

A vibrant image of the Statue of Liberty at night, holding a torch aloft. The background is filled with a massive display of colorful fireworks in shades of red, orange, yellow, and white. The Statue of Liberty is rendered in a teal or greenish-blue color.

# 2000les Lifestyles

**Happy  
4th  
of July**

**Free**  
Vol. 18 Issue 7  
**July 2017**

## COMMUNITY HEALTH SERVICES UPDATE

# There's a lot going on at CHS!

## New Main Campus opening AUGUST 2017!

### A FEW FACTS ABOUT OUR NEW MEDICAL COMPLEX

- Building is 28,350 square feet
  - 15 Medical Exam Rooms and 12 Dental Operatories
  - Five Behavioral Health Offices
  - Pathology Laboratories location on site
  - 176 parking spots! 12 reserved for ADA parking spaces
  - Comfortable patient waiting area featuring a beautiful stone fireplace
  - 34 acres – Campus will occupy 8 acres the rest will be maintained for farming
- Fremont Family Practice and Westside Pediatrics will remain open

### WATCH FOR ANNOUNCEMENTS ABOUT OUR OPENING AND OPEN HOUSE BY VISITING:



VISIT OUR WEBSITE: [www.CHSOhio.com](http://www.CHSOhio.com)



LIKE US ON FACEBOOK: [www.facebook.com/CHSOhio](http://www.facebook.com/CHSOhio)



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### CHS IS PLEASED TO WELCOME THE FOLLOWING NEW PROVIDERS

#### **Enedina Berrones, MD**

**SPECIALTY**

*Psychiatry*

**LOCATION**

Fremont

#### **Yasmine Pirzada, MD**

**SPECIALTY**

*Internal Medicine*

**LOCATION**

Stony Ridge and  
Fostoria

#### **Thomas Stein, PA-C**

**SPECIALTY**

*Family Practice*

**LOCATION**

Fremont and  
Stony Ridge

#### **Melissa Bianchi, NP-C**

**SPECIALTY**

*Family Practice*

**LOCATION**

Fostoria

#### **Laura Anglim, NP-C**

**SPECIALTY**

*Family Practice*

**LOCATION**

Fremont



CHS

COMMUNITY HEALTH SERVICES

WE CARE.



# Lifestyles 2000

July 2017

Vol. 18 • Issue 7

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



## Campfire News and Notes



# Camp Fire

Light the fire within

A United Way Member Agency

Wow I can't believe that summer is in full swing. Do you know what that means? That means it is time for Camp Fire day camps. We still have limited space available in all the camps that we offer. There is something for every kid this summer at Camp Fire. Get a free t-shirt when you register. Please call the Camp Fire office with any questions. Our number is 419-332-8641 or send us an email, [director@campfiresc.org](mailto:director@campfiresc.org).

Camp Fire would like to thank the School of Hope for coming out for Camp Wanna Go. A good time was had by all.

We would like to thank everyone who came out and supported us at Jimmy Bukkett's. It was a great time.

Camp Fire would like to send out a huge thank you and hug to all those

who donated to our summer appeal. It is because of people like you that deserving kids can enjoy camp that may otherwise have not been able to attend.

There are still dates available for summer rentals. Camp Fire is the perfect place for a graduation party or any family get together, so call today.

## ASSISTED LIVING (EMPHASIS ON LIVING)



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Like us on





# 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](mailto:lifestyles2000@sbcglobal.net) by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

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

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Welcome to July!

The hot summer is upon us, although June was certainly no picnic. As I write this the rain is pouring down, and I am so grateful not to have to water flowers today!



Our calendar is huge this month, lots to do in Sandusky County, so check it out.

Enjoy your month and thanks for reading. Check out our summer contest to win Miller Boat Line tickets and spend a day on Put-In-Bay.

Joanne



Finding Pete was hard in June...only about 100 people had it right. The correct answer was Dairy Queen.

## Find Pete Winners

Winners are Tom Beckman, Ron Raifsnider, Deb Powers, Bellevue; Betty Sanchez, Blake Williams, Chuck Schauder, Barb Swedersky, Dick Hoffman, Steve Billowing, Karen Cook, Mandy Smith, Fremont; Lynda Wilbert, Marvin Boyd, Clara Rinebold, Andie Dodson, Clyde; Shirley Swaisgood, Helena; Sharon Miller, Bettsville; JoAnn Kleinfelder, Sandusky.

"Celebrating 18 Years" winners of Miller Boat Line tickets are: Larry McElfresh, Rick Palysha, Fremont and Annette Mavros, Clyde.

Janet Wood, Fremont, won a pass for 6 to African Safari valued at \$130. Thanks for entering!

## Find Pete Prizes

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

**Additional prizes:** Mention "Celebrating 18 years" on your July entry and you will be in a drawing for Miller Boat Line tickets and a pass to African Safari!

## Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net), please include your name and address in the email. One entry per household. **Deadline is the 20th monthly.** Please do not send us the ad.



# Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Welcome summer! This month we celebrate Independence Day. How great a blessing it is to live in America! A land where we are free to pursue our dreams, worship our God, choose our own career path and work and play in a peaceful environment. May we always appreciate what it means to be an American!

You've heard the expression, "it's as American as baseball and apple pie". Yes, it is—the Spiegel Grove Vintage baseball team. My friends and team players, Jim Miranda and Gary Kaltenbach (the mayor of baseball) responded to my request to learn more about the history of vintage baseball. Over the years the sport has had different names, Rounders, (1744); Stool ball (1772). In Colonial America it was call Bat and Ball, (1773). In 1791 Pittsfield, MA, city leaders passed an ordinance banning the playing of baseball near a new church building in the town in order to protect the windows. In 1823, a newspaper writer wrote of witnessing the "manly and athletic game of baseball" played in Greenwich Village, New York City. "Town ball was a term applied to a variety of bat and ball games played in America in the 18th and 19th century. The Cincinnati Red Stockings became the first truly professional baseball team in 1869. The National League was formed in 1877.

Many songs were written about the game of baseball, "Baseball Polka (1861), on down to the famous "Take Me Out To The Ball Game", written in 1908 by Jack Norworth, a Tin-Pan Alley song writer.

Today's vintage baseball games are played with 1860 era rules; no gloves are worn, the "hurler" or pitcher throws the ball to the batter with an underhand notion. He is to put it over the plate so the

"striker" can hit it. An out can be made when the ball is caught on the fly or on the first bounce. Baseball originally was two words, is a gentlemen's game, with no spitting, swearing or scratching; and absolutely no argument. Balls and strikes are not called by the umpire, however, if the "striker" swings and misses 3 pitches, it is call a strike out. If a spectator catches a foul ball on the flyer on one bounce the striker is out.

I'm planning to get to one of the Spiegel Grow Squires home games yet this summer. Just in case you want to take one in as well, the dates are: Sunday, July 9th at 2 p.m.; Sunday August 6th at 2 p.m.; Sunday August 27th at 2 p.m.; and Sunday September 24th at 2 p.m. All games are played at the Hayes Presidential Center.

Here's an update on activities at the Old Garden House—July Tea at Two is full. Space remains for the August 29th Tea at 2 p.m. when we will celebrate with a Birthday Party for Lucy Hayes. Dan Baker, a Hayes Presidential House guide, will present a program about Lucy, the wife of our 19th President. To make reservations, call Ms. Grace at 419-332-7427.

In the meantime, enjoy the summer weather, go out to dinner with someone special, read a story to a child and smile, because you know that 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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# Mayo Clinic

## Whole foods generally a better source of vitamins than are supplements

**DEAR MAYO CLINIC:** I've read that the antioxidant vitamin E provides a lot of health benefits. Is taking a daily vitamin E supplement a good idea? Can it be harmful?

**ANSWER:** The proposed benefits of vitamin E rest on its powerful antioxidant properties. Antioxidants are substances believed to protect cells from damage caused by free radicals, which are produced by your body. Exposure to certain environmental substances, such as sunlight, tobacco smoke or radiation, also can create free radicals.

Normally, free radicals perform a number of useful tasks. But too many free radicals cause what's known as oxidative stress. They overwhelm and damage cells, resulting in tissue breakdown and damage to DNA. Oxidative stress has been tied to a number of conditions, including cancer, heart disease, diabetes, Alzheimer's, Parkinson's, cataracts and macular degeneration.

Antioxidants, such as vitamins E and C, and carotenoids, are found in foods, especially plant-based foods. In laboratory experiments, antioxidant molecules have been found to stabilize free radicals and counteract oxidative stress. And many observational studies indicate that a diet high in fruits and vegetables can help reduce risk of disease, including heart disease, stroke and cancer.

Preliminary studies suggested that antioxidants might have big health benefits. To make antioxidants such as vitamin E easier to study, researchers used them in a supplement form.

But despite well-designed trials in large numbers of people, vitamin E supplements generally haven't proved helpful in preventing disease. In addition, high doses of vitamin E supplementation have been associated with an increased risk of bleeding, especially when taken in combination with blood thinners, such as aspirin, warfarin (Coumadin) or heparin.

The benefits of vitamin E were somehow lost in the switch from food to supplement. Part of the problem may lie in the complex nature of vitamin E. Vitamin E is a family of eight slightly different chemical versions: alpha-, beta-, gamma- and delta-tocopherol and alpha-, beta-, gamma- and delta-tocotrienol.

The best known version is alpha-tocopherol. It's the form the body absorbs and transports most efficiently. It's also the version used in almost all research studies. But newer evidence suggests that other forms of vitamin E, such as gamma-tocopherol, may have greater antioxidant effects than does alpha-tocopherol. Taking supplements of

alpha-tocopherol also reduces the level of gamma-tocopherol in the body, reducing its benefits and perhaps explaining the harmful effects of high doses of alpha-tocopherol supplements.

In addition, food sources contain varying amounts of all eight versions of vitamin E. Some of these versions may have more beneficial properties than others, and a variety may work better in combination than as a single ingredient. Food sources of vitamins and minerals also contain various other antioxidants and as yet unrecognized beneficial compounds that might work independently or in concert with each other to promote good health.

Finally, it's possible that the health benefits observed in people who eat a diet rich in fruits and vegetables are caused by other lifestyle factors that might typically accompany such a diet. For example, people accustomed to eating fruits and vegetables may also choose to exercise regularly or not smoke, factors that may minimize the risk of disease. Dosing issues, health characteristics of study volunteers, and the exact role of free radicals in damaging or promoting health also may affect the way vitamin E supplements work.

Whole foods are generally a better source of vitamins than are supplements. You'll find vitamin E in foods such as almonds, sunflower seeds and vegetable oils. Vegetables, including tomatoes, broccoli and red bell peppers; green leafy vegetables, such as spinach and kale; and fruits such as raspberries, kiwi and mango are also good sources. Wheat germ is a natural source of vitamin E, and in a pinch, a fortified cereal can provide your daily dose.

Because vitamin E is destroyed by heat, vegetable and nut oils - canola and corn, sunflower, safflower, and hazelnut oils - as well as wheat germ oil, are best used in salad dressings or drizzled over finished dishes, such as pasta or grilled vegetables. (adapted from Mayo Clinic Health Letter) - Brent Bauer, M.D., General Internal Medicine, 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 information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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## Tea Party to Rally at Birchard Park

Fremont area patriots young and old are invited to the ninth annual rally for freedom on Independence Day, Tuesday, 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 11 a.m. The Declaration of Independence will be read and Election candidates of both parties have been invited to speak. 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, the local TEA Party group. For information call 419-332-3259 or go to [www.americanspace.com](http://www.americanspace.com).

## Spades, Clubs, Diamonds... everything is fair in Love & Cards!

Sandusky County YMCA hosting new card club afternoons. Do you like playing card games? Are you looking to fill your afternoons with some fun? Then the YMCA's card club is for you! Open to the public, our card club is a great way to make new friends while enjoying some of your favorite card games like Canasta, Pinochle, Euchre and now Dominos!

Each week our new club meets at the Y on Wednesday and Thursday afternoons at 12:30 pm. "It's just a good time to get together, giggle and have fun!" Says Maxine Posey, card club cofounder. Maxine Posey and Dee Avers started the club early 2017 as away to enjoy each other's company outside of their regular pool exercises.

Want to learn a new game? They have even taught club-goers new games, so everyone can enjoy. Everyone is welcome, membership to the Y is not required, and it's a free, friendly game for both men and women. Games will continue throughout the summer in our air conditioned Don Miller Meeting room at the Y.

We're always looking for more players to come have fun with us!" says Posey, "we aren't very competitive, just here to have a great time."

Meet us at the Y on Wednesday and Thursday afternoons at 12:30pm. For more information, please contact the Y at 419-332-9622.



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**Special Exhibit:** “Presidential Pop Culture, The Art of Influencing Perception” Rutherford B. Hayes Presidential Museums at Spiegel Grove.

Special exhibit of “Quilt National”. See an array of art quilts made for Quilt National, a biennial juried competition dedicated to the promotion of the contemporary art quilt.

**1** - Gibsonburg Farmers Market, at Log Yard, 213 W. Madison Street. 9 a.m. to noon.

**1** - Kites! at Trailmarker Park, Cherry St., Woodville. 2 to 4 pm. Bring your kite or make a simple one with us.

**1** - LEGO Club, Green Springs Public Library, 217 N. Broadway, 1 pm. Saturday. Kids can drop in to build a Lego creation. For more information, call 419.639.2014

**1** - Woodville 4th of July Fireworks, Trailmarker Park, Cherry St., 10 pm.

**1** - Green Springs 4th of July Fireworks, Green Springs Park, 120 S. Catherine St., dusk.

**2** - Puddle Jumpers: Let's Go Camping! White Star Park, 910 South Main Street, Gibsonburg. 2 p.m. – 3 p.m. Free. For ages 2-5 years old. Let's go camping! Come to the White Star Campgrounds and learn the basics of camping, tent building, and fire safety. There may even be a sweet treat for those who are hungry! To register, 419-334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com).

**2** - Tree Huggers: Dragons, White Star Park, Gibsonburg, 2 p.m. – 3 p.m. Free. For ages 6-12 years old. Wear some shoes that can get wet to track down some colorful and fast-flying dragons! Nets will be provided, bring a bug box if you have one. 419-334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com)

**2** - Clyde Community Fireworks, Clyde Community Park, 246 South St, Clyde, 10

pm. activities will begin at 5pm. There will be bounce houses, kids' games and prizes, live music, kid and adult corn-hole, food concessions. .

**3, 10, 17, 24** - Build-A-Craft Club, Woodville Public Library, 1– 4 pm. For kids in grades K – 6 to drop in and build the craft of the week. 419.849.2744.

**3** – Fremont 4th of July Fireworks, Walsh Park, dusk.

**4** – Concert, Rutherford B. Hayes Presidential Center, 2- 3:30 p.m. Free. 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. Civil War reenactors will punctuate the performance of the “1812 Overture” with cannon fire.

**5, 12, 19, 26** – Story Time, Birchard Public Library, 4- 4:30. Listen to age appropriate books read by a librarian. Coloring pages and snacks will be provided. Registration is required by calling 419-334-7101, ext. 209.

**5**- Block City, Birchard Public Library, 2 p.m. Put your creative skills to the test by helping us “build a better city” with boxes of all shapes and sizes, as well as other craft supplies. Registration is required, 419-334-7101, ext. 209.

**6**– Diva Camp, Camp Fire. The camp is for 3rd -6th grade. [www.campfiresc.org](http://www.campfiresc.org) or 419-332-8641.

**6** - Glow in the Dark Slime, Birchard Public Library, Fremont, 3-4 p.m. Mix up your own glow in the dark slim to take home! Registration required.

**6, 13, 20, 27** – Preschool Storytime, Gibsonburg Public Library, 11 am.

**7** – The Together Band/Sandusky County Positive People Concert, The Fremont Yacht

Club, Fremont. VIP Party: 6 – 7:30 p.m., with concert following at 8 pm. Cost: \$20 General Admission; \$30.00 VIP Admission. Advanced Tickets are available at Jimmy G's, Sandusky County Convention and Visitors Bureau, or through the website: [www.scppohio.org](http://www.scppohio.org). Tickets can also be purchased at the door. Proceeds from the event go towards scholarships for Sandusky County Positive People. Age: 21 and older. [www.scppohio.org](http://www.scppohio.org).

**8** – Lindsey Farmers Market, 9 - noon, every second Saturday, through October. FREE.

**8** – Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. [www.rbhayes.org](http://www.rbhayes.org) for more information.

**8** - Mystery Kayak Trip, Decoy Marsh: Meet at Park District Main Office, Fremont, 7:30-9:30 p.m. Enjoy a kayak trip to a mystery location. You know where you're going when you get there! Meet at Park District Main Office.

**8** - Summer LEGO Club, Woodville Public Library, E. Main Street, 10– 11:30 am. Saturday. For children in grades K-6. The library supplies the Legos, just bring your imagination! For more info 419.849.2744.

**8-9** – Moonlight Canoe Trip, Decoy Marsh: Meet at Park District Main Office. 7:30 p.m. – 9:30 p.m. Free. Participants must register with a partner. Call Main Office at 419-334-4495 to register.

**9** – Squires Celebrity, All-Star Vintage Base Ball Game, Rutherford B. Hayes Presidential Library. 2- 4 p.m. The Spiegel Grove Squires are the vintage base ball team at the Rutherford B. Hayes Presidential Library, they will play the Stemtown Stinkers from Green Springs at 2 p.m. on the lawn behind the Hayes Home. Free.

**10** – Morning Health Break, Bellevue Hospital Conference Rooms A&B, 1400 West Main Street, Bellevue, 8- 11 a.m. For more info, 419-483-4040, EXT. 6610.

**10** – Cookbook Club, Gibsonburg Public Library, 100 N. Webster Street, Gibsonburg, 6:30 pm. Remember to bring a copy of your recipe to share!

**11**– Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett's Market, Bellevue, 9-11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

**11**– Old McDonald Has a Camp, Camp Fire. This camp is for little ones in kindergarten and 1st grade. [www.campfiresc.org](http://www.campfiresc.org) or call 419-332-8641.

**11** – MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room, 1400 West Main Street. 10:30 – 11:30 a.m. All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. For info, 419-483-4040, EXT. 4363.

**11** – Music in the Park, Birchard Public Library, noon – 1 pm.

**11**– Diabetic Support Group, Bellevue Hospital East Conference Room, 12:30 – 1:30 p.m. Free and open to the public. Topics vary by month.

**11, 18, 25** – Story Time, Birchard Public Library, 4-5 pm. Listen to age appropriate books read by a librarian. Coloring pages and snacks will be provided. Registration required, 419-334-7101, ext. 209.

**12**– Peace Builders, Birchard Public Library, 2 pm. Children in grades K-6 are invited to the library as Lindsay Bonilla's World of Difference presents Peace Builders. Lindsay uses thought-provoking folktales that

*Calendar of Events, cont'd on 7*



## Medication Management Clinic

*The Medication Management Clinic is for anyone taking anticoagulant medication for short or long-term treatment, such as Coumadin, Heparin or Lovenox.*

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emphasize conflict resolution to give young listeners the tools they need to be peace builders in their daily lives. Registration required, 419.334.7101, ext. 209.

**12** – Verandah Concert, CB Singers, Rutherford B. Hayes Presidential Library. Old-fashioned ice cream social is at 6:30 p.m.; concert begins at 7 p.m.

**12** – Adult Coloring, Green Springs Public Library, 217 N. Broadway, 5:30- 7:30 pm.

**12** – Book & Munch Bunch: Chapter Books for Grades 4-7, Gibsonburg Public Library, 3:30 pm. Lizzie Bright and the Buckminster Boy by Gary Schmidt. Contact Carol at 419.637.2173 for info.

**12** – Bee Keeping, Creek Bend Farm: Wilson Nature Center, 7- 8 p.m. Join our resident bee keeper, Kelly O'Connor, as she shares some basics about bee keeping.

**12** –Wednesday Book Club, Woodville Public Library, E. Main Street, Woodville, 7 pm. The book will be At the Water's Edge by Sara Gruen. Copies are available at the desk. For more info, 419.849.2744.

**13** – Derby Day, Camp Fire Sandusky. Come build a Derby car and race it. Plus, enjoy a swim in our pond. For boys and girls in grades 3rd - 6th. [www.campfiresc.org](http://www.campfiresc.org) or call 419-332-8641.

**13** – Sandusky County Historic Jail Tour, 622 Croghan St., Fremont, 5:30 & 6:30 p.m. Ever wonder what early jail life was like? This tour answers all your questions! The 1-hour guided tour includes the historic 1892 Sandusky County jail that has ties to President Rutherford B. Hayes, the 1840's Dungeon located underneath the Sandusky County Courthouse and the Gallows. Cost: \$3.00. Tickets at the door or at the SCVB, 712 North Street, Fremont. [www.sandusky-county.org](http://www.sandusky-county.org).

**13** – Babies in the Parks: Wildflower Stroll, North Coast Inland Trail: Walter Avenue,

Fremont, 7-7:45 pm. Bring a stroller as we wind down the day with an evening stroll, looking at the plants and wildflowers of the North Coast Inland Trail. Children birth to 2 years of age and their adult companions.

**13** – Pick of the Litter Book Group, Birchard Public Library, Fremont, 7 pm. Author Martha Conway will join us to discuss her new book The Underground River! Conway is the author of several novels. This meet-the-author and book discussion is open to the public.

**14** - 16 – Sacred Heart Parish Summerfest, 6- 11:30 p.m. on Friday, 5 - 11:30 p.m. on Sat. and noon - 6 p.m. on Sunday. This is a three-day family event featuring great food, games, rides, raffles and LIVE entertainment. 419-334-3874 or [www.sacredheart-fremont.org](http://www.sacredheart-fremont.org).

**15** – Downtown Fremont Farmers Market, 9 a.m. - 1 p.m. rain or shine. [www.downtown-fremontohio.org](http://www.downtown-fremontohio.org).

**15** – Sunflower Sale, Golden Acorn, 106 Southwest Street, Bellevue, 9 a.m. – 4 p.m. [www.bellevuehistoricalsociety.com](http://www.bellevuehistoricalsociety.com).

**15** - Winous Point Tour, Creek Bend Farm: Wilson Nature Center, Lindsey, 8:30 a.m.-noon. Meet at the park office..

**15** – Nature Play, Creek Bend Farm, 720 South Main Street, 2-3 pm. An unguided play date with nature. We provide loose structure and a safe place to engage with the natural wonders in our parks. Dress to be outside. 419-334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com).

**16** – Tram on the Trail, Creek Bend Farm, 720 South Main Street, Lindsey, 1p.m. - 3 p.m. Free. Enjoy a ride on the North Coast Inland Trail in the Park District Tram. This is an open-air tram so the ride may be chilly, a light jacket is suggested. To register 419-334-4495.

**17 - 21** – Traditional Camp #2, Camp Fire Sandusky County, 2100 Baker Road. For campers in 1st – 6th grade. [www.camp-firesc.org](http://www.camp-firesc.org)

**17** – Ruff and Ready Readers, Birchard Public Library, Fremont, 10 am or 1 pm. Children in grades kindergarten through sixth are invited to read to a dog. Reading to a dog helps children develop reading skills in a relaxed, non-judgmental environment. Register for a slot by calling 419-334-7101, extension 209.

**18** – Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne Street, Bellevue, 9– 11 a.m.

**18** - Back to Basics, Creek Bend Farm: Wilson Nature Center, Lindsey. 7 - 8 p.m. Learn more about essential oils and their uses. Program fee \$10.00

**18** – Music in the Park, Birchard Public Library, 12– 1 pm. Tuesdays, July 11, 18, 25, August 1, 2017. Bring some seating – and maybe a lunch – to these acoustic concerts in the library park. In case of inclement weather, the concert will be held in the library meeting room. July 11, David Lester, July 18, Lance Horwedel, July 25, Johnny Rodriguez, August 1, Jordan Wiewandt.

**18**– Crochet Connection, Birchard Public Library, 6:30 – 8 pm. All experience levels are welcome to join us; everyone has something to learn and everyone has something to share. Bring your own hooks and yarn. 419.334.7101, ext. 209 or [www.birchard.lib.oh](http://www.birchard.lib.oh).

**18** - Paws and Wine Make Everything Fine, Ski Lodge Winery, 505 N Main Street, Clyde, 6 p.m. – 8:30 p.m. This includes paint supplies, appetizers, and 2 glasses of wine! Tickets are \$45 and available for purchase at the Humane Society shelter. For more info, 419-334-4517.

**19** – Drown's Garden Market, Bellevue Hospital South Entrance, 1400 West Main Street, Bellevue, 9 a.m. – 2 p.m. Location:

**19** – Book & Snack Pack: Chapter Books for Grades 1-4, Gibsonburg Public Library, 100 N. Webster Street, 3:30 pm. Wednesday. Inspector Flytrap by Tom Angleberger. Contact Carol at 419.637.2173 .

**19** – Community Health Screenings, Free BP and Fasting Glucose Checks, Miller's SuperValu, 505 West Maple Street, Clyde, 9– 11 a.m. Community Health Screenings,

**19** – Presidential History Book Club, Rutherford B. Hayes Presidential Library, noon. Free. All are invited to read and discuss books about the presidency at this free book club. Can bring their lunch. This month, the club is reading "Destiny of the Republic" by Candace Millard.

**19** – Animal Habitats with the Toledo Zoo, Birchard Public Library, 2 pm. Children in grades K-6 are invited to learn why animals choose where to live and how they build their homes. Weather permitting, 3 live animals will visit along with the Toledo Zoo Educators. Registration is required, call 419.334.7101, ext. 209 or [www.birchard.lib.oh.us](http://www.birchard.lib.oh.us)

**20** – Third Thursday Movie Group, Birchard Public Library, 1:30 pm. This month's movie is an action film that stars Dwayne Johnson and Kevin Hart as former high-school classmates.. Registration is required, 419.334.7101, ext. 209 or [www.birchard.lib.oh.us](http://www.birchard.lib.oh.us)

**20** – Book Bears: Early Readers, Gibsonburg Public Library, 100 N. Webster Street, 11:45 am. Ninja on the Farm by Luke Flowers. Carol at 419.637.2173 for info.

**20** – Lego Challenge, Birchard Public Library, 4:30 – 6 pm. Children in grades K-6 are invited to drop in to the meeting room to

Calendar of Events, cont'd on 8



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build as a group or on their own. The library furnishes the Legos. Finished creations are displayed for patrons to vote for their favorite and a small prize is awarded to the winner. For more info call, 419.334.7101, ext. 209 or by visit our website at [www.birchard.lib.oh.us](http://www.birchard.lib.oh.us)

**22** – Woodville's Farmers Market, Main Street, 9a.m. - noon.

**22** – Lego Challenge, Gibsonburg Public Library, 10 am. Challenge: Build a hovercraft or drone. Carol at 419.637.2173 for info.

**22** - Woodville's Farmers Market, 9-noon.

**23** - SQM, Wolf Creek Park; North Entrance, Fremont, 4-6pm. Assist the Park District with this ongoing research opportunity on the Sandusky River. Participants will be collecting macro- invertebrates to help determine the health of the river.

**24**– Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, 8-10 am.

**24 - 25** – Sports Camp, Camp Fire, 2100 Baker Road, Fremont. Sport enthusiasts in 3rd - 6th grade. [www.campfire.org](http://www.campfire.org) or 419-332-8641.

**24**– Adult Coloring, Birchard Public Library, 6:30 – 8:15 pm. Call 419 -334-7101, ext. 209 or visit [www.birchard.lib.oh.us](http://www.birchard.lib.oh.us)

**25**– Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Noon– 1 p.m.

**25**- Music in the Park, Birchard Public Library, 423 Croghan Street, Fremont, noon to 1pm. July 11, 18, 25, August 1, 2017. Bring some seating – and maybe a lunch – to these acoustic concerts in the library park.

**26**– Red Cross Bloodmobile, Bellevue Hospital Conference Rooms A&B, 1400 West Main St., 9:30 a.m. – 3:30 p.m. To donate, you need to weight between 110 - 350 pounds, be at least 17 years old and be in general good health. A person can donate blood every 56 days. Walk-ins may be accepted. To schedule call 1-800-Red-Cross.

**26** - Google Apps, Gibsonburg Public Library, 1-2:30 pm. Learn the basics of Google applications like Drive, Calendar, and Gmail. Registration required.

**26**– Verandah Concert, The Rev. Robert Jones and Matt Watroba, Rutherford B. Hayes Presidential Library. Free. Old-fashioned ice cream social is at 6:30; concert begins at 7. The Rev. Robert Jones and Matt Watroba will perform American Roots music on the verandah of the Hayes Home. Attendees are asked bring their own chairs or blankets and choose their favorite spot on the expansive and shady lawn in front of the home.

**26**- Slime Fest, Woodville Public Library, 7 pm. Registration is required.

**27**- Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main St., Clyde, 10:30 – 11:30 a.m.

**27** - Summer Reading Finale, Gibsonburg Public Library, Gibsonburg, 1 pm. Registration is required.

**27** – Birchard Movie Classics, Birchard Public Library, 1:30 pm. In this 1953 Western, gunfighter Shane (Alan Ladd) arrives at a newly-settled farm area and fights for the farmers in a Wyoming range war. Rated G. Snacks are provided.

**27 -28**, 2017 – Amazing Race Camp, Camp Fire. If you like the T.V. show, this is the camp for you. Plus, swim in the pond. For racers in 3rd - 6th grade. For more info: [www.campfire.org](http://www.campfire.org) or 419-332-8641.

**28** – 4th Annual Valley View Golf Outing, Sycamore Hills, 3728 Hayes Avenue, 9 a.m. – Registration and putting contest. 10 a.m. – Shotgun Start, Prizes, and Steak Dinner. Register your team today! Please register and pay by July 21st. Make checks payable to Valley View c/o Jody Patynko. Drop off or mail registration to Valley View Health Campus. All proceeds benefit Fight for Recovery! For info 419-332-0357 or [valleyviewhc.com](http://valleyviewhc.com).

**28** - Girls Night Out! White Star Park: Cabins, Gibsonburg, 7:30-10 p.m. Enjoy a relaxing night out walking in the woods, learn more about owls, and snack on a campfire dessert.

**28** - Teen Cupcake Wars, Birchard Public Library, 3:30-5:00 p.m. Compete against other teens for the most original

cupcake design! We will provide the cupcakes and toppings. For grades 7-12, registration required

**Thru 29th** - Summer Reading Club, Birchard Public Library. This is for children, teens, and adults at all locations during open hours.

**31 – Aug. 4** – Traditional Camp #3, Camp Fire. Come join us for the last Traditional Camp of the season. This camp includes all the fun things about going to day camp. For campers in 1st - 6th grade. [www.campfire.org](http://www.campfire.org) or call 419-332-8641.

**31**- Adult Book Discussion- Gibsonburg Public Library, 6:30 pm.



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# Out to Lunch

By Lynn Urban



When the American Legion was in the process of closing, manager Chris Haas knew she wanted to stay in the food business. Over the years she put a lot of thought into opening her own restaurant, and that is how Simply came about. The menu is healthy and simple. They serve only soups, salads, Panini sandwiches, and some baked goods.

Simply opened up in May on East State Street in Fremont, on the north side of the street. This thrills me because I can run right down the hill for my lunch. She's got quite a following with the lunch crowd. Hours are 11:00 to 4:00 Monday through Friday, except on Thursdays Simply is open until 7:00.



It's a quick in and out if you're in a hurry, and the service is great. The soups and salads are ready to go, and the sandwiches are made to order. There also is plenty of seating in the restaurant if you have time to relax.



The selections change weekly, with three different soups, and five different fresh salads on hand all day to choose from. There is always a special sandwich along with the three different Panini's that are offered.; Turkey, Ham and bacon, Ham and Swiss, and Mozzarella, Tomato, and Spinach. Everything is home-made, including all salad dressings, try the blueberry, and soups, and what isn't, is bought locally, such as a special sauce made by Dave Rimelspach of Rimelspach Farms. For your sweet tooth, they bake wonderful cookies and muffins.

The prices are reasonable and the portions are good size. The sandwiches are \$5.50, including a pickle, and soups run \$2.50 small, and \$3.50 large. The salads are \$4.00 small and \$5.50 large, and a little cheaper if you do a soup and salad combo.

This is such a nice change of pace from the usual fast food lunch places. Check it out on Facebook. Enjoy!

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6pm-8:30pm

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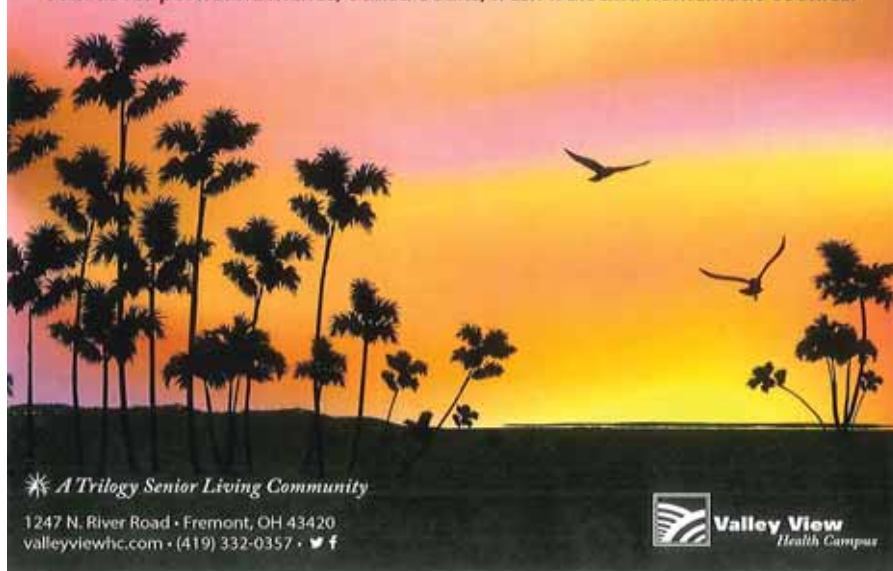
**Thursday, July 13 • 4:00 PM - 6:00 PM**

Valley View Health Campus

Free community event! Dana Dorsey and The Blue Notes will be setting the mood

for the night!

Join us for pork sandwiches, baked beans, fresh fruit and homemade cookies!



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# In Your Own Backyard

**Trinity United Methodist Church**, at the corner of Court and Wayne Streets in Fremont, will host its Annual Ice Cream Social on July 28, from 5-7 pm. The event will take place under the tent on the Wayne Street lawn. The menu will include grilled hot dogs, sloppy joes and shredded chicken sandwiches, baked beans, potato salad, spinach salad, pies, beverages and Toft's ice cream. Anyone donating paper products or toiletries to the Blessings Closet will receive a scoop of free ice cream. All are welcome to attend and also enjoy the live entertainment that will include the Trinity Men's Quartet Plus, a brass ensemble. A new attraction this year will be various themed baskets that will be available for silent bidding. Door prizes will also be available.

**The Sandusky County Republican Women will meet on July 13** at Byron's BBQ Restaurant located in the Quality Inn Motel at 3422 Port Clinton Rd. in Fremont. Members and guests, including women and men, are welcome to come early and eat in the private room, prior to the meeting which will begin at 6:30 pm. Upcoming summer and fall activities will be discussed. For more information, call Donna at 419 332 3095.

**KID'S LOVE ART 2: JULY 15th**, 10:00 A.M. Pontifex 416 West State St. Fremont. To Celebrate International Day of Friendship which is set aside to promote friendship among people, cultures, and countries. We will be celebrating it by painting a strange friendship between a mouse and a cat. Bring a friend with you to share this experience. \$10 painted on 8 x 10 canvas. REGISTER: Call Body Lines 419-332-9792 Learn more about Pontifex go to [www.pontifexfremont.com](http://www.pontifexfremont.com)

**Ladies Luncheon, Please join us!** Come to Anjulina's Catering 11am - 1 pm, 2270 W. Hayes Avenue, Fremont on Tuesday, July 11, cost \$12.00 (incl).

## Drown's Farm Market OPEN FOR THE SEASON

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Shades of Summer is our Feature with Variety of Shades telling us what is new in home décor and accessorizing your home. Our Speaker will be Lee Doll, Maineville, OH sharing The worst and the best in one day . . . (in rehab, discovered living God). For reservation for luncheon and free child care, please call by July 6, Donna at 419-680-2251 or email Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com).

**Join the Sandusky County YMCA from July - August for a fun-filled summer for your child!** Each week throughout the summer, YMCA Sports Camps will fit your schedule and provide specialized activities to teach sport skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect and responsibility. Youths between the ages of 6 and 12 years old who have an interest in developing sport specific skill and open to making new friends - of all skill levels are welcome! This year the Y will be offering a variety of sports camps during the summer including: Soccer, Basketball, Baseball, Volleyball and Football. Each camp will emphasize on the development of individual and team playing skills of each sport. Registration is open for all sessions. Stop by the Y, check out our website at [www.ATtheY.org](http://www.ATtheY.org) or contact Ryan Fry at 419332-9622.

**Ice Cream Social:** Faith Lutheran Church, Rt. 20 and CR 128, Fremont, Thurs., July 13th from 5pm-? Kid's Games, Crafts, Farmer's Market. Food, Fun and Fellowship.

**Vacation Bible School:** 6 pm--8:30 pm, July 31 through August 3. The Rainforest-pre-school through 6th grade, Crafts, Snacks, Games, Stories, Songs and how to help children in another country. 419 483 6507, Mt. Carmel UMC, 4997 CR 183, Clyde.

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**Birchard Library is offering its library cardholders access to Zinio**, which bills itself as the world's largest newsstand. The service offers full-color digital magazines for reading on desktops, mobile devices, and apps. It includes both new and backlist titles and has the capability to browse by newest issue, keyword, genre, and language. The magazines can be checked out and read instantly on a desktop or mobile browser or checked out and downloaded through mobile apps. Patrons are allowed to check out as many issues as they want and keep them in their account for as long as they wish. Best of all, there is no need to place a hold on checked-out issues; they are always available. Access to the service is obtained by visiting Birchard Library's homepage at [www.birchard.lib.oh.us](http://www.birchard.lib.oh.us) and clicking on the Zinio button on the main page next to the sidebar. Initially, an account needs to be created by using the Birchard Library card number. After logging in, magazines in the collection will be displayed and available for download. Patrons are also able to sign up for weekly email reminders about favorite magazines. Call the adult reference desk at 419.334.7101, ext. 216 for info.

**Clyde St. Mary's Altar and Rosary** will hold their 45th annual garage sale July 28 & 29 during the Clyde Community Garage Sale weekend. The sale will be Friday July 28 from 9 to 6 and Saturday July 29 from 9 to noon. Saturday will be bag day. It will take place in the Church's air conditioned hall at 609 Vine Street in Clyde. If you have any questions you can call the office at 419-547-9687.

**The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man)** meeting will be held Wednesday, July 26 th at 7 p.m. at Pro Medica Memorial Hospital (in the 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 information, contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-559 1171, Wilson Forney 419-355-8860.

**LINDSEY:** Village Wide Garage Sales on July 6, 7, and 8 with Farmers Market on Saturday.

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By Kelsey Nevius

We finally reached the middle of June, and it's like someone upstairs realized it was summer and flipped the switch to turn on the warmer weather. Although my favorite type of weather is the cool and breezy fall, I do like summer with its bright blooms and joyful spirit. The heat, although slightly annoying to me, is nice in quantities, and is beautiful weather for the fairs and festivals that summer brings as well. My favorite things to do when the weather turns warm and the events start to flow is to get out in the summer heat with some of my favorite people, namely being my closest friends and family. It makes it even more special when an event occurs in my hometown of Gibsonburg, and I can take a short drive to experience something new. This June, I decided to attend the Gibsonburg Sculpture in the Village Arts and Wine Festival with two of my favorite people: my grandparents.



Though the sculptures are always present at Williams Park, this festival was a welcome addition to them and featured even more local artists selling their art. If you're ever been to Williams Park, you're familiar with the walking trail that circles the pond there, and the ever-growing amount of sculptures situated around it. For the festival, they had a voting ballot for the new sculptures that would be added, along with a pamphlet of all the current sculptures. The addition of the pamphlet was nice to have along for my ever-questioning grandparents, as they like to go through things thoroughly and I get to act somewhat as a tour guide.

Though we enjoyed looking at the sculptures, the real draw was the festival. I was especially interested, as there aren't a ton of festivals in my hometown, but they are gradually adding and I enjoy going to them. There were wine vendors from all across the county, the main draw being Chateau Tabeau winery, which is located in Helena. The wineries offered samples and glasses of their wine, which could be taken all around the festival, and enjoyed with the food trucks and stands that were available. Along with the wine, of course, were the local artists. These stands are, of course, something I also really enjoy, as I am in the creative arts as well. It's great to see all of the local talent that we have, and the paintings, glass- and metal-ware, and crafts were showcased at this festival. The combination of wine and art made it feel somewhat sophisticated while you still got a close-to-home feel.

Before leaving, we also made one more stop at my grandparents' request. Since my grandfather loves museums (something he must have instilled in me), we also stopped by the Northcoast Veteran's Museum also in Williams Park. I've written about this wonderful museum before in a past article, and every time I visit, I'm astounded by the knowledge of the curators there and the willingness to tell you about the items from local veterans.

Overall, it was a lovely day to spend with some lovely people. The festival was great, the food and drinks were amazing, and the company was perfect. Whatever festival you can attend in the summer is bound to be memorable, and maybe next year, your trip to the Gibsonburg Arts & Wine Festival will be as well.



## CARPE DIEM!

By Dr. Paul Silcox

Since my son died due to a heroin overdose that was laced with Fentanyl in November of 2016, I have learned a TREMENDOUS amount about the drug trade and the illegal activities taking place in Sandusky County, and in the U.S.

I was one of the principals that encouraged voters to vote for the Criminal Justices Services Levy of Sandusky County in May. It was also known as the Drug Task Force Levy because the monies raised will help increase the financial support of the task force with the main purpose being to slow down the illegal drugs coming into our county for at least a five year period.

I am happy to say that even though the vote was close, I know it will be supported for at least the next five years and there will be strategic people targeted to hunt down, arrest and prosecute through the help of the Sandusky Prosecutor's office .

So what are some methods for addicts to get clean and stay clean? A lot of it depends on what kind of dedication and GUMPTION a person possesses. Here in Sandusky County there are homes to house men and women to help them in their recovery process. In addition, there are programs with counselors. Go to [mrsbssw.com](http://mrsbssw.com), this group's purpose is helping people get their life back. Recovery is definitely a choice.

I'm going to close today with this bit of comparative statistic. The Ohio Department of Health gave these numbers out recently and it really tells the tale. In 2015, there were 3,050 Ohioans that died due to heroin or opiate related drugs. Just within the last 3 weeks, 2016 numbers have been tortuous, 4,149 overdose deaths, which was a 36% increase from 2015.

Needless to say, waking people up, getting people mad, letting people know that this has to stop! I think we'll get there.

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# Take a Tour with Us

Summer’s officially here and the frantic activities of spring--preparation for the birding tours, planting gardens, putting up bird feeders and constant mowing--have either been completed or have at least slowed down. We thought this would be a good time to take you on a walking tour of our “12 acres in Ohio.” We picked a cool morning so the deer flies wouldn’t be too bad...so grab a hat, lace up your shoes and we’ll head out the gate in the backyard fence.

This year 15 Canada geese are using the field, the pond and the yard outside the fence as summer training camp for their juveniles. A pair of the geese are childless--they just seem to enjoy being with the others. We have to pick our way through--they’re not afraid of us and they don’t scatter. We walk to the right around the pond, ducking under the low-hanging branches of the mulberry tree next to the chicken coop. This year the branches are loaded with juicy black mulberries--the birds are gorging themselves (and so are the chickens). As we pass the chicken yard, the girls and Willie, the rooster, run up to the fence, hopping for a treat.

A path goes off to the right a short distance in back of the chicken coop. This is the “wooded” side of the property, the side we gave back to nature. The path through here is lined with saplings--maple, oak, cottonwood, and anything else the wind blew in or the birds carried through and dropped--very few of them deliberately planted by us. Thick leafy branches overhang the path, forming a shady green tunnel, where you can lose yourself for a short time in its beauty and solitude. No grass grows here—the floor is packed earth, fallen leaves and moss. The path veers left and follows the dike which runs alongside--and around the back of--the property. Bits of feathers, fur, bones and occasionally, a beak lie scattered around a fallen log that serves as a private dining spot where our resident Cooper’s hawk brings his victims for lunch. Dogwood, staghorn sumac, a willow tree, poison ivy, Virginia creeper and some nasty wild rose bushes grow along this section. This side of the property is home to several catbirds, blue jays, cardinals, grackles, thrashers, indigo buntings, willow flycatchers, a woodcock and orioles, to name a few. This is also the spot where Robin sees the fox and hears the crashing overhead in the mulberry tree that happened to spring up back there. (She’s not sure what’s crashing around in it, but it’s BIG and she’s afraid to look).



A well-worn trail runs along the dike on the back side. We have recorded raccoons, squirrels, many deer, opossums and coyotes on our trailcam for this area. It seems to be part of a connecting animal trail between all the properties on this side. This, too, is a leafy, secluded tunnel-like path.

At the end of the tree-lined path is the beginning of the dike that surrounds the five-acre marsh we had constructed on this side of the property in 2010. It’s a continuation of the same path we’ve been following except that it’s more open and grassy, and Robin keeps it mowed. Lots of dogwoods, staghorn sumac and a few willows grow along the outside of the dike while cattails, phragmites, and assorted wetland grasses grow along the marsh side. Down the path ahead of us a huge mother woodchuck grazes while her two babies wrestle in the grass beside her. The marsh side is home to yellow warblers, common yellowthroats, tree swallows, muskrats, orioles, mink, woodchucks, snakes, frogs and sometimes, Canada geese. Blue herons and white egrets wade in the marsh, and occasionally, we see a deer family on the little “island” out in the middle. Scruffy, the chickadee, often meets us here, although he sometimes just pops up anywhere (even at the back door of the house). This time of the year the marsh is pretty quiet; it is most active in spring and fall when flocks of migrating ducks stop in to eat and rest.

The path is pretty straightforward and follows the dike around the marsh. The end of the trail is a gradual downward slope that comes out by our barn. You could walk the whole distance in about twenty minutes...or amble along and spend several hours watching and listening. The choice is yours.

Have a safe and happy Fourth of July!



# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): Irritating situations can cause you to lose your temper. Remember that an oyster creates pearls from irritations. You, too, can create something of value if you simply clam up.

**TAURUS** (April 20-May 20): Your good taste is at a peak during the first few days of the month. Buy apparel and decorative household items as soon as possible. It is not a good idea to sign contracts or make business deals.

**GEMINI** (May 21-June 20): Cover up the controversial. A wise man puts a chair over the hole in the carpet before guests arrive. Don’t bring your faults or obvious shortcomings to anyone’s attention.

**CANCER** (June 21-July 22): You may be challenged to exercise patience, you may be ready to spring to action at the slightest provocation. Keep a cool head and avoid taking unnecessary risks.

**LEO** (July 23-Aug. 22): Opposites might attract but find it difficult to coordinate. You may find that your trust is misplaced because someone proves to be somewhat impulsive. Focus on being careful and shrewd with money.

**VIRGO** (Aug. 23-Sept. 22): Share the wealth. Be hospitable and lay out a big spread for visitors as well as family members. Your willingness to be generous and tolerant might win new friends.

**LIBRA** (Sept. 23-Oct. 22): You may appear warm and witty, but someone may question if you are wise. As this week unfolds use your charm and thoughtfulness in the workplace. Avoid jumping to conclusions.

**SCORPIO** (Oct. 23-Nov. 21): Pushing and shoving won’t get you any loving. It may be difficult to keep your finances as well as your love life on an even keel. Avoid being too aggressive or competitive.

**SAGITTARIUS** (Nov. 22-Dec. 21): An arrow is shot by pulling it backwards. If you feel you are going backwards in the week ahead remember that the next step is to move forwards. Take aim at the best target possible.

**CAPRICORN** (Dec. 22-Jan. 19): Sometimes you must lose the battle to win the war. Your fighting instincts may be aroused, it isn’t necessary to address every challenge to your authority.


**AQUARIUS** (Jan. 20-Feb. 18): Pretty things may attract your eye, but might not fit your hand, you may be drawn to people and things that don’t quite meet your needs. Sidestep a broken heart.

**PISCES** (Feb. 19-March 20): Focus on making your future as fulfilling as your fantasies. Hurt feelings may result if someone doubts you. The best way to earn someone’s trust is to trust them.

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# Sandusky County Dog Warden's First Annual

## "Beat the Heat" Event

July 13th at Fairground Parking Lot

Time: 1:00 PM



Sandusky County Dog Warden's Office will be conducting the first annual "Beat the Heat" Event, a joint effort in conjunction with the Humane Society of Sandusky County and Sandusky County Children's Services to raise awareness of the dangers of leaving children and pets in an unattended parked car. Come out and watch local community leaders including, Sandusky County Sheriff Chris Hilton, Mayor

Danny Sanchez, Fremont Police Chief Dean Bliss, Commissioner Scott Miller, Dr. David Smith DVM & Dr. Annie Garrett DVM of Westview Veterinary Hospital, Para-Olympian Miles Porter – Silver Medal Winner, and reporter David Roca of Fremont City News as they demonstrate how hot it really gets as they sit in unattended parked cars and try to "Beat the Heat" for up to 30 Minutes.

Rain date will be July 20th. For more information call the Sandusky County Dog Warden's Office at: 419-334-2372 or email Kelly Askins at [askins\\_kelly@co.sandusky.oh.us](mailto:askins_kelly@co.sandusky.oh.us)

## Parker's Purpose Welcomes Herman Edwards as Guest Speaker

We are excited to announce that former NFL player, coach and current ESPN football analyst Herman Edwards will be our keynote speaker this year. The 9th annual Parker's Purpose Dinner Auction will be held on July 28th at Ole Zims Wagon Shed in Gibsonburg. Doors open at 5:00 pm with dinner at 6:00. There will be Chinese Auctions and a Grand Auction. Tickets are \$75.00 with 400 sold. This event is our biggest fundraiser each year.

Emcees are Jerry Anderson and Ned Cummins. For more information call Todd Drusback 419-334-7275 or Email: [parkerspurpose@gmail.com](mailto:parkerspurpose@gmail.com) [www.parkerspurpose.net](http://www.parkerspurpose.net)

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## What You Can Do to Help Pollinators

Pollinators have had a decline in population in recent years.. important pollinators in our area include many types of bees, flies, butterflies, moths and other insects as well as hummingbirds.

Pollinators are needed for the production of many food crops and are essential for the survival of many native plants.

Pollinators are facing many threats. Some are a lack of nesting places and places to overwinter. There is a lack of flowers for food. There are other threats of viral and fungal pathogens, pesticides, invasive plants and climate change.

Gardeners can help by providing plants and nesting sites. They can also help by changing some of their garden practices to protect pollinators.

### Plant Tips:

1. Grow more flowers that are preferred by pollinators including Ohio native plants.

(Some hybrids and modern cultivars are not visited by pollinators.)

2. Select a variety of colors shapes and sizes.

3. Group together in clumps to help them find their food.

4. Select a variety of flowers that will provide a constant bloom from spring to fall.

5. Pollinators and the plants they visit thrive in full sun but shade gardeners can help by planting red bud, spice-bush, hosta and jewelweed.

6. Many plants that are considered weeds by many provide a food source for pollinators. They include dandelion, milkweed, golden rod and clover.

Perhaps we could be a bit more tolerant of these.

### Habitat Tips:

1. Brush piles, dead standing trees, bare soil and clumping grass can provide

protection for nesting and overwintering for bees and butterflies.

2. Provide a water source by setting out shallow dishes and birdbaths with sticks and stones to provide a landing place to prevent drowning.

3. Avoid use of pesticides on plants that are used by pollinators

### Key Plants:

1. Trees; Maple, Crab-apple, Linden, Service-berry and Willow

2. Shrubs: Hydrangias, Ninebark, Pussywillow, Sumac and Viburnum

3. Perennials; Aster, Bee Balm, Hyssop, Milkweed and purple Coneflower

4. Annuals; Cosmos, Lantana, Marigold, Sunflower and Zinnias

5. Herbs: Basil, Borage, Catmint, Lavendar and Oregano

### For additional information:

Pollinator Partnership [pollinator.org](http://pollinator.org)

The Ohio State University Bee Lab [beelab.osu.edu](http://beelab.osu.edu)

Submitted by Viola Purdy,

Sandusky and Ottawa County Master Gardener Volunteer



## Taste of Tremont BLOCK PARTY

fundraising event

August 5<sup>th</sup> 2017  
2:00pm - 8:00pm

- Entertainment
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- Raffle baskets
- Food
- Wine
- Beer

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BellevueHistoricalSociety.com

**Dear Cathy,**

My 10-year-old dog gnaws occasionally on his front legs, which end up red, inflamed and bare of hair. What might be causing this and how do I treat it? - Mel Davenport

**Dear Mel,**

Dogs itch for a variety of reasons, ranging from boredom and anxiety to fleas, food allergies and environmental triggers, like grass and pollen they may have contact with or inhale. Assuming you give your dog flea and tick preventatives every month, let's talk about some of the other things that make your dog gnaw on his paws or legs.

Allergies are common this time of year for both people and pets. Every March, my dog chews his paws because of grass allergies. Between March and July, I have to give him allergy medicine, spray topical ointment on his paws, and give him baths with a vet-prescribed shampoo to provide itch relief and heal hot spots.

If you don't think it's seasonal allergies, food allergies also can make dogs itch and chew on their paws and legs. Switch to hypoallergenic foods or change the main protein, from chicken to salmon for example, to see if this reduces your dog's symptoms.

Dogs also may chew on themselves because they are bored or anxious. Often, this can be addressed through increased activity every day. You may still need the topical spray mentioned above to heal hot spots.

Just last week, my vet told me there is a new, monthly shot that can control a dog's excessive itching, regardless of the reason. It's a bit pricey, but certainly something to consider to provide your dog some itch relief.

**Dear Cathy,**

My son recently bought a three-month-old Boston terrier named Riley, who is now

receiving all of his necessary vaccinations. My son has been advised the next vaccination will be for the parvovirus, but because of the side effects he's heard and read about, he is clearly leaning toward not getting this shot for Riley. Understanding how deadly this parvovirus is, is he making the right decision to forgo this shot? - Jeanne Treanor

**Dear Jeanne,**

Don't let your son forgo this vaccination for Riley. Parvovirus is a very deadly virus that chiefly affects a dog's intestinal tract, which results in vomiting and dehydrating diarrhea. If a dog does somehow survive this horrible ordeal, the virus can damage his or her heart muscle permanently, resulting in life-long cardiac problems.

Puppies and young dogs are the most vulnerable to this disease. It's a highly-resistant and highly-contagious virus that can live in an environment for many months and can even survive on inanimate objects, like clothes, carpet, shoes and food bowls. In fact, many animal shelters will not adopt a puppy or young dog into a home that has had a dog with parvovirus over the past

year, even if the new dog has been vaccinated.

Most side effects from the vaccination are temporary and clear up after a few days. Ask your son to discuss his concerns with the vet who can ease his worries and discuss with him the benefits of this much-needed vaccine.

**Dear Cathy,**

In your letter to Mundy Rado, why didn't you take the opportunity to tell the owner that cats should not be loose outside? You could have given her stats on the longer life of housecats at the very least. You shouldn't suggest a future kitten without encouraging responsible pet ownership. - Cris O'Keefe

**Dear Cris,**

I have been in the animal welfare field for 25 years and try to use every opportunity I can to educate readers on responsible pet care, so I went back to the letter to see what I missed. She was talking about a kitten who was mourning the loss of another kitten who "disappeared." I focused on addressing the kitten's grief and what she could do to alleviate it, and glossed over the

word "disappeared," which certainly could have indicated it was an outdoor cat who slipped away.

I don't know for sure if that was the case, but I am happy to use your letter to encourage responsible pet ownership and advocate for keeping cats indoors. On average, outdoor cats live three to seven years compared to indoor cats who can live 14 years or more. Several of my indoor cats, in fact, have lived past 20.

So keeping your cat inside not only reduces the chances your cat will "disappear," but ensures more quality time with your best friend.

*(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.)*

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# Helen Marketti's Music Corner



## Christian Kaser

Local area musician Christian Kaser has been branching out further to hone his craft of songwriting. In addition to performing shows with his band, he is also taking time to work at his studio in Nashville.

Christian has always had a keen interest in music. "When I was growing up I enjoyed listening to Johnny Cash, Carole King and Neil Young. I was listening to my parents' music," he said. "I have always enjoyed playing acoustic shows with two or three people but when I started playing with a band with five or six members then it became more fun."

His style of music is country focused. "I think these days that country music is the new rock and the new pop. It all merges together."

Christian has had his own studio in Nashville for nearly three years, which is located on Music Row. "It's a songwriting studio. It has been a place for up and coming songwriters in Nashville to congregate. We can get together and cowrite material," he explains. "We have had some success come out of the studio. We had a song that ended up on Kane Brown's last album called Pull It Off."

He continues, "My writing partner, Taylor Phillips was a cowriter for the song, Hurricane which is sung by Luke Combs. The song went to number one about two weeks ago. It takes a lot of work when writing songs and figuring out who is going to do the tracks,



melodies and so forth. The best songs have been written on the fly."

Christian has been enjoying success of his own, as he has been the opening act for country artists Jacob Bryant and Sam Hunt. "I had an opportunity to tour with Love and Theft. They had a huge hit, Whiskey On My Breath. They had toured with Taylor Swift. When I was touring with them, I learned more about life on the road, which can be brutal. Sometimes you can finish at a venue around 1:00 AM and then you need to be at the airport by 4:45 AM," he explains. "There is an upside too as we were able to spend four days in St. Thomas."

Songwriting is Christian's main intent these days. "I am writing songs but not working on any specific project for myself. It's a dog eat dog world. People are not being signed that often by a record label and if you are signed, you are signing your life away. Unless you have at least one million followers or more on social media, no one really cares. For every 100 songs you write, you might have one decent nugget in the bunch. It's like mining for gold."

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