



# 2000+ Lifestyles

**Free**  
Vol. 20 Issue 7  
**July 2019**

**Happy  
4th  
of July**

# FOUR REASONS TO CHOOSE Community Health Services



## 1 WE PROVIDE GREAT CARE

In fact, 97% of our patients surveyed in 2018 agree. You can find our survey results on our website at [www.CHSoOhio.com](http://www.CHSoOhio.com). Click on the green "Patient Survey" square on the right.

## 2 EXCELLENT PROVIDERS AND STAFF

Community Health Services has recruited a team of 28 outstanding providers who offer a broad spectrum of care for your family including:

- Family Medicine
- Internal Medicine
- Pediatrics
- OB/GYN
- General Dentistry
- Behavioral Health

## 3 WE'RE HERE FOR EVERYONE

CHS opened our new main campus two years ago to serve the entire community – with Medical, Dental and Behavioral Health services under one roof. No one is turned away due to insurance or income. **We accept: Medicaid, All Medicaid Managed Care Plans, Medicare, Commercial Insurance, Self-pay** (sliding fee schedule available based on family size and income)

## 4 OUR CAMPUS AND FACILITIES ARE BEAUTIFUL

We think our patients deserve the best. From our providers and staff, to our perfectly maintained offices, you'll recognize the CHS difference as soon as you walk through the door. Our spacious, comfortable offices reflect our commitment to quality and service.

**WE'RE ACCEPTING NEW PATIENTS! For more information or to schedule an appointment, please call (419) 334-3869.**

CHS

COMMUNITY HEALTH SERVICES

WE CARE.

-  VISIT OUR WEBSITE: [www.CHSoOhio.com](http://www.CHSoOhio.com)
-  LIKE US ON FACEBOOK FOR UPDATES AND THE LATEST NEWS: [www.facebook.com/CHSoOhio](http://www.facebook.com/CHSoOhio)
-  FOLLOW US ON TWITTER: [@CHS\\_Ohio](https://twitter.com/CHS_Ohio)
-  CALL US AT: (419) 334-3869



# Lifestyles 2000

July 2019  
Vol. 20 • Issue 7  
www.lifestyles2000.net



## We are Never Too Old to Learn

By Kathleen Nalley

This fall, Life Scholars will combine literature and history in a series of classes that explore the most successful books of their era, “Gone with the Wind” and “To Kill a Mockingbird” paired with historical perspective.

Instructors Mike Gilbert, local historian and retired history teacher, Dr. Regina Vincent-Williams, president of Sandusky County NAACP, and Kathleen Nalley, bibliophile and retired educator, will team up to delve more deeply into the background of these “One Hit Wonders.”

The fascinating lives of the authors will be examined alongside the plot, character, and story themes. Was Margaret Mitchell’s abusive first husband, Red, the model for Rhett Butler? What was Truman Capote’s reaction to the oddball character of Dill aligning with his childhood friendship with Harper Lee? And why did both women retreat to intense private lives and cease to publish?

Mitchell and Lee were both alive as their books were optioned to the film industry and award-winning films matched the blockbuster book sales. What was their involvement in casting and script development?

“When you have the opportunity to explore an author’s life, so many of their literary decisions suddenly make sense,” said Nalley, whose first Life Scholar class focused on the famous Janes, author Jane Austen and classic novel “Jane Eyre.”

Following the literature classes will be sessions led by Gilbert and Vincent-Williams.

“I like to highlight local involvement within historical events. General Sherman had a lifelong connection with our own General Buckland. He visited Fremont, just like Grant did. McPherson was killed during the Battle of Atlanta. Ohio’s 72nd followed Sherman in the South,” explained Gilbert.

Margaret Mitchell’s imaginary war heroes fought on the same ground as

Sandusky County’s very real soldiers. Gilbert will share those connections.

Dr. Regina Vincent-Williams, who will be reading the Declaration of Independence at the July 4th concert held annually at the Rutherford B. Hayes Presidential Center, lived in Alabama and personally experienced segregation. Schools in that part of the country were not integrated until the 1970’s. “This year will be our first reunion of the first integrated class.” Using interviews of those students-now-adults and her own experiences, Vincent-Williams will depict a contrasting view of growing up in Harper Lee’s sleepy hometown of Monroeville. Reflecting on the early integration experience she noted: “You have to understand that those children followed the law and their parents. They didn’t learn AND play together.”

Register online at [learn.terra.edu](http://learn.terra.edu) or call 866-288-3772.



Deli, Bakery, Bulk Foods, Books, Bird Houses and More

Meat & Cheese Platters by Order  
Baking Orders  
Best Prices on Poly Furniture

**1 Year Anniversary Sale  
July 15th-20th**

Children’s rides on Mon. & Tues.  
Free Piece of Pie on Thurs.  
Grilled Burgers & Dogs on  
Friday & Sat.

**SPECIALS ALL WEEK!**

Hours: Mon., Tues., Thurs. 8-5  
Friday 8-8 Sat. 8-4  
Closed Wed. & Sunday

1789 E. State St.-Fremont  
567-342-3111

## LOCAL NEWS & NOTES

You are Never Too Old to Learn, Kathleen Nalley ..... 3  
Camp Fire News & Notes..... 11  
Robert Kroeger’s Ohio Barn Project is Coming to Bellevue ..... 13

## ENTERTAINMENT

In Your Own Backyard, .....5-6  
Out and About, Kelsey Nevius.....7  
Helen Marketti’s Music Corner .....9  
History Notebook, Nan Card.....10  
Your Astrology, Magi Helena .....12  
Out to Lunch: Clover Club, Lynn Urban.....12

## HEALTHY LIVING

Mayo Clinic.....8  
As Times Change-The More It Stays the Same, Dr. Paul Silcox ..... 15

## HOME & HEARTH

“Grate” Treats and Eats, Christine Timko-Grate .....4  
Kiss-Me-Over-The-Garden-Gate, Grace Nause.....6  
Do Your Thoughts Need a Makeover? Robert Morton .....7  
Gabby Gardener: Picking Strawberries, Patti Saam .....10  
Elderberries are Blooming! Viola Purdy ..... 11  
The Meaning of Work, Lynette Kirsch.....13  
Pet World, Cathy Rosenthal .....14  
My Mother’s Recipes, Joanne McDowell ..... 15

Lifestyles is available at Memorial Hospital, Subways in Fremont & Clyde, Bellevue Hospital, Denny’s, Frisch’s, The Garrison, Kroger’s, Clyde Drug Mart and numerous locations in Sandusky County.

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

567-342-3117

Email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## DISTRIBUTION

Pete McDowell

## GRAPHIC DESIGN

Tammy Calhoun

## Advertising/General Information

For advertising and general information call, 567-342-3117, or e-mail [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

**Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. 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 100 retail locations in Sandusky and Ottawa counties.

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

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

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Summer is here, at least we hope so.

We have gotten several phone calls from people complaining that they can't "Find "Pete". Believe me, he is in every issue and last month 160 people took the time to not only find him, but send in an entry. Some months we even put him in twice! I recommend going online to our website, [lifestyles2000.net](http://lifestyles2000.net) and looking there, you can even enlarge the ads that way. Good luck!

Have a Happy 4th of July and stay safe.

Joanne



There were 160 correct entries in June. The correct answer was Swim Rite.

## Find Pete Winners

Winners are: Patrick Forsyth, Toby Peck, Roger Gahn, Nancy Setzler, Connie Hetrick, Kathy Martin, Susan Hoffman, Fremont; Karen Shaffer, Lindsey; LaDona Weisenberger, Julie Seitz, Susan Ruffing, Bellevue; Lynn Fox, Gibsonburg; Matthew Wasserman, Marvin Boyd, Opal Browning, Clyde; Jane Lopez, Genoa.

Celebrating 20 Years: African Safari gift certificates to Tyler Wagner, Fremont; Jan Jordan, Bellevue and Jullian Baker, Green Springs. Miller Boat Line tickets to: Aimee Mongeau, Tiffin; Jeannie Kimmet,, Clyde; Karen Opp, Gibsonburg.

## Find Pete Prizes

Prizes are from Color Haven, Otto-Urban Flowers, Pottery Perfection and Dairy Queen in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry.

Remember to add "Celebrating 20 Years" to your entry to win a Dairy Queen cake, Miller Boat Line tickets or African Safari Wildlife Park pass for 6.

## 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.

# "Grate" Treats & Eats

By: Chris Timko-Grate

July brings us the 4th, and I am ready. Even though June brought us warmer weather, July will bring us lots of summer activities and lots more to do. That means more time of being outdoors, taking care of the flowers and yard work, going to the fairs and festivals, doing our cooking outside on the grill for our dinners. We do some grilling in the winter but summer time brings us lots more days to do so. For us we like the flavor it brings to our meals and not having as big of a mess to clean up when dinner is over.

This month I am sharing a couple of salad recipes that are light and good for those hot summer days! Then next month we work on grilling recipes. Enjoy!

## Faucon Salad

Garlic

¾ cup salad oil

¼ tsp. lemon juice

1 tsp. salt

½ tsp paprika

¼ tsp. dry mustard

Dash of freshly ground pepper

1 1/2oz. Roquefort cheese, crumbled

1 hardboiled egg, diced

1 head lettuce, chopped

Pecans and crisp bacon (opt.)

Rub mixing bowl with garlic; discard garlic. Pour oil into bowl; chill. Add lemon juice, salt, paprika, mustard, pepper, cheese and egg. Stir well, but do not mash cheese and egg. Toss lettuce with enough dressing to moisten; arrange salad on 4 plates. Spoon remaining cheese and egg from dressing; arrange over salad. Garnish with pecans and bacon.

## Endive Salad

½ cup salad oil

½ cup vinegar

½ cup sugar

Dash of pepper

1 tsp. salt

1 tsp garlic salt

Paprika

½ head endive

1 medium chopped cabbage

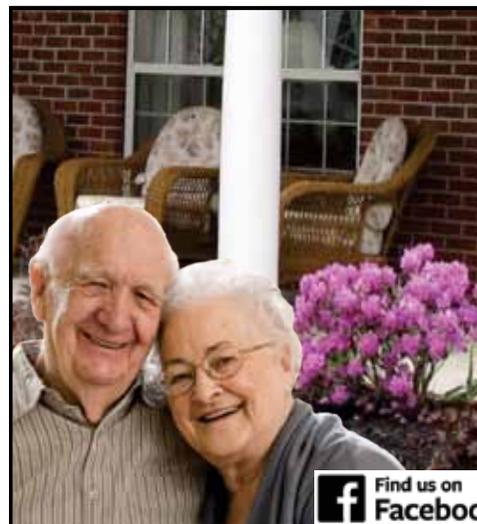
2 grated carrots

Combine first seven ingredients in jar; shake well

Arrange remaining chilled ingredients in salad bowl; toss lightly with dressing. 6 servings.

Quote for the Month: Everything you see I owe to spaghetti - Sophia Loren

Any questions or comments reach me at: [christimkograte@roadrunner.com](mailto:christimkograte@roadrunner.com)



*We Love It Here!*

 **Elmwood**

**Assisted Living  
& Skilled Nursing**

**Come Tour!  
419-332-6533**

 Find us on Facebook

Fangboner Rd.- Fremont

# In Your Own Backyard

**Reiki / Healing In Touch:** Tuesday, July 9 at The Bellevue Hospital Conference Room A-B from 6 PM - 8 PM.

Topic of Discussion: Hosting/Creating an event for the welfare of children, Please join me and participate in helping our community to heal and to provide a Safe Haven to protect the innocent hearts of our babies, children.

**Sunday Fremont Mayor Concerts at Birchard Park:** July 7, Andrew Dean Concert. July 14, Dana Dorsey & the "Blue Notes". July 21, Deutschmeister German Band.

**St. Mark Lutheran Church will host its 25th annual ice cream social** Tuesday, July 23, from 5- 7 p.m. at the church, 902 East State Street, Fremont. This year's social will benefit the Sandusky County Food Pantry. Those attending the social may "pay" for their ice cream with items of non-perishable food which will be taken to the Food Pantry. For info contact Sue Peck at 419-680-3529 or pecks1525@gmail.com.

**Sandusky County Prostrate Cancer Support Group:** Meeting on Wednesday July 24th at 7 PM at Pro Med Memorial Hospital. The meetings are free and open to the public all wives and significant others are encouraged to attend! Our speaker for this meeting will be Greg Gerber, he is a former facilitator with the group.

**What's new at Birchard Public Library?**

Job Seekers Workshop: Rock Your Resume Tuesday, July 16, 1-2 pm. Join the Ohio Department of Job & Family Services for a work session that will help you create a resume that meets your job-searching goals. Bring your own laptop or use a library computer. 419-334-7101, ext. 216 to register.

**Third Thursday Movie Club:** July 18, 1:30 pm. A young woman who is disenchanted with the modern dating scene finds herself inexplicably stuck inside a romantic comedy in this 2019 film. Free.

**Movie Classics Matinee:** July 25, 1:30pm. Just when you thought it was safe to go fishing. Enjoy this classic suspense film released in 1975. Free. Croghan Day Remembrance: August 2, 1:30 - 4 pm. The library and the DAR welcome author Frank Kuron who will do a presentation about Tecumseh in the War of 1812 and the mystery surrounding his battle death. Copies of his book, Thus Fell Tecumseh, will be on sale. Following the lecture, the DAR will hold a wreath-laying ceremony at 2:30 and open the DAR house to the public for tours from 3- 4 pm.

**Writing Contest Entries due September 7.** Budding authors of all ages are invited to submit entries to the American Presidents Film & Literary Festival Writing Contest. Email submissions to: writingcontest@birchard.org. Contest details can be found at www.AmericanPresidentsfilmfestival.org.

**Eden Springs Assisted Living 430 N. Broadway Green Springs, will host a program by Sojourn at Seneca,** "A Day's Journey Through the Eyes of Dementia" on July 18th at 6:30 pm. For RSVP/ questions call: 419-639-2581 ext. 7103.

**Downtown Fremont:** July 4 Car Show 5-9pm, July 20 Farmers Market & Go Green Garden Market Event 9am-1pm.

**Rising Sun Mennonite Church:** July 14th, 7pm, Song Service, Acapella singing, devotions and prayer. All are welcome! 238 SR 23, Risingsun.

**Clyde St. Mary's Altar and Rosary Society will hold their 47th annual**

**garage sale** July 26 and 27 during the Clyde Community Garage sale weekend. The sale will be Friday July 26 from 9 - 5 and Saturday July 27 from 9 - 1. Saturday will be bag day. The sale will be in the Church hall at 609 Vine St. in Clyde. Half of the proceeds will go to the Clyde Food Pantry

**Lindsey Village Wide Garage Sales:** July 12, 13 from 9-5. Lindsey Trinity United Methodist church will be having a Rummage Sale on Sat, July 13.

**Faith Lutheran Church ice Cream Social,** Thursday, July 11th, 5 pm to 6:30 pm. Fellowship Hall and outdoor tent seating - 1187 CR 128, Fremont. Sandwiches, soup, potato salad, baked beans, fresh fruit, homemade baked goods and ice cream. Kids games, crafts, farmers' market, & baked goods.

**Sandusky County Habitat for Humanity is celebrating their 30th Anniversary this year in various ways.** In partnership with Vanguard's 50th anniversary, a special project with Habitat took place with students in Don Moscioni's building trades class building a playhouse. It is now on display in downtown Fremont at the corner of Front and Croghan streets. Habitat is selling raffle tickets that are \$1 or 6 for \$5 which may be purchased at Down Thyme Café' and Downtown Fremont office. Habitat is also selling them at the July 20 & August 3 Farmer's Market before the drawing on August 3 at noon. Other special events include a display at Croghan Colonial Bank in the bank showcase downtown and at the Sandusky County Fair in the Chamber of Commerce tent in August. A celebration event is being planned for October 17.

Habitat continues to work on rehabbing a home at 706 Linden St. in Fremont.

Contact the Habitat office at 419 355 1257 with any questions.

**The Sandusky County Historical Society Museum** at 514 Birchard Avenue in Fremont is now open for the 2019 season. The museum volunteers will host regular open hours from 1 p.m. to 4 p.m. each Wednesday and by appointment.

In addition to the exhibits that have been enjoyed by visitors in recent years such as the one-room school exhibit, old photos, a display of representative cutlery products from about 50 local companies and a military room, a new exhibit reminds us of how we have celebrated our rich local history and looks forward to the celebration of Sandusky County's 200th anniversary next year.

The Civil War exhibit has been upgraded, but still centers on the regimental flag actually carried into battle by the men of the 72nd OVVI which was organized in Fremont by Ralph Buckland. The flag was captured by the confederates at Shiloh, but eventually returned to the 72nd, which had an outstanding and heroic record during the war. Representatives of the firm which restored the flag told Historical Society volunteers that it is in the best condition of any Civil War banner they had ever seen.

Admission to the museum is free for Historical Society members, but costs \$2 for non-members 16 years of age and older. Children under 16 are admitted free when accompanied by an adult. The annual season lasts until the middle of November. Tours may be arranged by calling President Fred Recktenwald at 419-332-7558, Vice President Gloria Miller at 419-332-9527 or Secretary Roy Wilhelm at 419-332-1495.

*Own Backyard, cont'd on 6*



Kurt D. Harrison, D.O.  
Board Certified OB/GYN

## Care Provided:

- Complete Women's Healthcare
- Heavy periods
- Gynecological Issues and Surgery
- Infertility
- Birth Control Options
- Relief of Menopausal Symptoms
- Botox
- TruSculpt 3D (call for your free consultation)

Women's  
HEALTH SPECIALISTS

**Your Hometown  
Healthcare Provider**

Phone: 419.333.9026 • 567 Bartson Rd • OhioBabyDoctor.com • Like us on Facebook



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

By Grace Nause

**Clyde BPA Downtown Market, Food Truck Festival, Pet Show & Corduroy Road Band concert** will be held on July 11th on Main Street and the Plaza from 4 to 8 p.m. Bring your lawn chair and enjoy food, music, vendors and a Pet Show. Bring your pet dressed as a Holiday theme, famous person, or Disney character and win a trophy. The contest will be held on Main Street at 7 p.m. For more info contact Pat Rife at 419 680 2356.

**Trinity United Methodist Church, at the corner of Court and Wayne Streets will host its annual Ice Cream Social** on August 2, from 5-7 pm. The event will take place under the tent on the Wayne Street lawn. Anyone donating paper products, cleaning supplies or toiletries to Trinity's Blessings Closet will receive a free scoop of ice cream. These items are provided to those in need in our community on the 4th Wednesday of each month in the morning at the church. Again this year, a variety of live entertainment will be provided including the Fremont Ross High School Drum Line at 5 pm. Call the church office at 419 332 5032 with questions.

**Fremont Area Women's Connection will host the monthly luncheon at Anjulina's Catering**, 2270 W. Hayes Ave. on July 9, 11-1 pm. "The Art of Summer" is the theme with Shirley Stary, the vice president of the Arts Program for Lakeside Chautauqua, presenting information about all they have to offer. Guest speaker is Nancy Williams from New Bremen, Ohio sharing "you are priceless and you can live above any circumstance".

For reservations, please call or text Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by July 3. Cost is \$12.00 inclusive. Any cancellation also needs to be reported to Donna or Carrol. Fremont Area Women's Connection was organized in 1971 and is affiliated with Stonecroft Ministries.

**One Year Anniversary Celebration:** July 15-20, Bark Creek Pantry, 1789 E. State St. in Fremont. Specials all week, Children's rides on Mon. & Tues., Free piece of pie on Thurs., Grilled Burgers and Dogs on Friday and Sat.

**July events for Pottery Perfection :** 3rd- 1-3pm Seniors Day, "Budvases" ; 4th 12pm, Paint me a story- "Happy Birthday America"; 8-12th 10a-1p Teen Art Ed, 13-17year old spots still available register today!; 10th 6-8pm, Pot Party 12th & 26th 7-9p, Music by Rick Hasselbach; 15th 6-8pm, Trish's Adult Painting Class on Slate; 17th 1-3p, Seniors Day "Necklaces"; 19th 6-9p, "Kids Night Out" ages 5-12 "under the sea" ; 20th, Paint me a story " Farmer's Market Day" 23rd 5:30pm - Paint me a story " The Hungry Caterpillar "; 24th & 25th 5:30-7:30p "Kait's Happy Hour"; 28th 3-6p Christmas in July.

**10th Annual Sunflower Sale:** This year the sale will be held at the Bellevue Historical Society's office at 108 North West Street, Saturday, July 20th from 9-3. Since many of our flower shoppers have never seen the collection of Bellevue artifacts that BHS preserves and maintains, they can visit the Society's office to take a look at some examples while picking up flowers. You can buy a stem, a prearranged bouquet, or bring your vase and flowers will be added. Funds raised will benefit the restoration project of the Tremont House.

**The Alzheimer's Association is presenting a great community workshop entitled UNDERSTANDING ALZHEIMER'S AND DEMENTIA** , Monday, July 22nd @ 6 p.m. The Event will be hosted by Clyde Gardens Place, 700 Coulson Street, Clyde. Snacks and Refreshments Provided. Please RSVP to Jason at 419.547.7746

Have you ever heard the expression "Busier than a cat on a hot tin roof?" No, well you probably aren't over 80 years of age yet or it would be in your vocabulary. Me, I'm a living example of the cat with thin pads on my 'paws' dancing a jig on the sun scorched hot tin roof! But, you know what, I'm lovin' every minute of it. And, the good Lord willing, I plan to keep on dancin' for awhile yet.

Bernie and I, with 3 1/2 months married life experience, are busy, happy and grateful for our second chance. We are really thankful for our families who bless us with their love and support.

So, what's happening in your garden? The sweet corn is probably at least two feet tall, you've been trying to keep ahead of the rabbits in harvesting the lettuce, and the green peas taste so good! The best is yet to come- fresh sliced tomatoes for those BLT's, corn on the cob, green beans and acorn squash. Nothing tastes so good as "fresh from the garden" vegetables.

I'm writing this on Father's Day and, of course my thoughts turn to the Fathers in our lives and the important role they play. We look to them for guidance, help with decision making and future planning. We feel their physical and emotional strength that guide us and we treasure their ever present love.

We will be serving our monthly Tea at Two next week on Tuesday, June 25th at 2:00 p.m. We want to remind you that the July Tea will be served outside in the garden on Tuesday, July 30. (weather permitting) If weather doesn't allow, we will serve inside. We have 14 reservations so far and can take up to 14 more. Ph.: 419-332-7427.

We will take a quick look ahead to August when Tea will be served on Tuesday the 27th at 2:00 p.m. and the program will be "Dolls, Dolls, and more Dolls". Betty Sergeant will be the presenter and will bring

her doll collection. So far we have 13 guests and can take up to 15 more.

I missed reminding our readers about the Change of Season Dinner we served to welcome Summer on June 21st. So let me remind you that the first day of Autumn is September 23rd. We will be serving a Change of Season Dinner on Monday September 23 at 5:30 p.m. We can take up to 28 reservations. We already have 14, if you would like, give me some menu suggestions when you all in your reservation. Cost for dinner is \$10.00 which includes tax, but not the tip should you wish to do that. Come celebrate the beautiful full season with us.

As you see here, even though we will not be accepting requests to cook and serve individual group or family dinners any longer after July 31st, we intend to continue to accept guest for our Teas once a month (January-November) and to celebrate the Seasons Dinners four times a year on the first day of the new season in March, June, September and December.

Please put these on your calendars and look for a reminder in this column. Our readers are our friends and we would miss seeing and serving you.

Around the Old Garden House, we are in the process of removing one of the large flower beds and returning it to grass. By September 15th, in time for fall planting, we will have everything we need transplanted. We invite you, our readers, to come to the Fall Pass Along Plant Day and take anything that remains home with you. If you wish bring your extra plants, spring flowering bulbs or seeds to share with others. No cost, no fees, just conversation with other gardeners and sharing time in a place we all love - the garden!

In my lifetime I've learned that LIFE IS GOOD everywhere, but especially in the garden.

## Now Accepting New Patients



**Marc Naderer, MD**  
Board Certified  
Family Medicine



**Lisa Aichholz, CNP**  
Certified Nurse Practitioner



**Dawn Bova, NP-C**  
Certified Nurse Practitioner

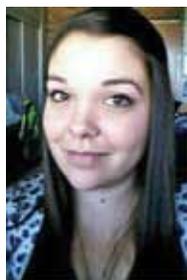


Specializing in personal and convenient health care for all ages of patients, from newborns to geriatrics

**New Extended Hours**  
Monday, Wednesday, Thursday:  
8:00 am - 8:00 pm  
Tuesday: 8:00 am - 4:30 p.m.  
Friday: 8:00 am - Noon

402 W. McPherson Hwy. • Clyde, Ohio 43410 • 419.547.0340

*By Robert Morton*



It's summertime again, and you know what that means! More fun events for me to get out under the sun, and hopefully, more things you find interesting to read about.

Similar to last year during this time, my life has undergone another vast sequence of changes: I'm now back in my beloved Sandusky County from a year stint in Columbus. While there was much to do in the city, along with many opportunities, nothing can beat the atmosphere of Gibsonburg and the hometown events that surround it. I'm so happy to be home, writing about and in a place I love.

**By Kelsey Nevius**

Before I departed from Columbus, and because July is all about celebrating our country, what better way to celebrate the great state of Ohio than by visiting its Statehouse.

Ohio's Statehouse, located in the very center hub of Columbus, is abuzz with life. It's situated right next to towering skyscrapers that hold our great state's politicians and it truly is unlike anything I've seen. For instance: did you know the inside walls of the Statehouse are painted pink? During my tour, I learned that its pink walls were due to the color being very popular during the time the Statehouse was built in 1839.

I had never seen where our Senate and House Representatives form in their assemblies, nor had I ever imagined such a place. Seeing it all work in person is incredibly fascinating. They conduct their business and have a whole section blocked off so the public can come in and listen to the general assembly as it functions. I got to sit in briefly on a Senate meeting, and the transparency and intensity was so interesting to me. The amount of people that were taking part and listening intently also surprised me, but also gave me hope. I think it's great that the public can be involved and can come to the Statehouse at any time to listen to or argue their points of view.

Additionally, if you take the tour, you get to see other important rooms that are housed in the Statehouse: the balcony seating for the House meetings, the Governor's office and rooms, and the Rotunda and its artwork. My favorite pieces of the Statehouse were the vast, beautiful architecture of the Rotunda, and the Map Room that sits beneath it on the lowest floor which holds a map of all the counties in Ohio carved in marble.

The Statehouse truly holds so much information and history that I couldn't possibly explain it all in this short column. Every tidbit of art and carved marble holds some kind of history, and I think it's truly astounding how well the building has been kept up. While the Statehouse itself has been added to and renovated, there are still historical beams and arches that hold the building up, and the original paint and colors still decorate the walls. The Statehouse is no small piece of history, but I do think it's often overlooked. If you're ever down in Columbus and find yourself in the city's center, you'll want to check it out and take a tour!

**Drown's Farm Market**  
**OPEN FOR THE SEASON**  
 2562 County Road 185  
 Clyde, Ohio 43410  
 N. of Rt. 19 / S. of Limerick Rd.

Fresh Fruit & Vegetables • Sweet Corn  
 Zucchini • Tennessee Tomatoes • Beans  
 Cucumbers • Cantaloupes • Baked Goods  
 Berries • Candies • and more!

**Open 9-6**  
**7 days a week**

**419-639-3789**  
**419-639-3032**



*Robert Morton*

Can we really think our way into feeling better about ourselves and to triumph over life's difficulties? Just what is the power of thought? Researchers reveal that we all become what we think about and what we achieve or don't achieve is directly related to our personal thoughts. They tell us that roughly 20,000 thoughts pass through our minds each day, so if we work on changing negative thoughts into positive ones, we will eventually become more confident and constructive. Yes, we can carve out an encouraging and promising future for ourselves.

Being human, each of us possesses the unique ability for creative imagination. One study of the 400 most prominent people of the 20th century, like Thomas Edison, Helen Keller, Martin Luther King, and Eleanor Roosevelt revealed how our thoughts determine our fate. Three-fourths of these dignitaries utilized creative thinking to overcome personal tragedies, terrible frustrations or debilitating handicaps to achieve their victories. They eventually became what they thought about. The researchers who study happy and successful people discovered that it is the quality of their thoughts that got them there, and many overcame extreme difficulties and were better able to cope with unseen future snags and dilemmas as well.

Do your thoughts need a makeover? Start by writing down your personal thoughts on what you'd like to become, your long-range goals and aspirations...paint a picture of your ideal life. Then, rephrase it, not as a wish list, but as if you're already there, describing how it feels to have your dreams actualized. This will enable you to begin thinking positive thoughts.

Next, use your creative imagination and positive thinking to make these aspirations materialize in your real world. Set yourself up for success by planning for frequent wins- break your long-range goals down into shorter,

easily reachable ones. These initial victories will become mental coup d'états against your negative thoughts that hold you back, a kind of cognitive rebellion against yourself!

Get a grip on the 20,000 thoughts that pass through your mind each day and transform them into positive and constructive ones. Don't have second thoughts about doing this, for you are today where your thoughts have brought you and you will be tomorrow where your thoughts take you. Yes, we all become what we think about!

Robert Morton has retired from his position 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 two books: "Finding Happiness in America" and the spy thriller "Penumbra Database" which can be found in Kindle or paperback at Amazon.com books.

**Kait's Happy Hour**  
 2 Day, 2 Hour Craft Camp for  
**ADULTS with special needs**  
 July 24th & 25th from 5:30-7:30 pm

\$50 cost includes a 2 piece flower pot,  
 canvas abstract pour and more!

**Stop to reserve your spot!**  
 (Provider Must Accompany Attendees)

**Pottery Perfection**  
 Done your way

**200 South Front St. Fremont**  
**567-342-2207**

**DEAR MAYO CLINIC:** Is juicing as healthy as some proclaim, or are some nutrients lost in the process?

**ANSWER:** Juicing - extracting the juice from fresh fruits and vegetables - can be a good way to add nutrients to your diet. If you struggle to eat the recommended five to nine servings of fruits and vegetables each day, juicing can help you get there.

The good news is that the juice contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in whole fruit. Juicing also may help you incorporate a broader variety of fruits and vegetables in your diet, such as kale, spinach or tropical fruits.

However, juice shouldn't be the only way to get these nutrients. Whole fruits and vegetables also contain healthy fiber, much of which is lost during juicing - especially if the skin and pulp are removed. Dietary fiber not only aids in digestion, but also may improve blood cholesterol levels and lower the risk of heart disease. Fiber also helps you feel full, which can help with weight control.

Some promote juicing as a quick way to lose weight. However, a diet containing

only fruits and vegetables isn't balanced. Be sure you're also meeting your needs for fiber, protein, calcium, iron and healthy fats. You can do this by incorporating juicing into a healthy-eating plan that includes various whole grains, low-fat dairy products, lean protein sources, and whole fruits and vegetables.

While juicing in moderation is generally healthy, certain types of juice may not be appropriate for everyone. A juice made of mostly fruits can be high in carbohydrates and sugars, which can influence blood sugar levels. For people with kidney disease, fruits that are high in potassium, such as melons and bananas, can cause complications and may need to be avoided.

Juicing also can be a significant source of calories, depending on the contents and the portion size you consume. Without the fiber to keep you feeling full, you may find that you're hungry sooner. Add these up, and you have a recipe for potential weight gain if not kept in check.

Here are steps you can take to make sure your juice is as healthy as possible:

-Limit added sugars.

=Some juice recipes call for sugar, honey, syrup or other added sweeteners. Since the typical American diet already includes an overabundance of added sugars, try to eliminate or minimize these additions. Added sugars contribute to calories and weight gain. They're especially common in store-bought fruit drinks.

-Consider blending.

=Rather than extracting juice, blending the edible parts of fruits produces a drink that contains more fiber and other healthy nutrients. If the result is too thick, add a little water.

=Handle produce safely.

Wash all fruits and vegetables thoroughly before use. Even if you plan to peel the produce, wash it first, so that dirt and bacteria aren't transferred. Take extra caution with pre-cut fruits and vegetables, and any kind of sprout, which are more likely to harbor dangerous bacteria such as E. coli.

-Use the pulp elsewhere.

Try adding the leftover pulp from your juicing to soups or baked goods to increase the fiber in your diet.

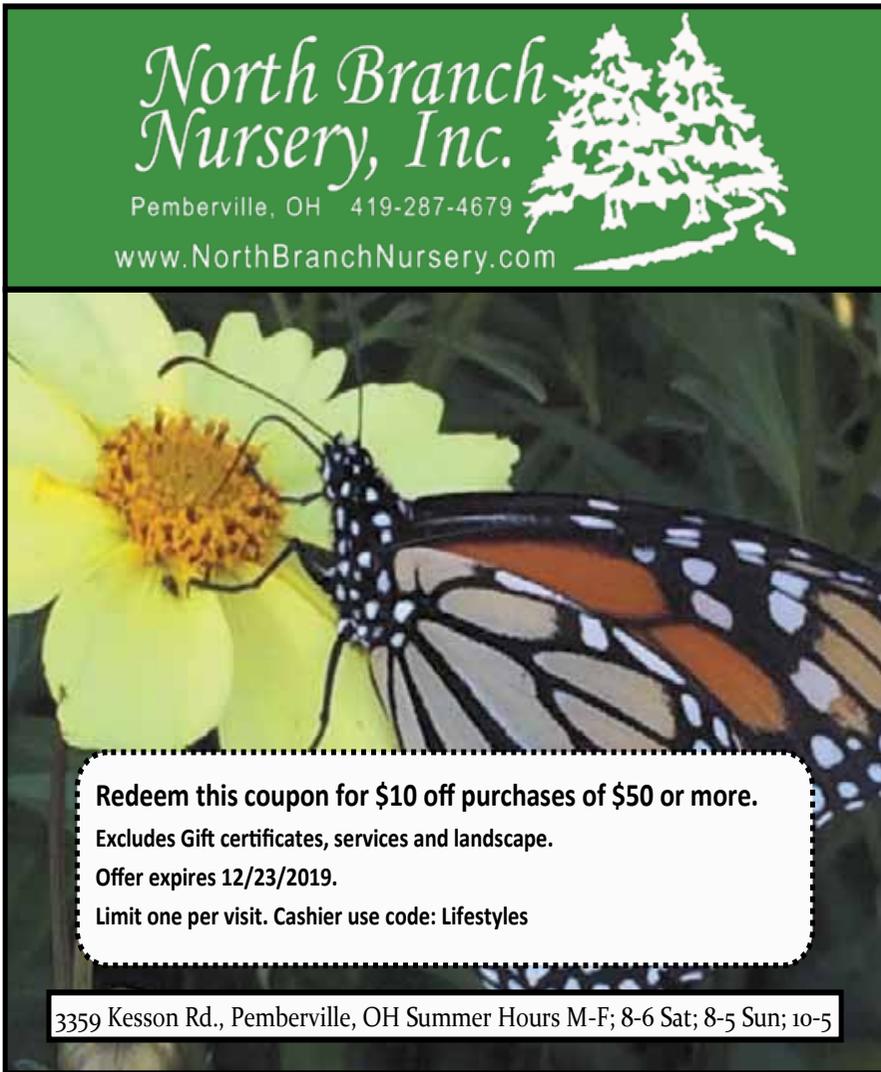
-Opt for pasteurized juice.

When buying juice from a store, choose a pasteurized juice when possible to prevent the likelihood of foodborne illness. Most juice sold in stores is pasteurized to kill harmful bacteria. Refrigerate products that aren't pasteurized. These products are required to carry a warning label. Since juice sold in restaurants isn't subject to the same labeling, don't hesitate to ask if you're unsure if the product has been pasteurized.

If you're not sure whether juicing is a healthy option for you, talk to your health care provider or a dietitian. (adapted from Mayo Clinic Health Letter) - Katherine Zeratsky, R.D., Endocrinology/Nutrition, 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 <http://www.mayo-clinic.org>.)

(c) 2019 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC. ALL RIGHTS RESERVED.



**North Branch Nursery, Inc.**  
Pemberville, OH 419-287-4679  
[www.NorthBranchNursery.com](http://www.NorthBranchNursery.com)

**Redeem this coupon for \$10 off purchases of \$50 or more.**  
Excludes Gift certificates, services and landscape.  
Offer expires 12/23/2019.  
Limit one per visit. Cashier use code: Lifestyles

3359 Kesson Rd., Pemberville, OH Summer Hours M-F; 8-6 Sat; 8-5 Sun; 10-5



**African Safari WILDLIFE PARK**  
Get Ready for a WILD Time!

Celebrating 50 WILD Seasons

4/18

**\$3.00 OFF**  
Adult Ticket (7 years+)

**\$2.00 OFF**  
Children's Ticket (3-6 years)

**\$64.95 CARLOAD**  
(up to 6 people)

Provide e-mail address to redeem this coupon

Valid for up to 6 people with coupon. May not be used in combination with any other offer.

**Drive-thru Safari**  
**Educational Animal Programs**  
**Rain or Shine**

**267 S. LIGHTNER RD**  
**PORT CLINTON**  
**OH 43452**  
**17 MILES W-EST**  
**FROM CEDAR POINT!**  
**1-800-521-2660**

**AFRICANSAFARIWILDLIFEPARK.COM**

# Helen Marketti's Music Corner

## My Sharona



It has been 40 years since the hit song, My Sharona, hit the airwaves and became an instant hit. The song was made popular by The Knack's front man, Doug Fieger. There indeed is a real Sharona who was the muse behind the song. Sharona Alperin takes some time to share her thoughts and stories about the iconic song, her relationship with Doug and her life after the rock star glamour.



did in those days which was a tank top and jeans."

"I always stayed true to my friendships while I was with Doug. I never acted any better or above anyone. I never wanted anyone to think because my boyfriend was in a famous band that I was entitled. I still stayed true to who I was. I kept my friends included and part of my life. I always felt that was important," she said.

Sharona and Doug were together for four years when she ended their relationship. "I wanted to be my own Sharona instead of someone else's Sharona. We stayed in touch off and on over the years. We remained friends and I spent time with him often before he passed away from cancer in 2010."

Today, Sharona sells high-end real estate in Los Angeles. She covers areas of Hollywood, Malibu, Brentwood and more. "I was selling real estate since I was born," she laughs. "Doug and I were always talking about getting a house together. He would ask me to meet with the real estate agent to view the houses while he was on the road or in the studio. Then when he came back from the road he would ask the brokers if it would be OK for me to show him the houses. The brokers thought I had a knack for selling and actually that's how it all got started."

Almost on a weekly basis, Sharona is asked if she is that Sharona from the song. She also receives mail from

fans of The Knack. They send memorabilia that they would like autographed. "I received a package recently where there were post it notes with specific instructions of where I should sign," she laughs. "I am glad after all of these years the song is still popular and it keeps the memory of Doug and

the band going. I learned so many life lessons during my time with him and in our friendship that followed. Enjoy your life, be happy, be humble...and stay humble."

[www.mysharona.com](http://www.mysharona.com)

"I was working at a clothing store in LA and one of my clients introduced me to her boyfriend which happened to be Doug Fieger. He invited me to listen to his band and I agreed. Shortly after, he said we were going to be together. I was 17, he was 25. He was in a 9-year relationship and I was in love with my boyfriend, Marty. I told Doug he was being ridiculous. He pursued me for about a year and eventually he broke up with his long-term girlfriend and I broke up with Marty."

By the time she was 19, Sharona was on the road with The Knack. "It was exciting. My Sharona had sold one million copies. It was being played everywhere and now forty years later, it's still being played. That's me on the cover for the single. I wore the clothes that I always



## CERTIFIED "GREAT PLACE TO WORK®"



### BETHESDA CARE CENTER

## JOIN OUR GROWING TEAM

### OPEN INTERVIEWS

Every Wednesday  
1 - 3 pm

### FT & PT OPPORTUNITIES

Bethesda Care Center is a **Volunteers of America senior living and care community** providing **short-term rehabilitation, long-term care, memory support and respite care** in a warm, nurturing environment.

### STEADY GROWTH. REWARDING ROLES.

Competitive pay • Top benefit packages • Referral bonuses • Growth and advancement opportunities • Career scholarships  
Quality training, continuing career education • Employee wellness initiatives • Leadership programs & more



STNA Night Shift Differential- \$4.50  
Referral Bonus: (per quarter, for 2 years)  
FT - \$500 | PT - \$250  
Recruitment/Retention Bonus: (per quarter, for 2 years)  
Clinical FT- \$5,000 | Clinical PT- \$2,000  
Non-Clinical FT- \$4,000 Non-Clinical PT - \$2,000

APPLY TODAY: [careerswithvoa.org](http://careerswithvoa.org)

### BETHESDA CARE CENTER

600 North Brush St Fremont, OH 43420  
[bethesdacare.org](http://bethesdacare.org) | (419) 334-9521



## The Civil War Changed Attitudes and Lives

Thomas Kellogg, a young man of 18, was one of nearly 3,000 Sandusky Countians to serve in the Civil War. Thomas and his younger brother Collin were the sons of Elijah Kellogg who had emigrated from Canada in 1840 to settle and raise a family in Woodville, Ohio. Elijah was a Unionist man who strongly opposed the South's secession. When war broke out, it was only natural that his two sons would join the Union cause. They enlisted in the 68<sup>th</sup> Ohio.

Thomas, a true patriot like his father, had little knowledge of the South and slavery. As the war continued and the march of the 68<sup>th</sup> took them deeper and deeper into the South, the conflict and all of its horrors brought not only disillusionment, but also changed attitudes toward the South.

In his nearly 80 letters to family and friends back home, Thomas tells of conversations with prisoners, deserters, and local residents. Near Oxford, Mississippi, he found the locals "so short of provisions that we had to give them rations to live on. One place we left a half barrel of molasses." At Vicksburg, Kellogg wrote his father back on the farm in Woodville, "I tell you that there is some very large plantations on the Mississippi. The negroes are coming in by the hundreds and as soon as they come they are put right at work digging" [the canal to Lake Providence]. Kellogg "no longer opposed the arming" of the slaves, and wrote that the "rebs thought they could gobble up what negro soldiers we had." Instead, "the sesech found the 'black yankees,' as they called them," credible fighters. Following the Union victory at Vicksburg on the 4<sup>th</sup> of July 1863, Thomas escorted hundreds of prisoners to Clinton, Mississippi. He discovered that "nearly all of them seemed to be tired of the war"... and some of them "declared they were done fighting and ready to take the oath. There were a great many Mississippians and border state men among them."

To Thomas Kellogg, no longer were these men hated enemies. His conversations with Confederate soldiers, deserters, and the wounded softened his attitude toward the South. Escaped slaves who fled to safety behind the lines of Grant's army gained his respect as

both workers and fighters for the Union and for their freedom. Seeing their plight firsthand, Thomas sympathized.

The ravages of war took a toll on the Kellogg brothers. After continuous fevers and days of sickness, Collin wrote his father, hoping he could come to the hospital at Fort Pickering and take him home. He wrote, "I would be very glad to get home if I could for it seems like I can never get well here." Collin did receive a medical discharge and Elijah Kellogg left Woodville and headed to Memphis to bring his son home. Collin survived the war, but suffered for the remainder of his life. Thomas was not so fortunate. A year later, afflicted with consumption, Sergeant Thomas Kellogg, aged 21, died at Vicksburg.



Sgt. Thomas Kellogg

## Picking Strawberries

Last year I planted six strawberry plants. My parents have (and still do) planted strawberries ever since I can remember. My mom makes strawberry jam, everyone loves it. My kids grew up on it and now my grandchildren enjoy it too.

Since I only planted six plants, I really didn't think I would get very many this year---- boy was I wrong! My grandson Lucas, who is 5 and a master at picking my raspberries, along with his 3 year old little sister, Aubrey, were here when I decided to pick them. We retrieved an old colander from the kitchen and out to the patch we went. I explained we only picked the red ones. Aubrey wasn't that good at picking them, she smashed her fingers together and there went the berry in the dirt, so she picked it up and plopped it into her mouth. Five second rule, right? Lucas had to know why we just couldn't eat them instead of putting them in the colander. He got really excited when he found big ones and had to show Grandpa as soon as we came inside. I taught them how to be gentle with the plants, not to step on them or pull too hard. Lucas really got into it, Aubrey just wanted to sit and eat them! No matter what, it was a great afternoon. I'll have to learn how to make my own jam, with a little help from Lucas and Aubrey.

RFD Garden Club meets the third Tuesday of the month at 7:00 pm. Call Patti Saam at 419-307-7776 for questions. We would love to tell you more about our club!

**CLYDE ST. MARY'S**  
615 Vine St., Clyde  
**ALL PAPER BINGO - NO SMOKING BINGO**  
\$500 BONANZA in 56#  
*The last Tuesday of the month drawing for \$100.00*

**TUESDAYS**  
Doors Open 5:00 pm  
Games 7:00 pm

Free Coffee  
Lucky Number

**B-I-N-G-O**

<b>PROGRESSIVE SUPER 19</b> \$1000.00 Consolation of \$150	<b>JACKPOT</b> \$1000.00 in 54# 2 Consolation of \$150 and \$100
--	--

HOMEMADE DESSERTS & SANDWICHES - WIDE VARIETY OF INSTANTS, KENO & SEAL CARDS - GROUND FLOOR - PLENTY OF PARKING - REFRESHMENTS - LIC. 0276-45

**Sandusky County Share and Care/ Fremont Salvation Army Unit**

*Neighbors Helping Neighbors*

129 Bidwell Ave - Downtown Fremont  
419-334-2832  
Hours: Tuesdays, Thursdays, First and Third Saturday Each Month 10 am-3 pm

Gently Used Clothing & Household Items • Nice Furniture  
Glassware • Crafts • Vintage Items • Toys • Jewelry • Shoes  
Wedding and Special Occasion Dresses

**Very economical prices to help our community!**

The proceeds from our shop allow us to financially assist residents of our county. All are welcome to shop- Clean donations of items are always appreciated!

**OLD FORT COUNTRY MARKET**

8080 Main Street,  
Old Fort  
419-992-4666

Mon-Fri 7:30am-7pm  
Sat 8am-5pm  
Sun 10am-4pm

**Cold Beer, Pop, Ice,  
Bratwurst, Lunch Meat,  
Fresh Deli Case with  
Homemade Salads**

Watch our episode of  
"Hey! What's for lunch " on  
Facebook every Monday morning.

**Pinnacle Hearing**

**New address: 8153 Main St, Old Fort**  
419-939-3186



- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available

**CALICO CAT**  
**Antiques & Collectibles**  
Collection of Old & New Items

Children's Books • Furniture • Toys • Kitchenware  
• Primitive • Linens • New Items Weekly

**Red, White & Blue is Here!**  
**Beach & Vacation Items-Old & New!**

115 S. Main St., Clyde  
(Former Dime Store Building, next to Main St Cafe)  
Call 419-547-2701  
Hours: T, W, F 10-3; Thurs. 3-7

# Elderberries are Blooming!

Submitted by Viola Purdy,

Sandusky and Ottawa County Master Gardener Volunteer

I'm excited. I love elderberries. Elderberry Syrup is one of my main winter go to when I feel a cold or flu coming on. It's one of the herbal remedies that I rely on.

An elderberry shrub or tree is one of the easiest to grow. It has no great demands. It does not like wet feet and prefers mostly sun. The biggest challenge is beating the birds to the harvest. So even if you don't harvest the fruit or flowers, they are great for wildlife. The berries make a natural ink or dye.

Both berries and flowers can be used in food and beverages. I bought an elderberry pie at the farmers market last year that was delicious.

The flowers should be picked when almost all the tiny flowers have opened but not yet brown. The flavor and aroma is stored in the pollen so do not pick right after a rain and wait till the dew has left.

The berries when harvested should have almost all berries ripe on the cluster. I'd suggest storing berries in freezer till you have enough for your recipe. They also can be dehydrated.

## Elderflower Cordial

- 2 1/2c. water
- 3 c. sugar
- 1 sliced lemon
- 12-15 elderflower clusters

3 tablespoon citric acid (food grade)

1. Bring water to a boil over high heat. Add sugar and lemon, reducing heat and stir until sugar is dissolved.
2. Add elderflower clusters and citric acid. Remove from heat and cool. Strain.
3. Store in refrigerator up to 2 months.
4. Add chilled cordial {to taste) to ice water for a refreshing summer drink

## Elderberry Syrup

There are many recipes around for syrup. For health benefits keep it simple. I sometimes use a low proof vodka in place of water.

Frozen Elderberries

Water

Honey, to taste

1. Place berries in saucepan and just cover with water. Simmer for 10-15 minutes, adding water as needed. While they are simmering gently mash out the juices.
2. Strain the mixture, using a wooden spoon to press out all juices
3. Add honey to taste
4. Cool and transfer to a covered jar or bottle. Will keep for a few weeks in the refrigerator, and longer if an alcohol is used.

# Campfire News & Notes

Songs are being sung, kids are laughing, friendships are forming, kayaks and canoes are floating and Camp Fire is alive with summer camps!!! It's not too late to register the youth in your life for a Summer of Fun at Camp Fire Sandusky County! Scholarships are still available to those in need, thanks to the donations received from donors in our community and United Way of Sandusky County!



Do you have a child in your life entering Kindergarten in the Fall, make sure they are registered for **Safety Town July 24th!** This Camp Is Free thanks to the support from the hosting community partners! Youth attending Safety Town will learn about Stranger Danger, Gun Safety, Basic First Aid, Water Safety, Emergency Procedures, Animal Safety, Fire Safety, and much more!

Are you looking for Before- and After- School Care next year? We will be providing after school care at Lutz and Croghan Elementary Schools starting in the Fall. Bring the family out to see us at All Together Fremont on August 3rd from 10-2. We will have more information about before- and after- school, summer and fall program opportunities at this event!

Need a great place for a party, family get together or a wedding? Come check out the recent changes at Misty Meadows! We can't wait to assist you in planning your special event!

For more details, volunteer opportunities, or any questions call 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!



**SOMETHING DIFFERENT**



SUMMER BERRY CAKE



BROWNIE and OREO



SOMETHING DIFFERENT

**1312 Oak Harbor Rd.**  
**Fremont**  
[dairyqueen.com](http://dairyqueen.com)



**Full Service Canine & Feline Grooming**

**\$5 off any service with Alexa or Melanie**  
Expires July 31

**121 S. Fifth St (behind Rally's)**  
**567-342-3200**  
Accepting New Clients!

**COLOR HAVEN PAINT & SUPPLY LLC**

**PAINT: PITTSBURGH ART SUPPLIES**

**105 N. STONE STREET FREMONT, OHIO 419-332-6952**



## The Clover Club

Since opening in 1936, The Clover Club, on Washington Street in Tiffin, has been the oldest tavern still in existence in the downtown district. Back in the day it opened as a shot and a beer bar, but now it has expanded into a family friendly restaurant with an extensive menu of dinners, sandwiches, wraps, wings, homemade soups, and salads with homemade dressings. Many patrons still do come in for a shot and a beer, and stay to watch their favorite sporting events on the TV's.

Burgers are pretty popular here. They start out with a 1/2 lb. fresh burger, add what you want from many different toppings, or choose one of their almost twenty combos for around \$8.00. Some of the signature items include the slow roasted corned beef Rueben with house made sauerkraut, traditional lamb and beef gyros, a variety of quesadillas, and the fish basket made with battered wahoo fish.

I had a juicy meatloaf sandwich with a sweet glaze for \$4.50; the meatloaf dinner includes mashed potatoes, gravy and veggie, for \$10.95. Other dinners on the menu are New York Strip, \$16.95, Slow roasted pork loin, \$10.95, chicken breast, \$10.95, and shrimp scampi \$14.95. They use local vendor's products whenever they can in their preparation of meals.

I've been there twice for lunch and everything I tried was very good, and both times we left with a piece of homemade cheesecake, one peanut butter and the other lemon. Both were super good. I would recommend this place for lunch or dinner, it's a winner.

Check out their website, [cloverclubtiffin.com](http://cloverclubtiffin.com) Hours of operation are Monday thru Friday, 9am-2:30 pm and Saturday and Sunday, 10:30am to 2:30am.

**ARIES** (March 21-April 19): Avoid issues in the month ahead by being considerate of family needs. You may have some intense ambitions, but your loved ones need to come first now. Juggle your schedule so everyone is happy.

**TAURUS** (April 20-May 20): Do your duty. You can achieve more traction by following accepted procedures than by improvising and experimenting. You and a loved one can develop a higher degree of intimacy and shared passions.

**GEMINI** (May 21-June 20): Be diplomatic. It is possible to phrase your questions in a way that shows you care. The reactions you receive from others may point out areas where there is room for improvement.

**CANCER** (June 21-July 22): You are not one to sleep on the job. This month you may have added enthusiasm for your career or even routine tasks. Be cautious that your intense drive and energy doesn't cause rub a loved one the wrong way.

**LEO** (July 23-Aug. 22): A Full Moon can bring something to a peak. In your case an important goal, a creative project or children's needs could come into sharp focus. In the upcoming month find time to think about your future.

**VIRGO** (Aug. 23-Sept. 22): Don't be afraid to share your inspirations and intuitions - loved ones will appreciate your creative ideas this month. Learn from criticism; it can serve to clarify your thinking and enlarge your perspective.

**LIBRA** (Sept. 23-Oct. 22): Your way of dealing with people could seem a little too automated - the temptation could be to phone it in instead of interacting and respond-

ing in the moment. Choose people for friendship instead of benefits.

**SCORPIO** (Oct. 23-Nov. 21): Cuddle up and chill out with loved one or a special fur baby. You might even consider rescuing a four-legged buddy to share your life - or just hang out and share the love with people and pets you already know and care for.

**SAGITTARIUS** (Nov. 22-Dec. 21): There is a Full Moon in your sign, so you may be made more aware of ways that important relationships affect you. This month you may become more sensitive to nuance when speaking with loved ones.

**CAPRICORN** (Dec. 22-Jan. 19): A careful consideration of the facts and figures will alert you to potential pitfalls in any plan. If you become upset figure out what within you is being triggered when your buttons are pushed.

**AQUARIUS** (Jan. 20-Feb. 18): Two opposite concepts can blend together rather than cancel one another out. Although you believe in the intangible you must rely upon facts to get through the upcoming month. You may be intuitive about finances.

**PISCES** (Feb. 19-March 20): You may prefer to fly under the radar in the upcoming month. Reassess and rethink your goals while you feel secure. An opportunity might come along that may be more, or less, important than it appears to be.

Learn more at <https://magihelena.com/Questions?> Reach out to Helena at [questions@magihelena.com](mailto:questions@magihelena.com).

(c) 2019 TRIBUNE CONTENT AGENCY, LLC.



## Get Ready to Dive into Summer

### Order Yours Today!

A Pacific Pool provides you with your own waterfront retreat without the hassles of leaving home. Call us today to find out how we can help design a Pacific Pool for your personal paradise.

## Swim Rite Pools

2218 W. State St., Fremont  
Mon-Fri. 9-5, Sat 9-1  
419-332-4441 • [www.swimritepools.net](http://www.swimritepools.net)  
Email: [sales@swimritepools.net](mailto:sales@swimritepools.net)



[www.pacificpools.com](http://www.pacificpools.com)

# The Meaning of Work

By Lynette Kirsch

Work-Do you like to work? Do you find satisfaction in your work? Why do we have to work? What is the purpose of work? Have you ever pondered these questions? Why do some people always have an amazing attitude about work but others just never seem to enjoy working? How do we learn our work ethic? Is there such a thing as people who were never meant to work? Some facts that are obvious to most; working (and getting paid for it!) allows us the freedom to change our world, working gives us something to do with our time, working keeps us out in the world and working keeps our mind active. We are born, we enter school, then high school and then the big choice comes-What are you going to do with your life? Ever met someone with an intense passion for something that you wonder where they got it from? How about someone with athletic ability? How about someone really smart with numbers or someone that loves to start up new businesses? So, where does that all come from? That's the big question. So, now we have to ponder the big question- Why were we created? What is the point of our life? When people think of you; what would you have them remember about you? What is important to you?

Recently, health scares and watching families struggle have brought many thoughts to mind. Most of you will probably say that family is the most important thing in your life. Families are what we care about the most; or so we say, yet, they are also the part that mixes us up the most. Meaning, our relationships with family cause us the most strife and maybe uncertainty. So, Faith in the Lord is what pulls many through these challenges. Do you have the Lord in your life? I pray that you do. My church (Grace Community- 900 Smith Rd) has been doing a series on End Times and frankly, it really helps to have that perspective. Life on Earth is very difficult for many of us; some of us do well and function well, others struggle. We are so blessed in our community to have MANY Bible based churches that teach specifically on the Bible. The end is coming and Satan does create havoc today on Earth for all of us.

Find a good church that teaches the Bible, make a commitment to read the words of the Bible yourself (Need a Bible? Come get one for free out of the Bible Mailbox in front of 129 Bidwell Ave (Sandusky County Share and Care)), and most important let the Lord Jesus Christ be the ruler of your life! I know it is hard to not "hear" what he asks of us or "see" how much the Lord loves us but he does speak to us. Have you seen a beautiful sunset? Have you looked at a sunflower in detail? Have you let a ladybug walk up your arm and noticed her little spots so tiny and intricate? Have you heard a whisper in your soul that is the Lord? The Lord created us. Why? Because he loves us and has been creating a place for us to live for eternity. We do NOT automatically go to heaven though so don't be confused about that. Hell exists and is real. All of us have to make a decision to accept Jesus into our heart and then strive to live a life serving him. Work was created by God. The Bible talks a lot about work and its importance. Work and a good work ethic are critical to being "successful" here on Earth. Behind on your bills-what do you do? Work more! Need a car repair-What do you do? Work more! Struggling with family relationships? Working more, maybe to just get your mind off of it-is an answer. Work solves many problems. Need to get away from an addiction? Work more! So many problems can be solved by loving work and giving it your best. Ponder on that!

# Robert Kroeger's Ohio Barn Project is coming to Bellevue!

Robert Kroeger of Cincinnati defines his Ohio Barn Project as "preserving American history ... one old barn at a time."

On his website, [www.barnart.weebly.com](http://www.barnart.weebly.com), Bob explained his inspiration in this way: "A crazy old barn in Ohio's Licking County started it. 'Granville Gray' as I call him, planted the idea - quite by accident. When, on our annual wedding anniversary weekend in 2012, my wife and I turned down the road to our bed and breakfast, we passed this gentle gray giant. Its roof sagging, its side boards warped and tilted - a few missing here and there, the barn grabbed me. Disheveled, it begged for attention. I don't know how or why, but the idea sprang into my head that I had to find out more. So, the next day I met the owner ... and learned about its story."

Since then, Bob has traveled the backroads and byways of more than 2/3 of Ohio's counties, recruiting 'barn scouts' to find the memorable, historic and unique barns he paints, using the impasto oil technique on Masonite panels. He prefers to use original barn wood - from the barn being painted -- to frame the painting.

Bob's foray into north central Ohio involved a chill, windy day, looking at barns big and small, from the mid-1800's to the early 1900's in the four-county area surrounding Bellevue. The results of his research and his works will be showcased this summer in Bellevue. In addition to preserving the images and stories of these historic structures, Bob shares his talents with the communities where the barns stand, through local charity auctions benefitting organizations in each community.

The Tremont House Block Party on August 3rd will feature four of Bob Kroeger's paintings, representing historic barns in Erie and Huron Counties, to be auctioned, with proceeds benefiting both the Bellevue Historical Society and Art at 106, Bellevue's local Artists' Guild and Gallery Shop. Erie County barns are the Pickett Cherry Barn, now dismantled, which drew customers from all surrounding states to its Portland Road site, and on Strecker Road, the Tommas barn, a marvelous old fellow with an empty corn crib that begged to be full again, which the painting complied with. Featured in Huron County are the Schwiefurt barn on Sandhill Road which rocked to many dancing feet over the years, and the Roeder barn on Route 20 west of Monroeville, recording its racing history as well as its farming origins.

The Tremont House Block Party will be held on North West Street and in the alley behind the Tremont House, in the center of Bellevue, from 3 to 8 p.m. The paintings will be auctioned at 5:00, by Baker, Bonnigson Auctioneers. Join us for the festivities! Food, live music, wine and craft beer tastings, historic displays, artisan vendors and raffles round out the events of the day.

For more information on Robert Kroeger and his barns, visit <https://www.barnart.weebly.com>. See the paintings and essays by County under the 'Ohio Barns' tab.

For event information, visit Bellevue Historical Society on Facebook or [www.BellevueHistoricalSociety.com](http://www.BellevueHistoricalSociety.com) and Art@106 on Facebook. In 2020, the Tremont House Block Party Auction will feature barns from Sandusky and Seneca Counties.



**Applebee's**  
GRILL + BAR

**SHORT STACKS FOR A  
TALL CAUSE**

You're invited to an Applebee's® Flapjack Fundraiser Event to support

**Humane Society of Sandusky  
County**

Tickets: \$8.00 Date: 07/13/19 Time: 8am - 10am

See organization for ticket purchase prior to event.

For Ticket Purchases Contact  
HSSC  
(419) 334-4517  
[humane.society.of.sanduskycount.y@yahoo.com](mailto:humane.society.of.sanduskycount.y@yahoo.com)

Applebee's Location For Event  
2200 St. Rt. 53  
Fremont, OH 43420  
419-355-0549

## Save the Date:

*6th Annual Ruff  
Ride*, August 24th,  
registration begins at  
10am at Pub 400;

*"Dinner with Man's  
Best Friend", Friday,  
Sept. 6th*, \$50 for  
dinner and show at  
Lynwood Kennels

*16th Annual Whiskers  
and Whine, Sat., Nov.  
16th* at Anjulina's.

**SAVE THE DATE!**

*A Tribute to History*  
**TREMONT HOUSE  
BLOCK PARTY**

**Saturday, August 3, 2019 • 3:00-8:00 p.m.**  
**108 North West Street, Bellevue, Ohio**

**FOOD • DRINKS • RAFFLES • GAMES  
LIVE MUSIC • ARTISANS • SIGN THE BEAM  
AUCTION OF HISTORIC LOCAL BARN PAINTINGS**

By artist Robert Kroeger

[BellevueHistoricalSociety.com](https://www.BellevueHistoricalSociety.com)  
[TremontHouse.org](http://TremontHouse.org)

Dear Cathy,

One of my cats is peeing in my son's laundry basket full of clothes. He has always treated her fine, so this isn't a personality problem. We keep his bedroom door shut, but somehow, every once in a while, when it is left open, it happens again. Is there some kind of repellent I can use to keep her out of his room? It has become so ingrained in her I don't think she can be trained to stop. - Sue, Chino Valley, AZ

Dear Sue,

Cats peeing on dirty laundry, bathmats, and even bed linens while the linens are still on the bed are not uncommon feline behaviors. No one knows for sure why cats do this, but they may not like the smell of the laundry or the smell or location of their litter box. They may be reacting to stress, which is often the result of change in the home, like the addition of a new baby, new furniture or a move to a new home. They may even have a health problem that requires medical attention.

If it's not a health problem, there are a few things you can do to discourage the behavior. The most obvious is keeping the cat out of your son's room and dirty laundry up off the floor. Since that is difficult to do, switch the laundry basket to a closed hamper or consider using feline motion sensor spray deterrents or spray repellants near the laundry basket to discourage her from approaching the laundry altogether.

Dear Cathy,

I picked up a 5-month-old golden retriever puppy, and am ready for her with a crate, toys, water and food dishes. I have been reading suggestions on where and when to crate her, and when and when not to lock her in the crate. Some suggest next to my bed, which in my case is possible, but not practical. Some say keep her and the open crate in a small cordoned off area with the crate open where she can see me most of the time. I want to train

her right. Any suggestions? - Jeffrey, Holtsville, NY

Dear Jeffrey,

You may already be past the first few days of crate-training but always start with the crate in your bedroom for the first week. If the crate won't fit, put it in the family room and sleep on the couch for a few days. The idea is to be near her, so she is not anxious those first few days.

After the initial adjustment period, put the crate in an area that is not high traffic, but near where you hang out most of the time, like the main living space of your home. Never seclude a dog in a crate in another room. If your dog can't see you, she may develop separation anxiety.

As far as time in the crate, a puppy shouldn't be in a crate for more than a few hours at a time with plenty of time in between for play and exercise.

If you're using the crate only a night, a late nighttime pee should carry most large breed puppies until the wee hours of the morning. If you are using the crate during the day, then she will need a break every few hours to go outside and relieve herself. Do not leave her in the crate most of the day and all night. It can be very hard on a puppy or dog to be crated all the time. Hire a pet sitter to come by and play with her so that she has plenty of exercise and outdoor time if you are not home or can't get home to let her out.

Teach her to go into the crate when you ask by saying "kennel" or "crate." Some people say "go to bed," but that is something you would tell a child and we don't want to confuse your dog.

Finally, make sure she loves her crate. You can do this by feeding her in her

crate or giving her certain treats or special toys (like a Kong with frozen peanut butter) only when she is in her crate. Once she learns this crate is her special space, which may take a few months, you will be able to leave the crate door open and she will go to it just to hangout or take a nap. This is her special space, so don't let any child (or adult) bother her in this space.

(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.)

(c) 2019 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



3032 Napoleon Road, Fremont  
email: [wvh@northcoastvets.com](mailto:wvh@northcoastvets.com)  
419-332-5871

The Westview Veterinary Hospital would like to introduce the newest member of our team, Dr. Madeleine Kuieck!



Madeleine Kuieck, DVM, earned her veterinary degree in 2019 and looks forward to caring for her patients of all species.

- ◆ Complete Wellness Exams & Vaccines
- ◆ Full Range of Soft Tissue & Orthopedic Procedures Including Knee & Fracture Plating In a Full Surgical Suite
- ◆ Comprehensive Diagnostics
- ◆ Computerized Records With Telemedicine Capabilities
- ◆ In-room waiting & Checkout
- ◆ Heartworm, Flea & Tick Prevention
- ◆ Digital Radiology From Dentistry To Full Body
- ◆ Dental Procedures Including : Cleaning, Extractions, Polishing, Digital Imaging & Fluoride Treatments
- ◆ Private Comfort Room
- ◆ Class IV Therapy Laser & Ultrasound Options
- ◆ In-house Laboratory & Pharmacy
- ◆ Private Boarding Suites With Glass Doors & Lounging Cots

She received an additional certification in Fear Free to help better the lives of her patients as well as their owners. Dr. Kuieck was raised in Fremont where she attended Terra State Community College during her years at Fremont Ross High School. She played on the varsity tennis team & volunteered at community events & Grace Community Church in her free time. To gain experience in the veterinary field, she began shadowing at local veterinary clinics, including Westview. She has since continued to work at Westview through her time in college at The University of Findlay and The Ohio State University College of Veterinary Medicine. Dr. Kuieck resides in Fremont with her fiancé Tyler and pet rabbit, Ralph. In her free time, she enjoys spending time with her family and friends, hanging out at the lake and baking.

Visit us on line at [westviewvethospital.com](http://westviewvethospital.com) to meet our Veterinarians & Staff, take a look around, or link to our on-line store.



Monday 8am-7pm, Tuesday-Thursday 8am-6pm, Friday 8am-5pm, Saturday 8am-Noon, Closed Sundays  
24 Hour Emergency Service Available 419-332-5871

# AS TIMES CHANGE - THE MORE IT STAYS THE SAME

Dr. Paul Silcox

# Classifieds

## SERVICES

**Dust Free Cleaning:** It's time for summer parties, let us get your house ready. References, Insured, four hour minimum, \$18 per hour. Call 419603-6667 to get started on a dust free home!

**Donna's Sewing:** Alterations, pants \$6, zippers, curtains, dresses, prom dresses, tailoring. Quick turn around! Call Donna at 419332-1654, 922 Carbon St., Fremont.

## BUS TOURS

**Bus Tours:** New York City August 9-12, Outer Banks Sep 9-14, Washington DC Sep 27-30, Nashville Oct 18-21. Branson Christmas Nov. 16-21. Visit [bluelakes.com](http://bluelakes.com) or call Denny Otte 800-282-4287 ext 1402 for more info.

Like us on 

## Tiffin Ohio R/C Modelers to Host Kids Event

The Tiffin Ohio R/C Modelers Club will be hosting a "Kids Flight School" on July 20, 9 am until 2 pm. The free event will be held at Lynn Cole Field at 5320 E CR 38 in Republic between CR 38 and SR 101. The club is a group of adult members who enjoy the activity of Radio Controlled Aircraft flying.

The chair of the event, club secretary Joe Sheak, has patterned this event after events that other clubs have sponsored to introduce the activity to area youth and their parents. Kids, age 5 and up, will have the opportunity to build a glider airplane, learn about how aircraft are able to fly, practice flying on computer flight simulators and actually fly a radio controlled aircraft with one of the clubs experienced pilots. At noon, lunch will be provided and a flight demonstration will take place with several of the clubs pilots demonstrating their skills.

In addition to the hands on learning aspect of the event, a raffle will be held with some great aircraft related prizes awarded to one or more of the participants, compliments of the Tiffin Club. Club members have been working hard to bring this opportunity to the area youth.

The event will be open to the first 50 students over the age of 5. Ample parking and port-o-potties are available at the field. Visit the club webpage at [torem.blogspot.com](http://torem.blogspot.com) or their Facebook page at "TORCM Field" for more information.

Consider this, in 2014, there were 47,055 overdose deaths and 19,000 (40%) were due to legal prescription opioids. And that meant that 28,055 (60%) deaths were related to illegal drugs (heroin, cocaine, fentanyl, etc.) Source: Centers for Disease Control

By 2017, the same statistics were 70,237 drug overdose deaths and 17,029 (24%) were due to legal opioid prescriptions. That means that nearly 51,000 (76%) were due to illegal drugs coming in (heroin, cocaine, fentanyl, methamphetamine, carfentanil) Source National Center for Health Statistics.

Here in Ohio, the OARRS (Ohio Automated Rx Reporting System) seems to be helping decrease the number of Opioid Rx's written and or dosages, and increasing physicians awareness of the consequences and responsibilities that go along with Opioid Rx's.

With the state of Ohio's inclusion of addiction treatment coverage in the Medicaid program, more treatment centers and beds are available for a multi-pronged approach for treatment and counseling. Here in Sandusky County, there's been a significant increase in treatment providers and facilities available within the last year.

So now, that just leaves getting reports from the Sandusky County Drug Task Force as to the progress they are making on reducing the flow of illicit heroin, cocaine, fentanyl and methamphetamine into our county.

Nationally, there is still a war to be waged on this epidemic. Hopefully, here in Sandusky County, soon we'll see some benefits of our tax dollars at work.

**SILCOX**  
ACUPUNCTURE & CHIROPRACTIC

 **Dr. Paul Silcox**  
Phone 419-307-8094

728 N. Stone St., Fremont

[www.drsilcox.com](http://www.drsilcox.com)

 **Walk In's Welcome**

FREE ESTIMATES! **Power Wash Service**

**JET CLEAN POWER WASH LLC** We BLAST it All!

**419-215-8820**

## My Mother's Recipes

By Joanne McDowell

This comes from Lynn Fox of Gibsonburg, it looks easy and delicious, perfect for summer. Enjoy!

**Banana Split Fluff**

- 1 can sweetened condensed milk
- 1 Cool Whip
- 1 can cherry pie filling
- 1 can crushed pineapple drained
- Nuts and bananas optional

Mix well.

## SATURDAY NIGHT BINGO!

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

<p><b>More FUN added</b></p> <p><b>Patriot Progressive Game</b> Win up to \$3000</p> <p><b>Two Joker's Wild Bonanzas</b> Win up to \$500 each</p> <p>Four admission prizes of \$25 given nightly</p>	<ul style="list-style-type: none"> <li>- \$100 every game (with 100 players)</li> <li>- \$1000 progressive jackpot</li> <li>- Triple Jackpot Keno</li> <li>- Handicap Accessible</li> <li>- Homemade refreshments</li> <li>- Lucky numbers</li> <li>- All PAPER - Lots of instants</li> </ul>
--	---



# Dr. D. Ross Irons 5K Memorial Run/Walk

**July 26, 2019 ~ 7:00 pm**

*Rain Date: July 27 ~ 7:00 pm*

**Central Park • 215 North Street, Bellevue**

**5K Course:** Flat, out and back

**Pre-Entry Fee:** \$25 (shirt); \$15 (No shirt)

**Pre-Entry Deadline:** July 12

**Race Day Fee:** \$30 (No shirt)

**Race Day Registration/Package Pickup:** 6 - 6:45 pm



*12<sup>th</sup> Annual*

# Dr. Elbert D. Lawrence Classic Car, Truck & Motorcycle Show

**July 27, 2019**

**9:00 am - Noon**

**Central Park • 215 North Street, Bellevue**

**Registration: \$5**

- Dash plaques; First 50 registered
- Best of Show Awards for car, truck and motorcycle
- Door Prizes

*All proceeds benefit the Fallen Soldiers Memorial Fund.*

**Information or Register at:**

***www.tbhfoundation ~ Or Call: 419.483.4040, Ext. 4319***