

2000 Lifestyles



Free
Vol. 19 Issue 6
June 2018

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Father's Day!**

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Lifestyles 2000

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Bassett's, Kroger's and Clyde Drug Mart*

Out to Lunch

By Lynn Urban



Overboard

Just in time for summer, new owners have taken over The Wharf Bar and Grill on West Lakeshore Drive in Port Clinton. It has been completely renovated into a fun and colorful place that looks like it belongs on a tropical beach. It's still a bar and grill with a simple menu of great tasting food. They have a unique way of ordering and serving your lunch or dinner choices. Listed on an order form, you can choose from fresh hand pressed burgers, chicken breast, or fresh lake Erie perch sandwiches, you circle your toppings and condiments. The sides offered are fresh cut fries, homemade chips, slaw, and hand dipped onion rings. Other options on the menu include, pizza, wings, chicken chunks, soup, salad, and a favorite, home-



made seafood mac and cheese, made with shrimp and lobster. Everything is served take-out style, in a paper lunch bag, even when eating in, it makes for easy clean up. The perch and burgers were good, and I really liked the chicken chunks. You get almost a pound of lightly fried, not breaded chunks, smothered in BBQ sauce for \$7.00. A cheeseburger is only \$4.00 and a chicken sandwich is \$5.00. The prices are pretty good for what you get. So if you happen to be at one of the marinas or cottages out on Lakeshore, and want to grab something to eat at a place that's reasonable and very casual, check this place out. There is also a patio for dining out on a nice evening. Until the drawbridge opens downtown, you'll have to go around, but it's not that far out of the way. This is worth checking out sometime this summer.

If anyone has a place they want me to check out, let us know. Email us at lifestyles2000@sbcglobal.net.



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Lifestyles 2000

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. 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.

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Dear Readers,

We are on our way to summer, and it is about time!

Take a look at our contests for this month, we are giving away \$500 in prizes.

12 Acres in Ohio is taking a break this month but will be back in July.

Happy Father's Day to all of our fathers.

Have a great month and stay safe.

God bless,

Joanne



"Find Pete" was so popular in May that we had over 200 entries for the first time in a long time, or it might have been because it was so easy! The correct answer was Calico Cat.

Find Pete Winners

Winners are: Glenda Gray, Vickery; Donna Henkel, Dan Minich, Jo Anne Slaymaker, Susan Geraghty, Jessie Ramirez, Ada Williams, Pat Gnepper, Sandy Bennison, Ron Rodenhauser, Fremont; Nelcy Elder, Ralph Shetzer, Alice Cochenour, Stephanie Bauer, Clyde; Patricia Bick, Burgoon; Debra Beeker, Gibsonburg; Virginia Berlekamp, Green Springs; Dawn Peters, Elmore; Allison Barnes; Elizabeth Braun, Bellevue.

Find Pete Prizes

Prizes are from Fastraxx, Dairy Queen and Jenesis Salon 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.

Dairy Queen Cake Winners: For those of you who submitted your age, thank you! Our biggest age group were the Baby Boomers, which wasn't a huge surprise, but we did get some teenagers and Millennials, as well as a ninety-one year old! Winners are Marvin Boyd of Clyde and Alicia Pearce of Burgoon. Congrats!

Miller Boat Line R/T tickets: We will be giving out 3 pairs of MBL tickets in June, again just for those who add their age to their entry. You don't have to Find Pete to be a part of this demographic study.

Celebrating 19 Years: Add that phrase to your entry and win a \$130 entry for 6 to African Safari in Port Clinton. Winners in May are: Elaine Franks and Diane Covert, Fremont. Congrats!

Find Pete Contest Rules

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

We're all unique champions...by nature's design!

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

I'll always remember the great times teaching and counseling students at Bowling Green State University. A few had low self-esteem and didn't think they could make it through the program and earn a diploma. They had siblings who were very successful and felt they were the "black sheep" of the family and could never measure up.

The Natural Order which exists all around us dictates that, before birth, none of us could ever be like our brothers, sisters, cousins or anyone else on spaceship earth. How we are created ordains this fact, so we should strive to be ourselves. We didn't arrive on planet earth by serendipity means. By metaphysical design, millions of sperm cells, each which would have to be magnified a thousand times for our eyes to behold, struggled to reach an egg, which was smaller than the point of a needle.

Only one sperm survived, while millions of its challengers weakened and perished in the struggle. One grappling sperm cell, out of millions, made each of us! It miraculously bonded with an egg containing a tiny nucleus.

From the very beginning, we possessed a uniqueness from all those around us. It was intended by design, the moment this microscopic struggle began. A distinctive sperm, and its egg, contained 23 pairs of chromosomes, each wrapped in Jell-O-like beads strung together. Each bead housed hundreds of genes. This bonding fused our parent's ancestral past. One healthy and victorious sperm bonded with one expectant egg, both conquerors of million of years of human kind's battle for survival. This unique bonding couldn't possibly have created a "black sheep".

Since the Natural Order dictates that everyone is born to be a unique champion, it's unproductive to define our self-worth by comparing ourselves to others. We must have confidence in ourselves, for the universe will be against us if we don't. We all have creative imaginations and can learn to solve our problems. The so-called "black sheeps" of the world can dramatically alter the course of their lives by changing the pattern of their thinking. They can change from a problem person to a solution person; from a negative thinker to a positive one.

It's a short stint we have here on spaceship earth and it's mandated that if we are born we are also destined to die, so we must enjoy the interval by celebrating our uniqueness.

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.



Robert Morton

Profiles by Alisa

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Helen Marketti's Music Corner

For over thirty years, Wayne Nelson has been part of the Little River Band. His lead vocals can be heard on many of the band's signature hits such as *Reminiscing*, *Cool Change*, *Lady*, *Lonesome Loser*, *Man on Your Mind* and *Night Owls*. The Little River Band will be performing at Hoover Auditorium in Lakeside on Saturday, June 23.

Wayne takes some time to share his thoughts on his early beginnings, being part of a classic band and inspiration for music. "I love music across the board. I have multiple interests and enjoy listening to different styles. I always liked the vocal bands such as The Beach Boys, The Four Seasons and The Beatles. I also enjoyed listening to Dion, Motown, Chicago and Blood, Sweat and Tears."

He continues, "I was immersed in music ever since I was a little kid. My parents sang in the choir and were involved with local theatre. They brought me along to many functions



and I would sing with them. That's where the power and foundation for music originated."

"I learned to play bass when I was in high school so I could join a garage band. One path led to another. I eventually was in a band that had opened for the Little River Band. I was in Jim Messina's band after he and Kenny Loggins split up. I was in the right place at the right time."

"When I wasn't working with Jim, the rest of the band including myself were working on our own material and recording," recalls Wayne. "When

we were working with the Little River Band they were using a studio musician as their bass player. Eventually, the band approached me and said they were looking for someone who could sing and play. They asked me if I would like to join them in Australia and tour. When they first asked me, I had turned them down because I was excited about what we were doing in Jim Messina's band. I felt that was where I was meant to be but unfortunately what we were doing fell apart a couple of months later. So I took a chance, called the Little River Band in Australia, and asked them if the bass player spot was still available. They told me the spot was still open but at that moment, they were going to take some time off and they would call me once they were ready to begin a new tour. After I hung up the phone, I felt I would never hear from them again. I was pleasantly surprised when they did call three months later and sent me their touring itinerary which included Europe, America and the Orient. After the tour, they were going to return to Australia and record a new album. I have to admit I was shocked when they called back but it obviously was meant to happen."

Wayne shares his thoughts regarding inspiration and keeping the musical spark lit. "The band is blessed to have hit songs. The fans react when they hear those songs. The fans are energized by the music and so are we. Our audiences have fun. We are now moving into playing for four generations. At the same time as a musician, our job is to continue to create new music. That's why we are here. We have a stable line up of great musicians and friends. We create new music together. It's not the point if we will be on the charts again or make it on the radio. Creating new material keeps things fresh and new. I am inspired by life, conversations of others and other people's music. It's all different versions of telling a story. I also tour manage the band. I spend a lot of time with contracts and so forth. I am the person who gets us there and gets us back. We have a production crew that takes care

Wayne Nelson Little River Band



of the equipment and I take care of the travel and logistics."

"The band is a full time job. We took three months off last year because the label wanted to release a box set of our original music since 2000. There is some DVD footage of us playing in front of an orchestra which is another layer and level of emotion and art that is added to the band's music," explains

Wayne. "Our keyboard player wrote all of the music for the orchestra to play. It's rewarding. It adds a bit of culture to the show. We will work on new music this year. Our shows are interactive. It's sing along. We are not just an old band. We try to make sure the memories feel brand new and for people to have fun."

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Well Ms. Grace, do you have any baby canaries yet? No, but I'm getting closer, I think. I've decided that Twitter really is female. So the search for a male is on. The one I had located last month when we were not sure about Twitter's gender had been sold the day before I called to go make the purchase. But, as you know, I don't give up easily, so look for the "Twitter Report" next month.

There's an old song with lyrics that say, "June is busting out all over", and it surely is! In an effort to cut back on the hours needed to tend to all my flower beds and still keep up with my part-time work as a house guide at the Hayes Presidential Home; and her at The Old Garden House, I have made a decision. I have removed and transplanted the perennials from one of the larger beds into other existing beds and will seed it back to grass. This should save me time and I still have enough flower beds to keep me busy and happy. The young flowers are almost ready to be set out in the gardens from the greenhouse. I love this time of the year.

Would you like to be my next door neighbor? My neighbor of many years is moving to southern Ohio to be closer to her relatives living there, her house is for sale. Her husband passed away about 1 1/2 years ago. I will truly miss her as she has been a hard-working inspiration for me. Even though we didn't spend much time talking over fence, we always knew the other one was there and ready to help if we

needed it. She was as busy with her home and yard as I was. So, we did more waving than we did talking! Our road is a dead end so no through traffic goes by.

The Celebrate The Season Dinner will happen on the first day of summer. Date is June 21st at 5:30 p.m. We have 18 reservations so far and we can take up to 30. The address is 1045 S. Bloom Road in case you have not been here before and might wish to find where we're located. Phone: 419-332-7427

June Tea at Two will be served at 2:00. The program will be provided by Gill Gonzales, Hayes Center Photographer. He will talk about early cameras and photography of that era. We have 13 reservations so far, we can take up to 30.

Until next month-enjoy the beauty in the flowering trees and shrubs-play with the grand kids-write a letter to someone you miss in your life-send a birthday or get well card to someone special and always 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.

Campfire News and Notes

Happy Summer from Camp Fire Sandusky County! Why are we so excited about summer?! Summer means Day Camps, CITs, volunteer opportunities, graduation parties and outdoor fun! There is definitely buzz around the grounds saying summer is here, and we welcome you to come check it out!

Registration is now open for Summer Day Camps for kids in grades K-6! New this year, sign up and pay for camps online at campfiresc.org, and a two week long Traditional Camp in June to kick start our summer programming. There will also be a week long Traditional Camp in July. Our specialty camps this year include; Dr. Seuss Camp, Art Camp, STEM Camp, Mini STEM Camp, Teens in Action, Diva Camp, Zootopia, Around the World Camp, Who done it Camp, and Survival Camp. Descriptions of these camps can be found under the summer camps tab on our website. Scholarships are available to those in need, thanks to the donation received from donors in our community!

Summer also means it's time for CITs! We are in need of volunteer Counselors in Training ages 13-18 who are interested in helping us make a difference in the lives of the youth attending our programs! New this year all CIT's will be trained in First Aid/CPR, a valuable addition to the resume building opportunity as a CIT!

We would like to thank all of the Love your Neighbor Day volunteers for helping Camp Fire beautify the grounds April 28! The impact you provided to our youth and programs is priceless! Thank You!



Light the fire within

A United Way Member Agency

Bring the family out to see us at Grove Fest on June 23rd from 10-2. We will have more information about summer programs and fall 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!

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"Grate" Treats & Eats

By: Chris Timko-Grate

"As I begin this column it is spring and I am enjoying the warmer weather and the color of the leaves coming out on the trees and the spring flowers that are brightening up yards. I also love that our local farm markets are opening up and offering some local spring vegetables and some southern vegetables.

It is also grilling time! I love using our grill because cleanup is so easy, plus there is that great taste that grilling gives your food. We love the light desserts we make to finish off those warm summer days. So to start off the summer season I have a couple of recipes for you to try for dessert. This month's recipes came from my Mother-in-law Hazel Grate. One is a Fruit Cocktail Salad and the other a Banana Pie. Both are light and refreshing so they are perfect for our warm summer weather. She was a great cook so I know you will enjoy them!

*Fruit Cocktail Salad

1 can fruit cocktail, drained

1 12oz cottage cheese
1 large package dry Jell-O
1 large Cool Whip
Mix all together and let set over night

*Delicious Banana Pie

1 cup milk
1 cup sour cream
1 package instant vanilla pudding
1 tsp. vanilla
1 9 inch pie shell – Baked
Cool Whip
Bananas - sliced

Add milk slowly to sour cream – with a whip

Add package of instant pudding, then vanilla

Beat 3-4 minutes until mixture is thick.

Pour pudding over top of bananas

Top with Cool Whip

Refrigerate until cold and set.

Any questions contact me at christimkograte@roadrunner.com

Quote for the month: There is no danger of developing eyestrain from looking on the bright side of things

Author unknown

All Patriots Young and Old Are Invited to the 10th Annual Independence Day Rally

Wednesday, July 4th

Fremont's Birchard Park Bandstand

11:00 a.m. Andrew Dean's patriotic music

11:30 a.m. to 1:30 p.m. program

Reading of the Declaration of Independence,
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Gabby Gardener

By Patti Saam



The other day my husband Bob and I decided we we're going to plant strawberries in the new garden. We had a few helpers, our grandson Lucas who is four, and his sister Aubrey who is almost two. Bob had tilled up the new area but needed to fork the dirt. My job was to put all the weeds in the wagon. Simple, right? I did have helpers after all. Lucas squared his shoulders and

puffed out his chest saying "I got this Grandma", and got his plastic shovel and after a few shovel fulls, declared he was needed elsewhere in the garden.

Aubrey wasn't much help either-- it was windy and every time she dug in the dirt, she sent it flying, and of course Grandpa was right in the path! Soon I heard a squeal and then Lucas was hollering for me to come see what they had found. It was a ladybug! Lucas scooped it onto his trowel but when it started climbing up the handle, he threw it down on the ground. Aubrey took her little shovel and decided to hit it. After I explained that ladybugs are our friends, they went back to digging and flinging. That is until they found the worm; Aubrey touched it but Lucas wasn't about that! They watched it for awhile until it was time to plant the strawberries. Lucas dug the holes and helped to set the plants in. Aubrey sat and flung dirt at Grandpa. When we were all done, Lucas wanted to pick the strawberries, he's going to have to learn some patience. It was a lot of fun, we were all very dirty but we made another memory for the books.

RFD Garden Club meets the third Tuesday of the month at 7pm, usually at a members home. . If you have any questions please call Patti Saam at 419-307-7776. We would love to tell you more about our club!

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SUMMER READING CHALLENGE: All locations will be hosting "Libraries Rock!" the 2018 Summer Reading Challenge. There are challenges, programs, activities, and prizes specifically for adults, teens, and children. Please call the library for details. Summer Reading Challenge runs from June 4 through July 28.

People's Choice Flower Show: June 15 and 16, during open hours, Whispering Meadows Garden Club is hosting a People's Choice Flower Show in the Children's Department of the Library. The public is invited to visit the show and vote for their favorite arrangement. Arrangements are created to match children's storybooks, which are then donated to the library.

Teen Movie: June 19, 2- 4 pm. Teens in grades 7-12 are invited to join us for a showing of a 2018 film starring Reese Witherspoon, Oprah Winfrey, and Mindy Kaling in the adaptation of the Madeleine L'Engle novel, *A Wrinkle in Time*. Register online or 419.334.7101, ext. 209.

Teen Canvas Painting: June 28, 5- 6:30 pm. Teens in grades 7-12 can create their own canvas painting to take home. All materials will be provided. Registration online or at 419.334.7101, ext. 209.

Riders Unlimited, Inc., a nonprofit therapeutic horse facility, is seeking volunteers to be horse leaders and sidewalkers during our therapy sessions. Training will be provided on Monday, June 4th or Wednesday, June 6th, at 5:30 PM. Please call 419-898-6164 for more information and to register.

Pop Up Shoots: Izaak Walton League, June 2, July 7, Aug. 4, Sept. 1, Oct. 6, and Nov. 3, Fremont Chapter C.R. 170 from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5.00 for 20 target presentations. For more information call Larry Perkins 419-355-8374 after 5:30.

The 2018 Oak Harbor Farmers Markets will be held the 4th Saturday of each month, June through October, from 9-noon at Church Street from Water Street to the alley. The Market happens rain or shine. For info contact Marilyn Sandwisch, Chairman 419-898-7503. Applications are also available at the Oak Harbor Chamber website: www.oakharborohio.net

Fremont Tree and Beautification Commission is taking nominations for the June Lawn Judging. Please call Rick at 419 307 8924 or Bev at 419 334 9981 with your nominations/questions. The addresses must be within Fremont city limits. We are always looking for new members. We meet the first Tuesday of the month Feb- Nov. at the Fremont Rec Center. Come check us out!

June 14th - Downtown Market on Main Street. Clyde with vendors, music, antique bicycles, kids activities, 4 to 7 p.m. with the Junk Band performing in the Gazebo at 7 p.m..

Fremont Area Women's Connection monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave., Tues., June 12, 11 am-1 pm. "Trash or Treasure?" is the theme with Carol Klohn and Christy Lytle from Carol's Tag Service. Attendees are welcome to bring an item they would like to have appraised. The guest speaker is Rita Stewart from Arlington, sharing her "Secret to Lasting Wealth" life story. For reservations and free child care, call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by June 7. Cost is \$12 inclusive.

Eden Springs Assisted Living, 430 N. Broadway St., a Medicaid Waiver provider, will host "Medicaid Waivers and More" a question and answer session on June 25th at 6:30pm. Guest speaker for the event will be Crystal Meade LISW-S/

Passport/Assisted Living Supervisor at the Area Office on Aging.

Parker's Purpose is excited to announce that 16 year NFL veteran, former Ohio State great, and current ESPN college football analyst, Joey Galloway will be our keynote speaker for the BIG 10th year anniversary Parker's Purpose Dinner Auction on Friday July 27th at Ole Zims Wagon Shed.. Joining Joey will be his QB when he was at Tampa Bay, 11 year NFL veteran and University of Toledo football great, Bruce Gradkowski. If you are interested in attending the event or donating an auction item please email or call 419-680-9568. Your support enables us to continue helping many families with children in need.

The Sandusky County YMCA will be hosting our Annual Golf Outing on June 15th at Sycamore Hills Golf Club in Fremont. The event will begin with a shotgun start at 10am; include lunch on the turn, and dinner with awards at the conclusion. For info, sponsorship or to register yourself or your 4-person team, contact Patricia Hecker or Ruth Keck at 419-332-9622 or email PatriciaH@frymca.org

Village of Lindsey Farmer's Market: second Saturday of each month, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. Vendors offer shoppers a great variety of items. For info, 419-665-2045.



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Whoever Saves One Life, Saves The World Entire

Nate Koenig/Sandusky County Department of Job and Family Services

Sandusky County has a drug problem. The invisible face of this drug epidemic is the countless children in our community who lose their homes, lose their families, lose their friends, lose their sense of identity, lose their future...lose.

They may be shuffled from place to place looking for a distant family member to take them in. They may be placed hours away from the only place they ever knew because nobody here can take them. They may have siblings that will be separated because a home can't be found for all of them. They may have been abused...certainly neglected. And when they arrive in their school they will be expected to act like every other kid, as if their world didn't just blow up.

There are many misconceptions about these kids. These kids aren't irredeemable. They aren't bad. They are beautiful. They just need to be loved. Now more than ever our community can combat the sickness of drug addiction by showering the innocent children, victimized by drug abusing parents, with love. Become a foster parent. Consider adoption. Save one life. You can't begin to imagine the transformative impact it will have on your own life. We are in desperate need of loving, compassionate homes for our children. Sandusky County has 48 children currently in custody and only 9 approved foster homes. If you have the heart for opening your home to protect the most vulnerable members of our community, I would love to speak to you!

For more info (419) 334-8708 ext. 5260 nate.koenig@jfs.ohio.gov



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Calendar of Events

June 2018 – Sandusky County

1 - Opening of special exhibit "LAKE ERIE NATURE PHOTOGRAPHY BY KRISTINA SMITH" Rutherford B. Hayes Museums, 9 a.m. to 5 p.m. through June 30. www.rbhayes.org for more information.

1, 14 – Downtown Market & Sidewalk Sales, Clyde. Theme is Spring, Vendors, music at the market and in the gazebo, activities for the children, restaurant specials. 4 – 7 p.m.

3 – Squires Vintage Base Ball Home Game, Rutherford B. Hayes, Spiegel Grove, 2p.m. Squires are at home vs. the Rochester Grangers of Rochester Hills, Michigan. Free.

4 – Raised Bed & Container Gardens, Wilson Nature Center at Creek Bend Farm, Lindsey, 6:30– 8 p.m. 419-334-4495 to register.

5, 12, 26 – Extra Big Nature Camp for Adults: Tie Dye/Kayaks, Wilson Nature Center, Lindsey, 6– 8:30 p.m. Flashback to your camp days, but with a grown-up twist! 4 weeks of camp to fit into a busy adult's schedule. Fee: \$10 per session. Call 419-334-4495 to register.

7 - Opening of special exhibit "In Search of Healing: Medical Practices of the Gilded Age." Rutherford B. Hayes Library, 9-5 p.m. "In Search of Healing: Medical Practices of the Gilded Age" will document the procedures and conventional medical wisdom that prevailed in the late 19th century. 419-332-2081 or www.rbhayes.org

9– Grandparents Canoe Trip, meet at Countryside Park, Fremont, 8 – 11 a.m. Free. Carpool to Decoy Marsh. Registration: 419-334-4495

9- 5th Annual Ruff Ride 2017, Motorcycle Poker Run, Humane Society of Sandusky County, 10:30 a.m. Registration at Pub 400. \$20 per driver; \$15 per passenger – includes hog roast. This year is a 100-mile mystery route with future stops revealed at each stop and the run ending at Pub 400 in Fremont. Last bike in at 4 p.m. with food served beginning at 4:30 p.m.

10 – Squires Celebrity, All-Star Vintage Base Ball Game, Rutherford B. Hayes Museums, 2p.m. FREE..

13-14 – Art Camp, Camp Fire Sandusky County. This is for campers in 3rd-6th grade. For more info: campfiresc.org or call 419-332-8641.

14 – YMCA Jiffy Mix Factory & Michigan Princess Bus Trip. Down payments can be made at the YMCA to reserve your seat. Payment plans available. Call the Y at 419-332-9622.

14 – Tales to Tails - Creek Bend Farm: Wilson Nature Center 10 –11 a.m. Join us at the Wilson Nature Center for stories, crafts and adventure. Call 419-334-4495 to register.

14– Sandusky County Historic Jail Tour, 5:30 p.m. and 6:30 p.m. \$5.00. Tickets at the door.

15– Holiday Innkeepers' Doo-Wop favorites, Bellevue Society for the Arts, 205 Maple St., 7 p.m

16– Downtown Fremont Farmers Market, 9-1p.m. rain or shine. Theme: Car Show, FREE!.

18 – Cake Decorating, Green Springs Library, . Please register in advance. 419-639-2014.

18 – Nature Night – Butterflies, Woodville Library, Kindergarten through 6th graders are invited to join us to learn how to help the butterflies. Please register 419-849-2744

21-23 – Gibsonburg Homecoming Festival, Williams Park, Come party with us while supporting your local volunteer fire department! For entertainment schedule or any other info, <http://www.gibsonburgohio.org>

22 – Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historic Jail, 8 p.m. Explore the age-old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure. \$25. Must pre-register by calling 419-332-4470.

23– Woodville's Farmers Market, Peak Physical Therapy Parking Lot, 9 a.m. to noon. Free.

25– Jr. Day Camp, Camp Fire Sandusky County, This is for campers in kindergarten-2nd grade. campfiresc.org or 419-332-8641.

25- Swim lessons, White Star Park, 10:30– 11:30 am. Classes run June 25-29. Call 419-334-4495 or www.lovemyparks.com to register.

25- VOLUNTEER: Invasive Species Control, White Star Park, Gibsonburg, 5:30- 7:30 pm. Discover what an invasive is and why we are removing them. www.lovemyparks.co to register.

28 – 2nd Annual Beat the Heat, Sandusky County Fairground Parking Lot, 2:30 pm To raise public awareness of the dangers of leaving children or pets in an unattended parked car.

28 - 30– The Woodville 4th of July Celebration, Trail Marker Park, , 5K Run/ Walk and more. On June 30th, fireworks are scheduled at 10 p.m. at Trail Marker Park. <http://homes.amplex.net/fourth/>

29 – Moonlight Canoe Trip, meet at Countryside Park, 7:30- 10:30 pm. Enjoy a float down Green Creek by the light of the moon. 419-334-4495 to register.

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By Viola Purdy, Sandusky and Ottawa County Master Gardener Volunteer

By Viola Purdy, Sandusky and Ottawa County Master Gardener Volunteer

The containers can be placed anywhere that provides 6 hours of sunlight or more. You need to be sure that they are watered adequately. The pots will dry out much quicker than if planted in the ground.

A screen can be placed over the holes to prevent pests from entering.

Peppers and tomatoes should be started as plants, cucumbers and squash do not transplant as well so can be seed sown directly into the container. You can extend your harvest by sowing these again in July for a fall harvest.

Avoid garden soil. A good mix is equal parts of potting mix, perlite, peat and compost. Add a slow released fertilizer to each pot, following the label instructions. The potting soil can have hydro-gels added to help with moisture retention.

Fill the container $\frac{3}{4}$ full with the soil mix. Select stocky, strong plants and place close to stake. Water thoroughly. If the soil settles add more to bring to within $\frac{3}{4}$ inches to top of the container.

For direct seeding cucumbers and squash, fill the container close to the top and sow 5-6 seeds in the center.

Cover with ½ inch of soil. Water ad keep soil warm. After germination cut off all but 2 seedlings to avoid overcrowding. After they reach 8-10 inches tall cut off the other, leaving only one in container.

Check plants daily for pests or disease. Keep fruits harvested regularly to induce continued fruit formation.

There are lots of varieties out there that have been bred for potting. Just be sure to read the packets and tags.

Salad Bush Hybrid, Bush Champion,
Spacemaster, Midget Bush Pickler,
Picklebush, Hybrid Bush Crop

Burpee's Butter Bush, Bushkin
Pumpkin, Bush Crooknet, Jackpot
Zucchini and Black Magic Zucchini

Most varieties of tomatoes and peppers will work

For more information check out ohio-line.osu.edu



By Joanne McDowell

Sadly nine years ago this month we lost our mother to a stroke, in her memory I began this column. Hope you are looking down Mom and enjoying all of these recipes in your honor.

This month's recipe I saw on FB and followed to a site called bestrecipebox. This one actually looks so good I may break down and actually make some! After all what is better than an avocado?

Yield: Serves 2-4 Total Time: 30 min

7-8 hard boiled eggs, chopped
1/4 cup (60ml) mayonaisse
1 teaspoon (5ml) lemon juice or
lime juice

chopped small

In bowl, combine eggs, mayo, lemon juice, cilantro, salt, pepper, mustard and optional spices. Gently combine well.

Add chopped avocado and combine into egg salad mixture. Smash the avocado to your desired texture.

Serve with crackers or bread.

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American Cancer Society and Relay For Life of Sandusky County Lead the Fight for a World Without Cancer Through Relay For Life Event

On Saturday June 9, over 300 participants will join together at the annual Relay For Life of Sandusky County at Conner Park to help the American Cancer Society attack cancer from every angle. The event starts at Noon.

The American Cancer Society is the cause fighting cancer on every front; standing shoulder to shoulder with cancer patients and those supporting them. Last year, 2.7 million participants in the U.S. raised more than \$279 million at more than 3,500 events to help beat our biggest rival. Funds raised help the American Cancer Society attack cancer in dozens of ways, each of them critical to achieving a world without cancer – from developing breakthrough therapies to building supportive communities, from providing empowering resources to deploying activists to raise awareness.

Join us this year by coming out and supporting all of cancer survivors and their caregivers by cheering them on during our Opening Ceremony at Noon. Visit all of our amazing Relay For Life teams and support their fundraising efforts, there are a lot of great things out at Relay for everyone! Donate \$10 to the event and you can get a luminaria bag that will line the track in memory of or in honor of a loved one, then join us for this very touching ceremony around 9pm.

Together, we can beat our biggest rival. Join or donate to the Relay For Life of Sandusky County. Visit RelayForLife.org or relayforlife.org/sandco.

Shelter Tails

By Joanne McDowell

Heartworm Disease & Prevention

Heartworm disease is a serious and potentially fatal disease in pets in the United States. It is caused by foot-long worms (heartworms) that live in the heart, lungs and associated blood vessels of affected pets, causing severe lung disease, heart failure and damage to other organs in the body.

The dog is a natural host for heartworms, which means that heartworms that live inside the dog mature into adults, mate and produce offspring. If untreated, their numbers can increase, and dogs have been known to harbor several hundred worms in their bodies. Heartworm disease causes lasting damage to the heart, lungs and arteries, and can affect the dog’s health and quality of life long after the parasites are gone. For this reason, prevention is by far the best option, and treatment—when needed—should be administered as early in the course of the disease as possible.

We strongly recommend that dogs stay on heartworm prevention medicines all year long. Heartworms are transmitted by mosquitoes, and it can be difficult to judge when mosquito season will begin. If you wait to start heartworm prevention until after you

have seen a mosquito, it is highly likely that your dog has already been bitten by one. Your dog has the potential to be exposed to heartworms with every mosquito bite.

If your dog is older and has never been on heartworm prevention, or if you recently added a new dog to your family and are not sure of their heartworm status, they should be tested for heartworms before starting a prevention medicine. Using heartworm prevention in a dog who has a heartworm infection can be dangerous. Testing your dog for heartworms before beginning heartworm prevention medicines is important for the health and safety of your dog.

It is important that heartworm prevention be given on the correct date, 30 days from the last dose. All heartworm prevention medicines come with stickers that you can put on your calendar. You can also set reminders in your electronic calendar so you remember to give the heartworm prevention on the right day. A good rule of thumb is to make the first day of the month “heartworm day.”

Is your dog on heartworm prevention medicines? If not, it’s time to start! Call your veterinarian today for more info!

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DEAR MAYO CLINIC: I've heard many times that handwashing is the best way to prevent illness. But how often is it enough? I have small children, and I want to keep them as healthy as possible. Is hand sanitizer a good alternative to soap and water?

ANSWER: You're correct that frequent handwashing is one of the best ways to avoid getting sick and to keep from spreading any illness you may have to someone else. There's no magic number for how often you should wash. Just try to make sure your hands are consistently clean. Soap and water always work well. But if you don't have access to a sink, hand sanitizer is a good choice, too.

Bacteria, viruses and other germs surround us every day and live in the same environments we do. As you touch objects, surfaces and other people, germs can be transferred to your hands. When you then touch your eyes, your nose or your mouth, the germs can get inside your body and potentially make you sick. Cleaning your hands gets rid of the germs, lowering your risk for illness.

Although there isn't a specific number of times you should clean your hands each day, there are certain situations where cleaning your hands is essential. Make sure you, and your children, always clean your hands before you eat, after you use the bathroom, and after you come in contact with surfaces that are likely to be contaminated with germs.

When people think of areas in the home where the most germs live, bathrooms usually comes to mind first. Although handwashing after using the bathroom is important, you're actually more likely to pick up germs that can make you sick in your kitchen.

That's because certain foods, before they are cooked, tend to harbor harmful bacteria, particularly chicken, fish and other meats. When you work with those foods in your kitchen, they can contaminate the surrounding surfaces. Cleaning your hands thoroughly before and after you prepare foods, along with thoroughly cleaning your kitchen countertops, can go a long way to cutting down on the number of germs you carry on your hands.

Washing with soap and water is a quick and easy way to get your hands clean. You may want to avoid antibacterial soap, though. Antibacterial soap is no more effective at killing germs than regular soap. Using antibacterial soap might even lead to the development of bacteria that are resistant to the product's antimicrobial agents - making it harder to kill those germs in the future.

Alcohol-based hand sanitizer works just as well as soap and water for cleaning your hands, as long as your hands aren't visibly dirty. For example, if you've been gardening or working on a motor vehicle, then you do need soap and water. For most other situations, hand sanitizer is fine.

Put about a quarter-sized amount of the sanitizer on your hands and work it in, covering all the surfaces. When the alcohol is dry, which takes about 15 to 20 seconds, your hands are clean. If you're cleaning your hands quite often during the day, hand sanitizer may actually be a better choice than soap and water because the sanitizers usually have moisturizers added to them, so they tend to be gentler on your hands than soap and water.

Getting into the habit of cleaning your hands regularly can have significant benefits. Studies have shown that in communities where children are encouraged to wash their hands often, illnesses and absenteeism in schools goes down, and the risk of getting diarrhea or getting a respiratory infection is reduced by about 30 percent. Although it may seem like a small task, taking time to make sure your hands are clean can make a big difference for your health. - Priya Sampathkumar, M.D., Infectious Diseases, 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)m Mayo.edu. For more information, visit www.mayoclinic.org.)

Finding Private David Vance

Some years ago, I wrote in this column about the more than two dozen African American soldiers who served in the Civil War who either enlisted from or resided in Sandusky County. You can read short sketches about each of them on the Hayes Presidential Library & Museums website. What proved to be most frustrating was my search for pictures of these courageous men who enlisted midway through the Civil War. By mere happenstance, I discovered a photograph of one of these soldiers taken long after the war and for a totally different purpose! That Civil War veteran was David J. Vance who was born in 1839 in what became Lewisburg West Virginia.

The picture in which David Vance appears is one of a series of staged images taken in 1903 of well-known Sandusky County physician Dr. Pontius. Pontius was apparently thrilled with his beloved "Winton" automobile. In addition to the "Winton," a horse named "Kitty," and an electric street car are featured in the photograph. The picture was intended to show viewers the rapid evolution in transportation that was taking place at the turn of the century. But of course, none of this interested me. It was the friend sitting beside Dr. Pontius in the "Winton," who was identified as Vance - the first and only picture I had located of one of the Sandusky County's African American Civil War veterans. I am hoping somehow I will discover more!



David Vance beside Dr. Pontius riding in the "Winton," 1903

Vance enlisted in the 44th U.S. Colored Regiment that was formed at Chattanooga in 1864. The regiment fought at battles near Dalton and Rome, Georgia and at Nashville. Serving a total of 19 months, Vance was discharged in August 1865. He returned to Sandusky County where he worked as a laborer and then a shoemaker. In 1882, he married Jane Whetzel Keys. She was the daughter of Felix and Lavina Newsome Whetzel and was born near McCutcheonville.

To add to their income the Vances rented rooms to several boarders and Jane worked as a hair dresser. At the age of 56, David Vance joined the local Eugene Rawson Post of the Grand Army of the Republic. He remained a member in good standing until his death in January of 1904. Jane lived until the age of 91. Both David and Jane are buried in Fremont's Oakwood Cemetery.

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On the Road Again

By Joanne McDowell

Last June I headed to Colorado to meet up with my son Rhett, our plan was to white water raft the Colorado River, just as we had done in 1983. Back then I took my four children, an experience I thought was fantastic, but none of them agreed! I have always wanted to return and do the raft trip one more time. Kind of a Bucket List thing.



It took us several hours to reach Glenwood Springs, but the scenery made the drive worthwhile. We did the raft trip our first day, I thought there could have been more rapids, but was glad it was a half day trip, as my arms became tired. Our guide was fabulous, he made up for my terrible attempt at paddling and pointed out the beautiful river scenery. (There are other rafting trips that require helmets and take on the more dangerous rapids, but be prepared to possibly fall out of the raft.) A half day trip is three hours and costs \$57 per person. You can check out ratings on Trip Advisor.



You can add other adventures to your trip like the Adventure Park and even one of the hot springs. We choose the Glenwood Hot Springs which has been around 130 years. It is a massive pool and even has a water slide. Rates vary by the season, but it is well worth the price to relax in a hot springs for the day. We were there on a weekend and it never seemed too crowded.

We made the trip up the mountain by cable car to visit the Glenwood Caverns Adventure Park. There are fabulous caverns to explore, and even extreme caving adventures for the younger set. Another full day adventure if you have the time.

One of our best meals there was Elk, I was surprised at how expensive and delicious it was. The town is quaint with fine eateries and filled with interesting history, including the location where Doc Holliday passed away. Holliday was only 36 when he died, and if you don't mind the hike, you can visit his grave.

Looking for a fun place to visit this summer? I highly recommend Glenwood Springs, it isn't far from Aspen, which is also beautiful to visit, or you can fly into Denver and take the scenic ride.

I am so very fortunate to have adult children living in such great locations. Now where to go next...

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Making yourself financially secure may become a top priority. You may occasionally be awkward in social situations, but your pioneering spirit will help you successfully go it alone.

TAURUS (April 20-May 20): The higher you raise the bar, the greater the rewards. Set your goals as high as possible and work towards achieving them. You and a special someone will be on the same page tonight.

GEMINI (May 21-June 20): Fight like a warrior if your career is on the line but exude warmth in social situations. You can compete without losing sight of good manners.

CANCER (June 21-July 22): Your friendliness may attract admirers, but don't let them distract you from your obligations. You may be able to stabilize or improve your financial condition with the help of a trustworthy partner.

LEO (July 23-Aug. 22): Fanciful flirtations can sweeten the month ahead, but it is best to avoid any appearance of impropriety in the workplace. You and a loved one may share a passion for picture perfect results and work hard to achieve it.

VIRGO (Aug. 23-Sept. 22): Take things as they are. You may get caught up in daydreams or fantasies, something that grabs your attention or looks attractive may reflect your wishful thinking rather than having intrinsic value.

LIBRA (Sept. 23-Oct. 22): You have enough love and affection to share with everyone you meet. You are also generous with your cash. Be crystal clear, however, if repayment is required and set a firm limit on spending.

SCORPIO (Oct. 23-Nov. 21): An opportunity may be too good to pass up. Taking a risk will likely meet with success if you don't lose touch with common sense. Romantic moments with a loving partner may be in your near future.

SAGITTARIUS (Nov. 22-Dec. 21): Be prepared to make quick decisions. Most battles are won or lost before they are even fought. There's no challenge too big to conquer if you have done your homework and plan carefully.

CAPRICORN (Dec. 22-Jan. 19): Your desire for a free-range lifestyle may be limited by family dynamics or demands. You may be at a disadvantage in social settings or group activities. Focus on getting finances in shape.

AQUARIUS (Jan. 20-Feb. 18): Increase your energy levels. Competitive sports, workouts or even long walks with a partner can improve your productivity. Focus on long term investments in the week ahead and only purchase enduring products.

PISCES (Feb. 19-March 20): Your obvious friendliness guarantees that everyone is pulling for you to succeed. You will receive helping hands whenever they are needed. Make choices that benefit many rather than a few.

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Dear Cathy,

We rescued a miniature poodle in 2016, he was 5 months old. It has been a trying 18 months. We took (obedience) training with him and he got the basics. He just turned 2 and no longer eats everything he finds. But he has bitten both my husband and me on multiple occasions. I'm at a loss as what to do. I have had poodles all my life, so I'm familiar with the breed.

This is my third rescue, all my others are, and were, very sweet. He is a loving lap dog, but if you move while he's on your lap or if you close the dishwasher while he's licking something he will bite and draw blood. He also watches TV and attacks it whenever there is an animal on the screen. I use a water spray bottle to discourage this behavior, but he still goes right back to doing it. He is also getting very aggressive and attacking us when we put him in his crate. Any suggestions? - Liz, NY

Dear Liz,

Your dog is trying to control you. For now, the best way to halt this behavior is to not allow the triggers to occur in the first place. That means he doesn't get to come into the kitchen to lick the dishes while you are loading the dishwasher, ever again. Take him to his kennel. Toss in a stuffed Kong or other treat, so he wants to go into his kennel. (The kennel should always be a place of reward, never punishment.) Then, do the dishes completely before letting him out again. See, no more biting you around the dishes.

As for the lap, he doesn't get the privilege of sitting in your lap if he is going to bite you later. Put a pillow on your lap and make him sit beside you. As for the TV, nix the spray bottle and reinforce your original obedience work. Practice calling him to you and giving him a treat, throughout the day for several weeks. Then, when he attacks the TV, say "here" or whatever phrase you use to call him to you. The goal is to get him to stop and look to you for the treat. Make him sit before giving him the treat.

While there is no actual cure for dog aggression, there are medications for aggression that can help when combined with a behavior modification program. So, if these strategies don't work, talk to a veterinarian and animal behaviorist, or a veterinarian animal behaviorist, for some help. This is not dog training; it's behavior modification, which is designed to desensitize your dog to his triggers. A behaviorist will either observe your dog (or interview you over the phone) and will outline a plan of action for you to follow closely. Occasionally, biting dogs may have to wear muzzles around their triggers until they learn to relax. A basket muzzle is not a big deal. Dogs can drink with it on and can be removed when it comes time to eat.

During this time, make sure your dog gets plenty of exercise. Also, ask your veterinarian about putting him on a low protein/high tryptophan diet.

Studies have shown that increasing the amount of tryptophan in food may help reduce aggressiveness in some dogs.

Cathy,

Our cat stopped using its litter box. She will now target a left out blanket or coat - Carl, IL

Dear Carl,

You don't leave me a lot of bread crumbs to follow, but I think I can still help you.

Litter box problems are common and often the result of several combining factors, from where the litter box is placed and the type and depth of litter being used to someone accidentally scaring the cat near the box and thus, the cat is forever afraid to go back to the box. Your cat could also have a urinary infection. In fact, sometimes the only way you know a cat has a urinary

infection is that he or she stops using the litterbox and begins using blankets, clothing, and any other material left on the floor.

Take your little girl to the veterinarian to make sure she is OK. It could be as simple as getting her on antibiotics. If she's healthy, add a second litter box someplace else in the home until you figure out what's happening with the first box. You can also buy a litter box attractant online or at pet stores to entice her back to the box.


(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. Please include your name, city, and state. You can follow her @cathymrosenthal.) (c) 2018 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



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The Story of Catalyn

By Dr. Paul Silcox

With the rapid growth of the population of the United States in the early 1900s, the production of food to feed them and the processing of that food and the ability to increase its shelf life also grew tremendously.

The processing of those foods to accommodate a longer shelf life stripped many of the natural nutrients. After a short time, some of the health conditions doctors were seeing began to change. A dentist by the name of Dr. Royal Lee, Wisconsin, recognized some of the health conditions in his patients and realized it was coming from the lack of quality nutrients in much of the processed foods that his patients were consuming.

Dr. Lee designed and developed a high vacuum, low temperature process and adapted special grinding machines to extract and preserve the complex nutrients of many of the "whole foods" that were being removed by the commercial processing methods.

In 1929, Dr. Lee introduced Catalyn with 12 whole food ingredients: Carrots, sweet potatoes, nutritional yeast, pea vine, alfalfa, mushroom, oats, bovine sourced adrenal, liver and kidney, along with ovine sourced spleen.

Most vegetables and grains are grown in certified organic farms. No synthetic pesticides, herbicides or genetically engineered foods are used in the production of Catalyn. This makes Catalyn

a great product to help combat deficiencies that occur as a result of a refined food diet.

In the 1900s the American Medical Association's position regarding vitamins was that they were unnecessary because eating a well-rounded diet supplied all necessary nutrition. In 2002 the AMA reversed its position stating that all adults should supplement their diets with a multivitamin. The reasoning was the demineralization of the soil that plants were grown in and the commercial processing stripping away the nutrients.

I tell you unequivocally, that Standard Process' Catalyn, is a top shelf, whole food, complete multivitamin in its purest form. Last year I was able to tour the Standard Process farm and manufacturing facility in Palmyra, Wisconsin. I saw firsthand the methods used to grow the ingredients, harvest them, and produce the final product. The best part is one bottle costs \$42 and lasts me two months. I have been taking Catalyn for many years and am thoroughly pleased with its quality and value. My granddaughter loves the cherry flavored children's chewable and there is also a gluten-free Catalyn product.

So if you're wanting to take a small step to help give your body the building blocks it needs to keep you strong and healthy, I urge you to consider adding Catalyn to your daily good health regimen.

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