a not-for-profit dedicated to provide the highest level of service to ill, disabled children who are in an immediate financial crisis. Keynote speaker is Merrill Hoge, a former NFL player

for the Pittsburgh Steelers, an ESPN football analyst, and author of the book Find a Way. The Fundraiser includes Dinner, Chinese Auction, and Grand Auction. 419-334-7275 or email: parkerspurpose@gmail.com.

July 23- Woodville's Farmers Market, on Main Street, in Woodville 8 a.m. to noon.

July 24- White Star Triathlon & Duathlon, White Star Park / Gibsonburg High School. 8 a.m. start. Event begins at White Star Park. This competitive event is designed to get individuals of all abilities up, active and to the finish line. The race is great for both seasoned veterans and beginners alike. Individual and relay teams of 2 or 3 persons are welcome. Proceeds from the event will benefit Sandusky County Positive People. www.gibsonburgohio.org.

July 24- Ridin' Shotgun (Mayor's Concert Series in the Park), Birchard Park.

July 24- Basket Making: Egg Basket, Wilson Nature Study Activity Room, Creek Bend Farm, 720 S. Main St., Lindsey. Noon – 4 p.m. Cost: \$30.00; pay ahead or at the door. We will be weaving an egg basket. Participants should bring a towel. All materials are provided. 419-334-4495 to register.

July 24, 25 & 26- Civil War Reenactment @ Historic Lyme Village 5001 SR 4. Bellevue. The event depicts the Civil War battle that took place in Manassas, VA, in a special reenactment called "The Road to Manassas". www.lymevillage.org.

July 24-29- Blessed are the Merciful: Their Power to Transform the World. Conference Retreat with Father Michael Gurnick, MA, MDiv, Our Lady of the Pines Retreat Center, 1250 Tiffin St, Fremont. The retreat begins at 5:30 on Sunday, July 24 and concludes at 10:30 AM Friday, July 29. Cost: \$495.00 including meals, (July 24 optional pizza: 5:15-6:30) For more information or to register, visit: www.pinesretreat.org or email olprc@pinesretreat.org

July 27- Matthew Ball Verandah Concert. Rutherford B. Hayes Presidential Library. Old-fashioned ice cream social is at 6:45 p.m., concert begins at 7p.m.

July 28- History Along the River, Peninsular Farms, Fremont. 7- 8:30 p.m. Cost: FREE. Meet at the Park District Office to caravan to this historical property. The largest intact section of the former Whittaker Reserve, Peninsular Farms is a gem of cultural and natural history. Call 419-334-4495 to register.

July 29- Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historical Jail, 622 Croghan Street, Fremont. 8 p.m. Explore the age-old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure.\$25. Must pre-register for this event by calling 419-332-4470 or by purchasing tickets at www.sanduskycounty.org.

July 30 – Shorebird Banding & Winous Point Tour, Winous Point Hunt Club, Port Clinton. 7 – noon. FREE. Get a close-up look at shorebird banding then take a tour of Winous Point, the oldest, continuously operating duck hunt club in North America. 419-334-4495 to register.

July 30 – Corn Fest, Historic Lyme Village, Bellevue. 419-483-4949 or visit www.lymevillage.com.

July 31- Wayne Golab Polka Band (Mayor's Concert Series in the Park), Birchard Park, Fremont.

July 31- Tram on the Trail, Meet at Wilson Nature Center, Creek Bend Farm, 720 S. Main St., Lindsey. 6:30 p.m-8:30 p.m. FREE. Enjoy a ride on the Park District Tram. This is an open-air tram so the ride may be chilly; a light jacket is suggested. 419-334-4495 to register.



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Cultivating Life by Sean Conway: Timing is key to successful pruning

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 such as Vitex or Abelia grandiflora, 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, such as the fragrant double blooms of Philadelphus 'Buckley's Quill' or the pearly white flower clusters of Itea virginica, are cut back as soon as they finish flowering. This rule of thumb holds true for other spring-blooming favorites such as lilacs, Kolkwitzia (commonly called beauty bush) 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 the dwarf form of Ilex glabra, commonly known as inkberry, are given a quick shaping in early spring and then left to grow out naturally over the next several months. Some dwarf evergreens such as Pinus parviflora 'Adcock's dwarf' 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.)

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The Bellevue Historical Society Promotes Its Tremont House Project

The Bellevue Historical Society has an active summer planned. The main project of the Society at this time is the restoration of the Tremont House, an 1846 building in the heart of Bellevue. Its Greek Revival architecture and its historic significance to the town justify the effort to restore this gem so that it can house the Society's collection of artifacts and photographs related to Bellevue's history. In April, a \$50,000 matching grant was received through the Sandusky County Communities Foundation for the restoration effort. The Tremont House was placed on the National Register of Historic Places in 2006 and on June 25 this year, an Ohio Historical Marker honoring it was dedicated.

Much more funding will be needed before the project is completed, so the Society has several fund raisers planned for the summer. Please help to preserve this important piece of history by participating in one or more of the following fund raisers.

Route 20 Classic - Miller's Drive-In, on Route 20 near the eastern edge of Bellevue, has a new item on the menu this summer. Named after the historic route which goes by the drive-in, the Route 20 Classic revives the offering made popular by diners - the fried egg sandwich. Owners Ken and Jan Miller will donate one dollar to the Bellevue Historical Society for each one sold this season, so enjoy a classic while helping out the Tremont House Project!

Friday, July 8 & Saturday, July 9 - Garage Sale - Find some bargains. Open 10 to 4 each day, no early buyers. Located at 1778 W. Main Street, on the north side of Route 20 between Clyde and Bellevue.

Saturday, July 16 - Sunflower Sale - In front of The Golden Acorn, 106 S. West Street, Bellevue. Open 9 to 2, or as long as they last. Buy a stem, a bouquet or a complete arrangement. Sunflower cookies by Anne Burkhart will also be available. Come early - they go fast!
Saturday, August 6 - A Taste of Tremont - Wine and Cheese Tasting - On North West Street in Bellevue between North Street and Main Street. Gates open 1 to 8. Admission \$10 for adults 21 or older. Included is a Tremont House wine glass and 5 wine tastings. Additional wine, cheese and other foods may be purchased. Entertainment, historic Bellevue displays and raffles make this a fun event.

Follow on FB, www.BellevueHistoricalSociety.com email: BellevueHistoricalSociety@yahoo.com TremontHouse.org

Mail to Bellevue Historical Society, PO Box 304, Bellevue Ohio 44811

Fundraising Event

**Wine
&
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Aug 6th
1:00 - 9:00
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My Mother's Recipes

By Joanne McDowell

This didn't come from my mother's recipes, but I think she would approve. I found this on a FB page called Mamaw June's Recipes and thought it was perfect for July. Enjoy!

FRIED GREEN TOMATOES

Very firm green tomatoes at room temp work the best.

4 large green tomatoes

Cornmeal mix

1 cup flour

1 cup yellow corn meal

1/2 cup milk

1 egg beaten

1 teaspoon white pepper or black pepper

1 teaspoon salt or to taste

1/4 teaspoon cayenne pepper (optional)

Slice tomatoes 1/2 inch thick. Discard the ends. After slicing the tomatoes,

Whisk egg and milk together in a medium-size bowl. Put flour onto a plate. Mix cornmeal, salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in cornmeal mix, to completely coat. Shake off excess mix Deep fry or cast iron skillet fry at 375° for 2 to 3 minutes on both sides.

If frying in cast iron skillet, add a little bacon grease or canola to make extra crispy and flavorful. I add both.

Place tomatoes into the frying pan in batches of 3 or 4, depending on the size of your skillet. Do not crowd the tomatoes they should not touch each other. When the tomatoes are browned, flip and fry them on the other side (about 2 minutes on each side). Drain them on paper towels.

Garnish with some dill ranch or horseradish.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Be all you can be, in the month to come your work ethic may impress the boss or your business dealings will upgrade your reputation. Beneficial relationships can be forged with those who share your sense of values.

TAURUS (April 20-May 20): Wear your white hat and do your best. You may even be able to ride off into the sunset with a sweetheart if you make a pretty apology and mend the fences. Your creative talents are in high gear.

GEMINI (May 21-June 20): Gentle persuasion is a powerful palliative. You won't need to force your ideas on others in order to get results. Your wisdom about family matters is better than average; make crucial decisions now.

CANCER (June 21-July 22): Fate and fortune favor the freehanded. You may have an occasional impulse to dwell on fantasies or to blindly swallow an advertising ploy. Yet you will never fail if you are generous to others.

LEO (July 23-Aug. 22): Go along with the crowd and offer the gift of giving. What you gain from being generous can be more fulfilling and satisfying than being miserly. Butter someone up with some form of flattery.

VIRGO (Aug. 23-Sept. 22): Take pride in having integrity. If you prove your trustworthiness, by fulfilling promises and honoring contracts, people will develop faith in you. This is a good time to demonstrate your leadership abilities and wisdom.

LIBRA (Sept. 23-Oct. 22): Chasing your tail can be fun, but impractical. You could have some delightful ideas but not the levelheadedness to put them into action. Rely upon good financial advice from more grounded advisors in the week ahead.

SCORPIO (Oct. 23-Nov. 21): Some people dig in their heels and get the job done, but others are mere dreamers. If you are a heel digger this may be the best possible time to start any project that relies upon making smart and wise financial decisions.

SAGITTARIUS (Nov. 22-Dec. 21): You may reach down and find the bottom of the well. Gauge the depth of your feelings as well as the solidity of your financial security, you should focus on ways to replenish your resources.

CAPRICORN (Dec. 22-Jan. 19): Your glass ceiling may be equipped with a skylight. Your potential for making giant leaps forward with career and finances may have few limits. Accept any opportunity for advancement that comes along.

AQUARIUS (Jan. 20-Feb. 18): You won't be fooled by fate if you focus on fulfilling your fantasies. Be extra nice to the new person in the office and be optimistic about starting a new project. The stars smile on romance and relationships.

PISCES (Feb. 19-March 20): Too many choices can be confusing. Remain precise and concise to dispel confusion. You may be torn in two directions but can make the right choice if you do your best to live up to someone's expectations.



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Mayo Clinic

A number of conditions can spark low white blood cell count

DEAR MAYO CLINIC: My 16-year-old granddaughter was recently diagnosed with a low white blood cell count after going to the ER twice with a migraine headache, vomiting and temporary loss of sight. What could cause a low white blood cell count in someone her age? I'm worried it's something serious and am wondering what other tests should be done.

ANSWER: Many diseases and conditions can lead to a low white blood cell count. It is difficult to say what the specific cause might be in your granddaughter's situation without more information. It's unlikely that the low count is related to her migraine and other symptoms. It would be wise to do another blood test to see if the problem persists. Her doctor can then decide if she needs to be evaluated further.

Blood has a number of components. In addition to white blood cells, which fight infection, red blood cells carry oxygen and platelets help blood clot. Bone marrow, the spongy tissue inside bones, makes the blood cells.

There are several kinds of white blood cells. Neutrophils fight fungal and bacterial infections. Lymphocytes protect the body from viral infections. Monocytes help get rid of dead or damaged tissue and regulate the body's immune response. Eosinophils are disease-fighting white blood cells. Basophils play a role in wound healing, infection and allergic reactions.

One of the most common causes of a low white blood cell count is a viral infection. These infections can sometimes temporarily disrupt the bone marrow's production of blood cells, so blood cell counts drop. The counts typically rebound as the body recovers from the infection. For most people, there is no long-term effect from this temporary drop in blood cells.

Certain medications may also lead to a low white blood cell count because they can destroy white blood cells or damage the bone marrow. For example, taking antibiotics may sometimes cause an abnormal drop in neutrophils, a condition known as neutropenia. With that in mind, it would be useful to have your granddaughter's doctor review any medications she's taking to see if they could be causing changes in her blood cell counts.

A variety of other conditions and disorders may lead to neutropenia, too. For an overview of this condition and more details about how it is diagnosed and treated, you can view a Mayo Clinic video about it at

https://www.youtube.com/watch?v=eIHk_fcANHs.

The list of other possible causes for a drop in a person's white blood cell count is long. Autoimmune disorders, congenital disorders that affect the way bone marrow works, disorders of the spleen, certain infectious diseases, cancer and parasitic diseases, among others, can all lead to low white blood cell counts.

A good next step for your granddaughter would be to have a complete blood count test done. This test measures the components in blood. The specific type of white blood cells that this test shows to be low in your granddaughter, as well as the results of the other blood component measurements, may help shed light on what could be causing the decrease.

The other symptoms you mention - headache, loss of vision and vomiting - should also be addressed with a physical exam, a review of your granddaughter's family and medical history, and any additional tests her doctor recommends. Even if these symptoms are not related to the decrease in her white blood cell count, it's important to investigate and identify their underlying cause. - Carola Arndt, M.D., Pediatric Hematology/Oncology, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT SIGN)mayo.edu. For more info, visit www.mayoclinic.org.)

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New Ohio Legislation

by Mircea Handru, MBA/Fireland's Mental Health & Recovery Services Board

In the past few days, a number of new bills were signed by Governor Kasich that are intended to help the fight against the drug epidemic. House Bill 110 includes the Good Samaritan Law to incentivize calling 9-1-1 for drug overdoses. Initially, Good Samaritan Law was included in House Bill 249. Provisions from that bill were included with House Bill 110. This provides immunity to a person who seeks medical assistance for an individual experiencing a drug overdose. Also, this protects a person acting in good faith from a minor drug possession offense, which is penalized as a misdemeanor or a fifth degree felony. By passing this legislation, Ohio leaders are hoping to save more lives by increasing the likelihood that those in the presence of a drug overdose will call for help. This bill also requires emergency medical service personnel to report the administration of naloxone (Narcan) on request of a law enforcement agency. This bill will become effective at the end of September.

Senate Bill 204 was also signed by Governor Kasich this past week. This bill suspends an offender's driver's license for a violation of specified drug offenses discretionary rather than mandatory. Under the current law, it is mandatory to suspend the offender's driver's license. This creates an impediment to the individual trying to find employment, get to work, or get to their treatment appointments. This resulted in non-compliance with treatment and violation of probation. Reoffending and ending up behind bars is not a smart use of taxpayer's money and will most likely not help the individual in their fight to recover from drugs. We welcome these changes as we consider them steps in the right direction.

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Pool safety can save your child

Drowning is the leading cause of death for children between the ages of 1 and 4, and the second leading cause of unintentional death for children under the age of 14. Tragically, more than 390 children die each year in their own backyard pools. Let's make sure your children are safe this summer.

The first thing all pools need is (at least) a 4-foot tall fence surrounding all four sides of the pool. Now is the time to make sure that not only is your pool fenced, but that it also is "tuned up" after the winter. That means that the self-latching gate is working, all pool furniture and toys are moved away from the fence so children cannot climb up and over a fence, and you might even add a pool alarm that goes off if anyone enters the pool without supervision.

If you have a door from the house to the pool there should be an alarm on the door, as well as having a fence around the pool. This ensures "layers of protection." The more layers to keep your child away from an unsupervised pool, the better! Children are clever, fast and tenacious.

Now once you decide to enjoy a day pool-side, you need to have several things on hand including a portable phone, a flotation ring or hook and an adult within arm's reach of a toddler or young child who has not yet learned to swim. If there are several "non-swimmers" in the pool with only one adult, it is best to put all of the children in an approved flotation device as well. The adult who is supervising the pool should ideally know CPR. I personally think all pool owners should take CPR.

The person in charge of watching a child or children in the pool needs to be vigilant. That means staying off a cell phone or any electronics that might be distracting. It is

also not the time for adults to be partying, and alcohol is discouraged.

Most children over the age of 4 are ready for swimming lessons, but the AAP does recognize that there are some younger children between 1 and 4 years old who may be ready for swimming lessons. Especially those that are frequently around water (home pool, lake, beach). Each child will develop at differently. Even a young child who has had swim lessons should not be considered "drown-proof" and never be left unsupervised.

Lastly, don't forget the sunscreen, and remember to reapply frequently to both you and your child.

(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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O ₁	H ₄	B ₃	R ₁	S ₁	T ₁	C ₃
E ₁	E ₁	Y ₄	S ₁	R ₁	C ₃	C ₃
E ₁	I ₁	I ₁	O ₁	C ₃	V ₄	N ₁
O ₁	U ₁	G ₂	L ₁	B ₃	L ₁	D ₂

Triple Word Score

1st Letter Double

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RACK 2

RACK 3

RACK 4

RACK 5

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TIME LIMIT: 25 MIN

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I Wish a “User’s Guide” Came with Becoming a Parent

By Bob Morton, M. ED, Ed.S

Parenting is one of the toughest jobs in the world and no User’s Guide or operating manual accompanies it. There’s no way to be a perfect parent but there’s a million ways to be a good one. This article is for dads, too, for they are increasingly taking on more essential child-raising responsibilities. Nevertheless, studies show dad’s place in the modern parenting landscape remains a smaller one than mom’s, particularly if he plays golf (Excuse me while I duck).

In my book, “Finding Happiness in America,” I mention how parenting effectiveness can be enhanced if four basic tenets are honored. After 34 years of counseling parents and children, I noted four child-rearing themes that cropped up over and over again among parents of happy and confident kids. Regardless if their children ranged in physical qualities from homely to comely or chubby to svelte, were smart to empty-headed, or clumsy to

athletic, these parents respected them for who they were and allowed them to be themselves. I’d like to share them with you:

They allowed their children to develop at their own pace and appreciated them for who they were. The children weren’t the best at all things but they had a spirit that made them unafraid to try and make the best of their capacities and opportunities. Although Dr. Benjamin Spock’s “Bible” on parenting, “Baby and Child Care” is somewhat outdated, I continue to enjoy his words. Spock wrote, “Love and enjoy your children for what they are, for what they look like, for what they do, and forget about the qualities they do not have.”

I noticed these parents enjoyed all of their children unconditionally. Sensing they would grow up quickly and be gone too soon, they kept diaries, took pictures, compiled photo albums, and filmed videos of events

and moments which they knew would soon fade into memories.

They seemed relaxed, regardless of their children’s shortcomings, and didn’t pressure their kids to be the best athlete, smartest classmate, or the most musically talented. Instead of pushing or forcing their kids into things, they seemed to always “be” with them... not “at” them.

Lastly, these parents naturally set good examples and unknowingly earned their children’s respect and admiration. They earned my admiration, too. Yes, parenting being equally fair, solid and consistent with children is hard to do, but these 4 tenets make the task less-daunting. Regardless of the varying traits and abilities among their children, they remained impartial in dispensing encouragement to all.

They knew how difficult it was to be evenhanded because their children differed so widely in interests, attention spans, abilities and talents. When

one complained that something was too difficult and hesitated to begin trying, they imparted a fair-mindedness by judging if their expectations were aligned with the child’s ability and maturity level.

I also noticed their impartiality shined when they reacted uniformly to each child’s defeats. Their children learned that, regardless if they try something and fail, mom and dad steadfastly admired their courage to give it their all...win, lose, or draw.

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored the book “Finding Happiness in America.” Contact him at the Family Journal: www.family-journal1.blogspot.com



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Flicker



Robin Arnold



Gena Husman

“Hey! Come out here and look at this!” Robin called in the back door. She was standing on the deck looking at one of the dead trees in the backyard we’d had topped a few years ago. We’d told the guy to leave the 12-foot trunk for birds to nest in. She pointed out a hole about three inches in diameter that had been bored into the trunk about a foot from the top.

“I don’t think that wasn’t there yesterday,” she said. “I wonder what made that?” No sooner had she said that than a large brownish bird with a bright red chevron-shaped mark on the back of its head flew over to the hole in the tree and disappeared inside. “Wow! I think it’s a flicker!” Robin said. “Right outside our back door!” I could tell she was thinking “photo op.”

We watched on and off throughout the day as clouds of sawdust puffed from the hole and drifted to the ground. Occasionally, it would stick its head out of the opening and pant—it was the first Saturday in May, and it was quite warm. Sometimes it would fly off, only to return a short time later and resume its excavation. It was hard at work when our first birder tour group came through later that morning and they were delighted to see a flicker in action.

At first we thought it was a female doing all the work, but then Robin remembered that both the female and the male took turns excavating the nest cavity. We learned later that both parents also incubate their eggs and care for the young.

Flickers are common throughout North America where they are year-round residents; however, flickers in Canada and extreme northern areas migrate to the lower 48 states during the winter months. There are two subspecies: the Northern—or yellow-shafted eastern flicker is the one we see in our area. Red-shafted flickers are found out west. The two subspecies are named according to the color of the wing feather shafts. They are a species of woodpecker—but, unlike other woodpeckers, they forage mostly on the ground, and when they do sit in trees, they perch on a horizontal branch rather than leaning upright on the trunk against their tail. Flickers can be spotted on the ground in open areas and lawns, along forest edges and under bird feeders. Their diet consists mainly of spiders, ants, caterpillars, crickets, seeds, berries and nuts,

and they will come to feeders for seeds and suet.

If you’ve never seen a flicker, they are large brown birds about 13 inches long with a wingspan of 18 to 21 inches.

Both male and female have black barring on their back and black spots on their belly. There is a large black crescent-shaped mark on the breast, and a red chevron-shaped mark in the gray area on the back of the head. The male has a black mustache—the female doesn’t.

Our flickers spent the next couple of days cleaning out the nesting cavity—the entrance hole is typically three inches in diameter and the nest area is 13 to 16 inches deep—and then they just left, abandoning all their hard work. We were disappointed—we’d hoped we would have the chance to watch them raise their babies. A lone starling checked out the nest but we don’t know if he chased them away or if they decided they really didn’t like the location and set off for a better neighborhood.

Over the past month we’ve watched Ralph and Alice’s two goslings grow as they’ve made the daily trek from the marsh to our backyard to lounge on the pond bank and clean up spilled bird feed from under the bird feeders. They seem to enjoy our company as much as we enjoy theirs. The REAL surprise came a few weeks ago when we woke up to find 23 geese playing on the pond in the early morning sunlight, while Ralph and Alice and their two kids stood patiently waiting at the backyard gate for us to come out and feed the birds. We’re not exactly sure where the additional geese came from because they weren’t in Ralph’s marsh the day before...but, somehow they found their way to our place. Every morning they all walk over to our backyard and every evening they all walk back to the marsh.

It’s amazing—two years ago after the brutal winter of 2013-2014 we didn’t see a single goose here. Last year we had one family. Now our backyard looks like we are having summer camp for 27 adult and juvenile Canada geese. We love it!

Have a safe and happy 4th of July!



Fremont City Schools: Project Attend

“Every day counts!” is this upcoming school years goal. The time is now to think about making this school year the best your student can have. Having good habits with sleep, routine, and health can lead to consistent attendance. Great attendance is directly related to positive grades and good work habits. When your child is sick, please notify the school so we know your student is home. Be sure to communicate with teachers and principals for any extended absences. The district calendar highlights important dates and Fremont City Schools’ attendance policy is outlined in the student handbook. By working together, we CAN make every-day count. The Project Attend program through Fremont City Schools is funded by United Way. The program addresses attendance concerns through the use of communication and mediation. If your student struggles with attendance, feel free to contact your school’s principal, counselor, or the Project Attend Coordinator.

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I ₁	N ₁	V ₄	O ₁	I ₁	C ₃	E ₁	RACK 4 =	62
B ₃	U ₁	L ₁	L ₁	D ₂	O ₁	G ₂	RACK 5 =	61
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Helen Marketti's Music Corner

Toni Tennille

By: Helen Marketti



Toni Tennille's recent memoir about her life and career with former husband, Daryl Dragon is an eye opening account of what life was like once the stage lights went dark and the fans went home. Fans loved the hits by the Captain & Tennille, which included Love Will Keep Us Together, The Way I Want to Touch You, Muskrat Love and Do That to Me One More Time. Daryl was a talented musician but not capable of being fully present in a loving relationship that lasted 39 years. Toni opens up about why she decided to finally leave the relationship and write her memoirs.

"I stayed in the marriage for 39 years because I had hoped that eventually I would be able to unlock Daryl's heart. I always had hoped that I could bring him into the light and joy I had experienced in my own life," explains Toni. "We started living together in 1972 and during the entire time we were together, I never heard him belly laugh. I never saw him express any emotion, he never cried. He was uncomfortable in situations where there were many people around even if they were people he knew."

Daryl had a rough childhood that carried over into his adult years. "I thought he was brilliant and a genius. I imagined what it would be like if he could open up like a flower and open up to the world. Unfortunately, I was never able to break the barrier," said Toni. "He was my 'project' for the last several decades. I had made a vow that he was my husband and I was going to stick with him no matter what. It finally sunk in that I was not going to change him. Through trying so hard to get closer to him, I was losing my own joy and positive outlook. I felt like I was being dragged down into a miasma that Daryl lived in all the time. It scared me because I did not want to become a bitter old lady."

"One thing Daryl and I did have was the great music we created together. During the time we were creating the music, he was my muse and I was his. He did think I was a great singer and songwriter. He knew I would be good at being the person in the front so he could stay in the background and play

the keyboards," explains Toni. "When we signed the contract for the 'Captain & Tennille Show', Daryl had to stand up next to me and be the costar which was difficult for him. I had previous experience because I had performed in theater, sang in front of people since I was a child and watched my mother when she had her own television show. Our television show was easier for me than it was for Daryl. He would have much rather stayed in the background. He was never able to express affection. I don't blame him for that, as my upbringing was supportive and close. Daryl never had that support system. He always went inside himself. Ever since I have known him, he has lived inside his own thoughts. He sees situations in a negative perspective. He doesn't look at the glass as half empty; he looks at the glass as empty."

"Daryl is a hypochondriac. He is his own worst enemy. He goes into a panic over everything. He was always tied up with a strict diet regiment when we were together and is still obsessing over what he eats," said Toni. "I had learned over time not to engage him over a disagreement because it would not solve anything. I always had to watch what I did and said so as not to upset him."

39 years is a long time to stay with someone when clearly the relationship was never on track with love and intimacy. "I am a stubborn and loyal Taurus. I planned to stay with him when I took those wedding vows. The main reason I wrote the book was for the fans who loved us at the Captain & Tennille. They would be upset at the decision I made to end the marriage. It was from my own perspective. I wanted people to understand the decision I made and why it took me so long to make it," said Toni. "My niece Caroline was my co-writer. I would have never written this book without her. I would write something, send it to her and she would add her magic while still keeping it in my voice which is her gift."

"The book has been out since the first week of April. I have received the most incredible letters from people who have gone through similar situations. I had to go through all of those years and experiences to arrive where I am today. I do

not regret anything that happened or the choices I made. Everything I did made me the woman I am now."

"Daryl and I talk at least once a week. I still care about him. Whenever I ask him how he is doing he usually says, 'Oh, I'm about a C minus.' He has been a C minus ever since I have known him. It's who he is," said Toni. "I told Daryl that I was writing a book and explained to him that it was going to be from my point of view. I encouraged him to write his own memoirs from his perspective or at least keep a blog on the internet. He had no interest. His statement to me when he learned I was writing the book was, 'I'm not worried because I know you're a straight shooter.' I am comfortable with who I am. I am in a good place."

Toni Tennille's Memoir is available at Amazon.com

TONI TENNILLE

A MEMOIR



TONI TENNILLE
with CAROLINE TENNILLE ST. CLAIR

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It's no secret that I love the parks located around our surrounding counties- not only do they have a variety of trails and beautiful wildlife to see, but they also have tons of events for every age. My favorite is White Star Park here in Gibsonburg and Creek Bend Farm in Helena, which I wrote about not too long ago. They're a wonderful addition to our communities, and this month as the weather turned warmer, it's finally time to check out some of the many activities they have planned for the summer months.



By Kelsey Nevius

As I said before, there are so many things to try, and for a plethora of different age groups to boot. My personal favorites included the star gazing at Wolf Creek Park in Fremont on June 14th, and the cast iron cooking at White Star Park in Gibsonburg in the cabins on June 6th. For the star gazing, there's still opportunities to catch it before it goes away with the coming cooler months- other dates for it are July 9th and August 6th. Sitting under the stars, cooking homemade and simple- how much better can you get? Along with that, some of their main events are also exciting, especially the kayak and canoe trips. I will definitely be taking the full moon canoe trip, which will be on June



20th, July 18th and 19th, and August 17th and 18th. But it doesn't stop there. I know I personally am looking forward to upcoming events across the area, like History Along the River on July 28th at Peninsular Farms in Fremont and the Summer Movie at one of my favorites, Creek Bend Farm, on August 6th. I absolutely love that they also feature events for people young and old. For the younger generation, kid's activities include programs like Fantastic Fireflies on July 1st and exploring reptiles like turtles on July 6th. They also offer different age group specific activities: Babies in the Park (birth-2 years), Puddle Jumpers (2-5 years), and Tree Huggers (6-12 years) all have separate yet fun activities for every age and skill level. And the best part about all of their activities is the fact that you only have to register- no payment required.



If you want a little something to do to help out around the community, they also have volunteer opportunities, like fish surveys and volunteer nights. Don't forget about the park festivals as well- S.C.R.A.P is going to sneak up on us before you know it!

Whatever event you or your family chooses to take part in, it's at no expense to you and promises to be a fun and fulfilling day. I love that the park events are always good, wholesome fun, which is something hard to find these days. Park events also teach you and young ones to live off the land, and to have fun in the wide open world outside. Whether it's an event to create a new craft, spend time in the outdoors,



or explore the nature around you, it'll be well worth the time and effort. Have fun with it, and enjoy the warm weather while it lasts!

Summer is the season when so many of us enjoy participating in outdoor activities and sports. But whether you're a competitive runner or just enjoy spending an afternoon working in your garden, it's important to take precautions when the weather is hot and humid.

Activity during warm weather increases your core body temperature. While your body cools itself by sweating, cooling down is harder in hot or humid weather. And, your heart rate rises as your body works harder to keep cool. It's important to scale back your outdoor activity when the temperature or humidity is high. Pay attention to any warning signs and know your limitations to stay safe during outdoor activity in the warmer months.

Choose light weight, light colored clothing

When exercising in heat, light-colored, sweat-wicking clothing is best. Dark, heavy clothes can make you even hotter. Gear, such as protective padding or helmets, also traps heat and raises your body temperature. If you have to suit up, shorten your workout intensity and duration. Make sure to use UV-blocking sunglasses and don't forget the sunscreen. Choose water-resistant sunscreen with a minimum of SPF 30 or higher.

Drink Fluids

Drink more fluids throughout the day to stay hydrated, and enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli and yogurt. Avoid alcohol and beverages with large amounts of sugar. These types of beverages can actually cause you to lose more body fluid.

Heat Exhaustion and Heat Stroke

Dehydration is a serious medical condition. Exercise in hot, humid weather can rapidly raise your body's core temperature, putting you at risk of heat exhaustion or heat stroke.

Heat Exhaustion

Heat exhaustion is a form of heat-related illness that can develop after exposure to high temperatures, and inadequate or unbalanced replacement of fluids.

Signs of heat exhaustion include:

- Heavy sweating
- Muscle cramps
- Fatigue
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Dark urine
- Cool, moist skin

Heat Stroke

Heat stroke is the most serious heat-related illness. Body temperature may rise to 103°F or higher within 10 to 15 minutes. Symptoms include:

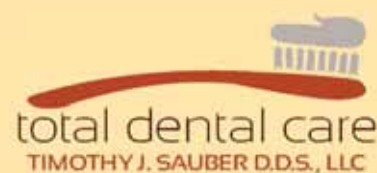
- Dry, hot skin (no sweating)
- Rapid, weak pulse
- Confusion
- A body temperature of above 103°F
- Seizures
- Unconsciousness

If you see someone with any warning sign of heat stroke, call 911 immediately, then cool the victim however you can. This may include moving him or her to a shady or air conditioned area and applying cool water to the skin.

Always consult your physician or practitioner if you're starting a new exercise program. Your health care provider can help you determine how to safely begin a fitness program.

You can find more information and tips for preventing heat related illness on the Centers for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/extremeheat/>

Dr. Todd Meredith practices family medicine at Community Health Services in the Stony Ridge office located at 5734 Fremont Pike, Stony Ridge, Ohio.



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How to tame an excited cat in the evening hours

Q: My girlfriend and I got a kitten over Christmas. He is now 6 months old but we cannot sleep anymore. He tears all over our apartment all night long and bounces on our bed as we are sleeping. We put him on the floor as soon as he does and scold him, but he is right back again five minutes later. We are going to neuter him next month and we were wondering if that will stop his behavior or if there is something else we can try?
- Frank Rice

A: Neutering only removes an animal's desire to mate and any behaviors related to mating. It certainly will not stop your cat from being happy and energetic at an inopportune time for you.

Cats usually sleep all day when we are not home, so their day is just beginning as soon as ours is ending. He has the whole night now to run and play and cannot understand why you do not want to join in.

The answer here is to remove the opportunity and the behavior will stop. You just have to close the bedroom door at night and do not open it no matter what he does. Of course he will most likely cry outside the door all night, but that should only last for the first few nights. After a week of this he will figure out that this behavior does not lead to anything anymore. Then he will begin to look for some other amusement to keep him busy all night and you can sleep in peace.

Q: Our grey parrot likes to place his uneaten food and trash into his water dish and by the time we get home his water is filthy. We change it right away but it bothers me that he does not have clean water to drink during the day. Will this

hurt him? Does he know not to drink the water when it is so dirty and to wait until we clean it? - Adam Dash

A: I prefer to let the questions of what a pet knows and does not know to be debated by those pet keepers that like to chatter about their pets on those Internet forums.

In your case this problem is easily solved by teaching your parrot to drink out of a water bottle. There are quite a few models out there for parrots that are made of glass and stainless steel. They mount to the outside of the cage with only the spout inside the cage. Mount it outside the cage in a way so that the spout ends up right above the bird's water dish. Then leave water in the bottle and the dish both for a week. After a week you can leave the dish in the cage but do not put any water in it.

During that week period, the bird will have been fussing with the spout out of curiosity and will know that water is in it.

That way he will have both options and slowly realize that the spout is where he can drink his water.

You still need to change the water in the bottle daily; a water bottle can grow all sorts of bacteria in it. It might be a good idea to have two bottles on hand, this way you will always have a clean one and you can put the clean one on the cage as you are leaving in the morning and wash out the dirty one later.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)

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Toxins In – Yes. Toxins Out – Who Knows?

By Dr. Paul Silcox

The subject of decreased mobility, chronic fatigue, increased cancer rates, mental cloudiness, swollen legs, fluid retention, comes up quite frequently. Many of these symptoms have all been shown to be influenced by substances we are exposed to in our air, food, water; or chemicals we are exposed to at work and at home.

Keeping these things in mind and regularly doing some kind of detoxification would be integral to any healthy lifestyle. A couple of the easiest methods to have a positive influence on our energy and reducing the toxic load on our body are to undergo a couple of series of regular ionic foot baths alternating with herbal whole body and colon cleanses.

Research has demonstrated that charged ions such as released during an ionic foot bath, increase the flow of oxygen to the brain – increasing mental alertness, and elevating mood by affecting serotonin levels, similar to taking a walk on an ocean beach.

Toxins, or free radicals, in the body exist in charged, or ionic, form. They cause damage in our bodies by seeking to bond with substances that would normally be looking for a healthy chemical reaction.

By providing available ions to chemically bond with these toxins, they will be eliminated by being filtered out by the kidneys or bowels, or eliminated back out through the pores of the skin in the feet into the foot bath. Changes of the water color indicate that a body will be cleaner and healthier by getting that junk out. One of the remarkable changes I've seen in patients is reduction in swelling in the legs on numerous occasions. I love my IonizeMe Foot Bath system!

When this is coupled by alternating herbal detoxifiers through the digestive tract, it provides a two pronged approach at neutralizing harmful toxins.

To learn more, go to www.drsilcox.com

TEA PARTY TO RALLY AT BIRCHARD PARK

Fremont area patriots young and old are invited to the eight annual rally for freedom on Independence Day, Monday, July 4, from 11:30 a.m. to 1:30 p.m. at the Birchard Park bandstand in Fremont. Andrew Dean will provide patriotic music at 11a.m. The Declaration of Independence will be read and General Election candidates of both parties have been invited to speak.

The rally occurs between the Fremont City parade at 10 a.m. and the annual concert at Spiegel Grove at 2 p.m. so patriots are invited to bring their lawn chairs and enjoy a patriotic respite. The historic walk-through Constitution Exhibit returns this year along with free hot dogs and pop corn. The rally is sponsored by Fremont's American Patriots Against Government Excess and Tiffin's North Central Ohio Conservatives, two TEA Party groups. For info call 419-332-3259 or go to www.americanspage.com.

FOR SALE

For Sale: Bradley Convection Smoker, 2 boxes of Bisquettes and cover for \$100. Oven used one time. Call 419-334-3602 for more info.



SATURDAY NIGHT BINGO!

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

More FUN added

Patriot Progressive Game
Win up to \$3000

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Dust Free Cleaning: Time for graduation parties, Mother's Day, family reunions and more, let us get your cleaning started before those summer events. References, insured, four hour minimum, \$14 per hour. Call 419-603-6667 to get started.

Donna's Sewing: Alterations, including pants at \$6 per pair, zippers, curtains, dresses, re-enactment clothing, tailoring. Now booking wedding dresses. Quick turnaround. Call 419-332-1654.

BUS TOURS

BLUE LAKES CHARTERS & TOURS July 25 – Aug: Southwest National Parks Tour
This trip is a Go – 4 Seats Left! OCT 31 – NOV 5th, ESCAPE TO BRANSON! 6 Shows: Showboat Branson, Shoji Tabuchi, Brett Family, The Haywood's, Daniel O'Donnell, "All Hands on Decks." - starring Jody Madaras! Oct. 17 – 23, SAVANNAH, CHARLESTON, PIGEON FORGE & MYTLE BEACH Included: guided city tours, visit a plantation, Billtimore Estate, Great Smoky National Park, Gatlinburg, 4 Shows & "Old Friends" in Lexington. Call for Tour Info & Reservations! 419-874-4225 or 1-800-282-4287 # 5 Blue Lakes is Hiring Drivers

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JULY 2016

Events



The Bellevue Hospital

1400 West Main Street

Bellevue, Ohio 44811

www.bellevuehospital.com

419.483.4040 - Bellevue

419.547.0074 - Clyde

419.639.2065 - Fremont,
Green Springs, Republic

419.483.0400 - T.D.D.



COMMUNITY HEALTH PROGRAMS

	Glucose, Blood Pressure Checks	Free	Ext. 6610
July 6	9:30 am - 11:00 am		Medicine Shoppe, Bellevue
July 12	9:00 am - 11:00 am		Bassett's Market, Bellevue
July 19	9:00 am - 11:00 am		Hogue's IGA, Bellevue
July 20	9:00 am - 11:00 am		Miller's SuperValu, Clyde
July 25	8:00 am - 10:00 am		Rec Center, Bellevue
July 26	Noon - 1:00 pm		Senior Center, Bellevue
July 28	10:30 - 11:30 am		Senior Center, Clyde
July 11	Morning Health Break 8:00 am - 11:00 am Free Blood Pressure checks Glucose (fasting test, free); Lipid Panel (fasting, \$15)		Ext. 6610 Conference Rooms A&B
July 13	36th Annual TBH Foundation Golf Outing 10:00 am Shotgun Start. Call to reserve your foursome!		Ext. 4319 Green Hills Golf Course
July 21	Mature Audience Luncheon 11:30 am - 1:00 pm. Pain Management, Dr. Kumar.	\$3	Ext. 4899 BSA, 205 Maple St., Bellevue
July 27	Red Cross Bloodmobile 9:30 am - 3:30 pm. Open to the public. Call to schedule appt.		800.733.2767 Conference Rooms A&B
July 27	Drown's Garden Market 9:00 am - 2:00 pm. Open to public; seasonal veggies, fruit.	Free	Ext. 4387 TBH South Entrance

SUPPORT GROUPS

July 5	M.O.M.S. 10:30 am - 11:30 am. Breastfeeding support.	Free	Ext. 4363 2 nd Floor Conference Room
July 12	Diabetes 12:30 pm - 1:30 pm. New Diabetic Meds., Chris Hirt, RPh.	Free	Ext. 4303 East Conference Room
July 12	Reiki 6:00 pm - 8:00 pm. Food for Healing, Patricia Zilles.	Free	419.355.1283 Conference Rooms A&B