

2000les Lifestyles



Free
Vol. 15 Issue 6
June 2013

In This Issue:

**History
Notebook**

p4

*Constructing the
Monument*

**Mayo
Clinic:**

p10

*Stay Active
to Slow
Muscle Loss*

**My
Mother's
Recipes**

p15

June = Summer

**Turtles
Wanted!**

p16

*New running/
walking group
keeping a
slower pace*

Happy Father's Day!

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More than \$4 million in patient care was given to individuals who were uninsured or under-insured.

COMMUNITY INVESTMENTS

Wages & Benefits\$22,020,858
Bellevue City Income Tax\$232,758
Bellevue City Schools Taxes\$32,297
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School Taxes\$16,842
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Seneca East School Taxes\$5,585

Capital Investments\$7,230,891
Dollars Spent Locally\$2,774,737
Cash & In-Kind Donations\$50,800
Volunteer Hours9,316

HEALTH SERVICES

Admissions1,451
Births351
Diagnostic Imaging Procedures29,964
Emergency Department Visits15,798
Rehabilitation Procedures29,461
Occupational Health Visits3,549
Outpatient Visits56,372
Surgical Procedures3,026
Lab Tests219,720

Community Support\$39,385
Health Promotion and
Educationover \$85,000





Lifestyles 2000

June 2013

Vol. 15 • Issue 6

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NEWS & NOTES:

Sandusky County Historical Society Reopens	5
American Society Launches Road to Recovery	7
TBH's Kashmer is Finalist for OHA Award	9
Building a Strong Community the "Y" Way.....	10
Sandusky County Firefighters Plan Charity Golf Outing	14
Are You a Turtle?.....	16

ENTERTAINMENT:

History Notebook Nan Card	4
Omarr's Astrological Forecast Jeraldine Saunders	5
Video View Jay Bobbin.....	6
SCPD Activities	11
Helen Marketti's Music Corner: Angie McCartney	12
Calendar of Events	13
Out to Lunch: Ciao Bella, Joanne McDowell	15
In Your Own Backyard.....	17
Out to Lunch: Granite City Brewery, Lynn Urban	19

HEALTHY LIVING:

The Kid's Doctor, Sue Hubbard, M.D.	6
Mayo Clinic: Stay Active to Slow Muscle Loss.....	10
Reiki Therapy: Energy Therapy	17

HOME & HEARTH:

Kiss-Me-Over-The-Garden-Gate, Grace Sidell.....	8
My Answer, Billy Graham	8
12 Acres in Ohio, Gena Husman/Robin Arnold	14
My Mother's Recipes, 15	Joanne McDowell
"Grate" Treats & Eats, Chris Timko-Grate	16
Pet World, Steve Dale	18
Shelter "Tails", Joanne McDowell	18

Lifestyles is available at local Subways in Fremont & Clyde.

Memorial Hospital invests more than \$2 million in facility improvements

Memorial Hospital was built in 1918; however, even though the building is nearly 100 years old, significant improvements are constantly being made to ensure the facility is a modern, comfortable destination for the community's health care needs. In fact, more than \$2 million has been committed to facility improvements at Memorial Hospital in 2013.

"During the past six months, we have invested significantly to improve the patient experience," said Pam Jensen, Memorial Hospital President. "We have updated or will be updating various departments with new floors, lighting and paint, which has created a warm, welcoming environment."

Many patient care and visitor areas have seen significant changes. Some of the improvements include the addition of a new waiting room for CT, MRI and nuclear medicine in the diagnostic imaging department; renovations to the waiting area for the hospital's cardiopulmonary services; new floors, paint and lighting in the imaging department corridors; new lighting and paint in the hospital cafeteria (Chestnut Café); as well as new flooring, lighting and paint on the third floor leading to OB, pediatrics and the Intensive Care Unit (ICU). Painting and new light and floor installation are also currently underway in the Memorial Hospital Sleep Disorder Center.

The Memorial Hospital Laboratory is also currently undergoing a more than \$500,000 upgrade, which will create an additional, lab-specific waiting room and restroom, as well as a new lab-draw area.

Jensen explained that the improvements create a more modern feeling environment, but also made practical economic sense. "The new, high efficient lighting that is being installed throughout the hospital could save us up to \$14,000 a year in utility costs," she said.

Memorial Hospital is a non-profit, community-based health care provider that has served the Sandusky County area since 1918. The hospital is a state-of-the-art medical center with more than 150 physicians and nearly 500 employees.



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PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

TC Creative Services

Email: trcalhoun@me.com

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

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

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

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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

Happy Father's Day! What an honor, to be a dad, I congratulate all of you on this day.



My own father passed away in 2004 and I still miss him every day. Honor and treasure your fathers, you only get one.

We are attempting to make a few changes with each issue as after fourteen years we want to be your best hometown magazine. If there is anything you would like to see, please let us know, we are always open to new ideas. You can email us or send comments on your "Find Pete" entries.

God bless and enjoy the start of summer.

Joanne



"Pete" was located in the Pond Builders ad in the May issue, about 150 people got it right. Thanks for entering.

Find Pete Winners

Winners receiving gift certificates are: Matt Wasserman, Dee Almaguer, Joan Beebe, Carol Watson, Cheryl Romero, Orrin Sandrock, Clyde; Yolanda Garcia, Levera Miller, Chris Reed, Madison Wilson, Lorrie Miller, Joyce Wiickert, Connie Hetrick, Karen Weissinger, Bill Babione, Michelle Englehart, Fremont; Terri Cunningham, Elaine Crawfoot, Gibsonburg; Alana Muzik, Green Springs; Shirley Swaisgood, Helena.

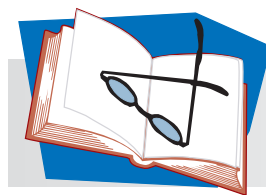
Find Pete Prizes

"Find Pete" prizes for May, include gift certificates from Miller Boat Line, Jenesis Salon, Dairy Queen West, Rally's, Old Fort Market, and Calico Cat.

You may request a specific prize.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!



History Notebook

By Nan Card - Curator of Manuscripts Hayes Presidential Center

Constructing the Monument

The Battle of Lake Erie was a pivotal moment in the War of 1812. 2013 marks the Bicentennial of Commodore Oliver Hazard Perry's victory on Lake Erie that ended British control of the Great Lakes. As the occasion draws near, Put-in-Bay, the site where Perry set sail to meet the British fleet, will be jam packed with events to commemorate the historic occasion. Much of the activity will take place at Perry's Victory and International Peace Memorial.

As early as the 1850s, monument associations attempted to establish a memorial to Perry on South Bass Island and nearby Gibraltar, but each time ideas, money, and plans seemed to evaporate. As the 100th anniversary approached, the Inter-State Board of the Perry's Victory Centennial Commission was formed. With funds from states surrounding the Great Lakes, the commission decided to build a memorial honoring the long-lasting peace between the U.S., Canada, and Great Britain that followed Perry's Victory.

After choosing architects Joseph H Freedlander and Joseph D. Seymour's design in a national competition, ground-



Reaching the 16th Course of Granite



Full Construction Crew, March 1914

breaking took place in the fall of 1913. The following 4th of July, the cornerstone was laid. The commission contracted with prominent photographer Otto Herbster to photograph the monument's construction.

Herbster's photographs captured the workmen as they built forms, hauled sand and gravel, and shaped and built 79 courses of pink granite. The Doric column reaches 352 feet above Lake Erie. Its 9 1/2 foot thick domed walls and ceiling feature Indiana limestone.

Nearby, you can see Mr Herbster's photo of the monument as the 16th course was reached and another, taken in March 1914, of the full construction crew. To see more of Otto Herbster's historic photos of the construction of the monument, check out Jeff Kissel's fine work by Arcadia Publishing. Online, go to HISTORYPIN and click on South Bass Island on the map. There you can see a slideshow of 28 of Mr. Herbster's monument construction photos. Better yet, head for the Bay this summer and enjoy the magnificent view from the top of this great monument - the 4th tallest in the United States.



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Sandusky County Historical Society Reopens

The Sandusky County Historical Society, 514 Birchard Avenue, has reopened for the season, featuring the restored Regimental flag carried into battle in the Civil War by the men of Sandusky County.

The banner on display at the Sandusky County Historical Society was proudly carried into action in the Civil War by the members of the 72nd Regiment which was organized by Fremont Col. Ralph P. Buckland, who issued the call for volunteers from Sandusky County on October 11, 1861.

The banner, embroidered by the women of the Fremont area was presented to the nearly 900 men of the 72nd OVI at a farewell dinner on January 24, 1862, on the eve of the 72nd's departure for service.

That spring, the banner was captured by the confederates during the fighting on the first day of the battle of Shiloh, Tennessee, the costliest battle in American history up to that time.

On the first night, after fierce fighting forced the 72nd and others under Buckland's command to pull back, the Confederates looted and destroyed Federal camps, capturing the flag among their loot.

The banner was presented to General P.G.T. Beauregard who assumed command of the Rebel forces after the death of General A.S. Johnston.

The next day, the 72nd and others under Buckland's command played a key role in the federal counter attack that forced the Rebels to retreat to Corinth. The defeat for the Confederate army frustrated Johnston's plans to prevent the joining of the two Union armies in Tennessee.

By June, the women of Sandusky County had prepared another banner, nearly identical to the first and it was delivered to Buckland who promised that the incident would never be repeated despite the regiment's involvement in serious fighting throughout the Civil War, including action at Corinth, Memphis, Vicksburg, Jackson, Nashville and Mobile.

General Beauregard kept the original flag until he gave it to his close friend and chief of staff General Thomas Jordan. When Jordan died in New York City in 1865, he bequeathed it to his daughter. She later donated it to a fund-raising fair held in New York City for the benefit of Cuban insurgents. When Ohio's Governor Asa Bushnell learned of the flag's existence, he asked friends to obtain it for him.

In October of 1896, Governor Bushnell and members of his staff came to Clyde where some 200 72nd OVI veterans and family members were holding their annual reunion. Governor Bushnell presented the banner to Medal of Honor winner and President of the 72nd Regimental Association Charles McCleary.

The Historical Society also is in possession of the replacement flag which was carried for the remainder of the Civil War by the 72nd and the Stars and Stripes carried by the regiment. Those banners, however, are not in condition which would permit restoration at this time.

In addition to the flag, Historical Society displays include considerable exhibits about the 72nd which was active throughout the Civil War and exhibits which help to mark the 200th anniversary of the Battle of Fort Stephenson in the War of 1812.

A new exhibit this year marks the 100th anniversary of the Flood of 1913, the worst flood in Fremont's history. That March flood destroyed much of the central city and took three lives.

The Historical Society Museum will open for the season Wednesday, May 15, and the museum will be open from 1 p.m. to 4 p.m. Wednesdays and Sundays through November with a membership meeting at 2:30 p.m. Sunday, May 19. There is no charge for admission, but donations are welcome.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): There is no reason to be mean if someone thinks the ends justify the means. Group interactions and politics can be challenging but a trusted partner will be there to add moral support.

TAURUS (April 20-May 20): Be steadfast and true to your goals. Don't be sidetracked by small temptations. Even the most awkward situation can't dampen your enthusiasm for those things close to the heart.

GEMINI (May 21-June 20): Don't let excuses put limits on your success. You may be able to talk your way out of any box, but you must be sincere about your promises and resolutions to make it to the big leagues.

CANCER (June 21-July 22): Grab hold of a situation by the scruff of the neck. Like a mother cat with a kitten, it may be a case of mother knows best. Earn respect from others by being gentle, but firm.

LEO (July 23-Aug. 22): Practice what you preach. If you follow your heart and remember to take your own advice, everything will work out for the best. Upsets at the workplace could suddenly alter your prospects.

VIRGO (Aug. 23-Sept. 22): If you really love 'em, you can't leave 'em. Close intimate relationships can grow closer. This may be an excellent day to talk over long-term plans and define joint objectives.

LIBRA (Sept. 23-Oct. 22): Learn to grin and bear it, world opinion may go against the grain. Focus on personal romance instead. An ill-informed consensus is still wrong - no matter how many people share it.

SCORPIO (Oct. 23-Nov. 21): Know your boundaries and stay within them. The month to come may show you that true love means you must do your duty. You may learn that security in relationships is more valuable than excitement.

SAGITTARIUS (Nov. 22-Dec. 21): You deserve a break today. Plans will move along like clockwork during the upcoming month if you pay extra attention to a special someone. Frankly discuss problems to nip troubles before they bud.

CAPRICORN (Dec. 22-Jan. 19): You might not be a very good cook, but even you can manage to bake some humble pie. Situations outside your control might force you to take a back seat or to accept your limits.

AQUARIUS (Jan. 20-Feb. 18): Opportunity only knocks once, so listen closely. In the month ahead be on the lookout for a chance to make some extra cash, buy something of beauty, improve your health, or make everyday tasks easier.

PISCES (Feb. 19-March 20): Romance might be on your mind in the month to come. Hold off on vows of commitment and everlasting love until at least the middle of the month. Right now, your impulsive actions might backfire.

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Monitor moles in children

Anyone can develop a mole, even those who use sunscreen routinely, since not all moles are related to sun exposure. Moles can occur on any area of the body from the scalp to the face, chest, arms, legs, groin and even between fingers and toes and on the bottom of the feet.

Many people inherit a tendency to have moles and may have a family history of melanoma (cancer), so it's important to know your family history. People with certain skin types, especially fair skin, as well as people who spend a great deal of time outside, whether for work or pleasure, are more likely to develop dangerous moles.

A child may be born with a (congenital) mole or develop a mole in early childhood. It's common for children to continue to get moles throughout childhood and adolescence, and even into adulthood.

The most aspect of monitoring moles is to be on lookout for changes in the shape, color, or size of a mole. Look carefully at moles with irregular shapes, jagged borders, uneven color within the mole, or redness.

I begin checking children's moles at their early checkups and point out any I want parents to watch. I note all moles on the child's chart so I know each year which ones I want to pay attention to, especially moles on the scalp, fingers and toes and in areas that are not routinely examined. Parents should check their child's moles every few months.

Be aware that a malignant mole may often be flat, rather than raised.

Freckles, also common in children, are usually found on the face and nose, the chest, upper back and arms. Freckles tend to be lighter than moles, and cluster. If you are not sure what you're looking at, ask your doctor.

Sun exposure plays a role in the development of melanoma and skin cancer, so it is imperative that your child be sun smart. This includes wearing a hat and sunscreen, as well as the newer protective clothing available in many stores. Have your child avoid the midday sun and wear a hat. Early awareness of sun protection will hopefully establish good habits that will stick throughout your child's life.

(Dr. Sue Hubbard is a nationally known pediatrician and co-host of "The Kid's Doctor" radio show. Submit questions at www.kidsdr.com.)

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Video View

By Jay Bobbin

"DARK SKIES": There's little in this family-plagued-by-otherworldly-forces tale that you haven't seen before, but good acting by reliable stars goes a long way in selling the premise again. Keri Russell - who's had a resurgence this year, thanks also to her FX series "The Americans" - and Josh Hamilton ("J. Edgar") play spouses and parents who come to believe their house also contains unwelcome visitors. The always-welcome J.K. Simmons ("The Closer") plays an authority on the paranormal who tries to help the couple. DVD extras: audio commentary by writer-director Scott Stewart, producer Jason Blum, executive producer Brian Kavanaugh-Jones and editor Peter Gvozdas; deleted and alternate scenes. *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

"ATTACK OF THE JURASSIC SHARK": Steven Spielberg must be so proud. We can't deny we're amused by the notion of blending "Jurassic Park" and "Jaws" and getting ... this. An oil company's plans set loose a prehistoric terror that threatens college students and art thieves who happen to be at the same remote location. Christine Emes and Emanuelle Carriere are among the bait - er, stars - and we're also sort of tickled that a writer is credited here for "additional dialogue." Such as? "Look out, it's the Jurassic shark!"? ** (Not rated: P, V)

COMING SOON: "ESCAPE FROM PLANET EARTH" (June 4): An astronaut (voice of Brendan Fraser) quickly finds trouble on a perilous planet. Sarah Jessica Parker, Ricky Gervais and William Shatner also are in the voice cast. (PG: AS, P)

"A GOOD DAY TO DIE HARD" (June 4): John McClane (Bruce Willis) sees action again when he goes to Russia to help his estranged son (Jai Courtney). (R: P, V)

"IDENTITY THIEF" (June 4): When a Denver businessman (Jason Bateman) learns his identity has been stolen, he heads for Florida to catch the culprit (Melissa McCarthy). (R: AS, P)

"WARM BODIES" (June 4): In a world ruled by the undead, a zombie (Nicholas Hoult) tries to protect a human (Teresa Palmer) he's fallen for. (PG-13: AS, P, V)

"HANSEL & GRETEL: WITCH HUNTERS" (June 11): Jeremy Renner and Gemma Arterton play adult, vengeful versions of the fairy-tale characters. (R: AS, N, P, GV)

"HOUSE OF CARDS" (June 11): A politician (Kevin Spacey) breaks virtually every rule to even the score with those who denied him a coveted post. Robin Wright and Kate Mara also star. (Not rated: AS, P)

"SNITCH" (June 11): In a bid to get his jailed son freed, a man (Dwayne Johnson) makes a deal with the DEA to work as an undercover operative. Susan Sarandon and Barry Pepper also star. (PG-13: AS, V)

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

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AMERICAN CANCER SOCIETY LAUNCHES ROAD TO RECOVERY PROGRAM IN SANDUSKY COUNTY



The American Cancer Society (ACS) announces a new and much needed resource for cancer patients in the Sandusky County area -- The Road to Recovery® program. Road to Recovery® provides cancer patients with a free ride to and from their cancer treatment and the cancer-related physician visits.

"The best treatment in the world is useless if you can't get there," said Deborah Niese, American Cancer Society Health Initiatives Representative for Sandusky County.

The Sandusky County program currently has 15 volunteer drivers, who have been trained in the Road To Recovery program, and a volunteer coordinator, who will arrange the rides as the requests are submitted. ACS' volunteer drivers are insured on The American Cancer Society's commercial automobile liability policy while driving patients under the Road To Recovery program.

For many reasons, patients are unable to meet their transportation needs. American Cancer Society Road to Recovery drivers break through this barrier by donating their time and the use of their personal vehicle to get patients to treatment.

To request a ride, patients, caregivers, hospitals, treatments centers or local cancer patient resource organizations can call The American Cancer Society at 1.800.227.2345 24 hours a day, 7 days a week. This phone line is not automated but is manned by trained ACS staff who will assist callers at any hour of the day or night. Once the ride request is submitted, ACS

contacts the Road Coordinator who calls the drivers and sets up the driving schedule for the patient.

In addition, health professionals at hospitals and treatment centers also have an American Cancer Society Patient Referral Form which they can complete and fax, toll-free, to ACS. The request for the Road To Recovery program can be noted on the form along with appointment times and other information. When this fax referral is received by the ACS Patient Navigators, this will prompt a call to the patient to gather all of the specific information needed to arrange the ride.

But, volunteer drivers are still needed!

"In order to build a robust program list of drivers to meet every need and ride request," Niese said, "we need to have more drivers trained. Since we are working with the volunteer drivers' availability and their personal schedules," she continued, "it is important to have a long list of drivers from which to select. Our drivers, since they are volunteers for the ACS, are asked to provide us with the days of the weeks and times of the day that they are available to drive. They also tell us where they are willing and comfortable to drive patients. Some only drive within their county or locally and others make themselves available to drive to Cleveland, Columbus, or even Ann Arbor, MI. Our coordinator will work with their schedules."

Anyone interested in joining the Road to Recovery program as a driver must

attend a short volunteer training session which is held locally. Prospective volunteers must have a current and valid driver license, a good driving record, and proof of adequate auto insurance.

"Some cancer patients cannot drive home after treatment because of the effects of their cancer treatment," Niese explained. "Having to deal with treatment is a major concern. People shouldn't also have to worry about how they are going to get to their treatment and back home safely."

Road to Recovery drivers are responsible for picking up a cancer patient at home and driving him or her to treatment at the hospital, medical center or other sites. After treatment they take the patient back home.

"Most drivers help a few hours each month," said Niese. "Drivers do not have to commit to a regular schedule, but can volunteer to drive patients when they are able. We need drivers from all areas of the county. The more drivers we have, the more we can help those in need."

To learn more about the American Cancer Society's Road to Recovery program, or register for a training, contact Deborah Niese at 1-888-227-6446 x5102.

To schedule a ride through Road To Recovery or to find out about all of the American Cancer Society free programs and resources for cancer patients, call 1.800.227.2345.

The American Cancer Society is the largest volunteer health organization in the world.

About the American Cancer Society:

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; by helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing about \$3.6 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.



The Bellevue Hospital Welcomes Dr. Maher Salam

Maher Salam, M.D. has joined the Family of The Bellevue Hospital as a gastroenterologist and will be accepting patients in Bellevue. He joined the practice at Bay Area Gastroenterology, Norwalk, in 2012. He specializes in cirrhosis and liver disease, and in gastroenterology procedures including colonoscopies, EGD and ERCP. He is married with children and enjoys playing soccer and table tennis.

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Dr. Salam is a member of The Bellevue Hospital's Medical Staff with office hours in Bellevue.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

"June is bustin' out all over the meadow and the hill"--words to an old song that tells the tale of a new season. Welcome Summer!

This evening I will be in Oak Harbor to join my daughter Beth Sage, her husband, Jen and their family. She will be this year's presenter of the Rollie Sidell Memorial Scholarship. Our family knew how much his high school years at OHHS had meant to him. So, when Rollie passed away six years ago we wanted to give something back. Rollie had come from Toledo school system to Oak Harbor in the 8th grade and was struggling academically. However, a small town atmosphere with caring teachers who gave him extra time and attention helped tremendously. Then he discovered a game called football and two great coaches named Dave Martin and John Erwin. Now, the climb up had a purpose-he had to get the grades if he wanted to play the game and he definitely wanted to play the game. He worked and studied hard. His self-confidence grew right along with his skill on the football field. Upon graduation, he received a football scholarship to attend Ohio State where he played for Woody Hayes. (even Bo Schembecler in his freshman year) Rollie told his story to our children often during their growing up years. He instilled in all of them a "Never give up" attitude. "Anything is possible," he would often say. So, led by the sons in our family, we created this annual scholarship in his memory. Nothing his family could do would be more fitting to honor the memory of the man who shared his

love, his wisdom, his strength and his life with us.

So you say, what's the latest on the Wisteria Vines? Well two of the four replants are looking really good and will likely bloom this year, one is barely alive-but "where there's life, there's hope." Right? The fourth is still waiting for a miracle! We'll hope for the best.

It's mating season for peacocks-Pete and Patsy have matured and will, I'm sure, 'celebrate' in the season. Update to follow.

What's coming up at The Old Garden House? The first day of summer, on the 21 of June, means 'Boarding House Day'. A dinner where we take 14 reservations (we already have 10) and spread the table to full size, fill the bowls and platters heaping and pass them to each other. Our summer welcome dinner will include a menu of Betty's Salad with homemade dressing, creamy baked chicken, mashed potatoes and gravy, a vegetable, yeast rolls and pies. It's always fun, friendly and a great way to welcome a new season. Call Ms. Grace at 419-332-7427 to make your reservations.

We'll see you next month. In the meantime enjoy the warm weather, go to a wedding or a graduation and sit and relax while you ponder the truth in the words, LIFE IS GOOD.

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

My Answer:

By Billy Graham

The Bible is full of very good advice!

Q: Whenever my aunt wants to tell my brothers or me what we're doing wrong (which she frequently does), she'll often quote the Bible to "set us straight." But how do we know what she says is really in the Bible, or if she's just making it up? I admit she gets on our nerves sometimes. - K.W.

A: Let's be honest: Most of us don't particularly like having someone point out our supposed faults and try to correct us! Their advice may be wise, but our pride and our emotions get in the way, and we end up rejecting what we ought to accept.

No doubt, your aunt loves you very much, and she simply wants to help you and your brothers become better people, even if the way she does it isn't perfect. Don't, therefore, automatically reject everything she says; your aunt may well have some sound advice. Learn to put your pride and irritations aside, and listen instead to what she's trying to tell you. The Bible says, "He who heeds discipline shows the way to life, but whoever ignores correction leads others astray" (Proverbs 10:17).

In addition, take your aunt seriously when she says something is from the Bible. The Bible is God's Word, given to us because God loves us and knows what is best for us. Sometimes people misquote or misuse the Bible, but don't reject something your aunt says just because you aren't sure if it's actually in the Bible. (A Bible concordance will help you trace any quotation.)

The most important thing you and your brothers can do, however, is to put your lives into God's hands. God loves you, and Jesus Christ gave His life for you. Make Him the center of your lives.

(Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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KASHMER IS FINALIST FOR OHA AWARD



Cathy Kashmer, CVT, CHEP, center, with The Bellevue Hospital's (TBH) Cardiopulmonary Department, is TBH's 2013 nominee for the Ohio Hospital Association Health Care Worker of the Year Award. Cathy was presented with the nomination and gifts of appreciation on May 14 by, left to right, Michael K. Winthrop, President and CEO of TBH; Patty Semer, Vice President, Administrative Services; Tim Buit, Executive Vice President & Chief Financial Officer; and Janet Runner, Vice President, Patient Care Services.

Cathy Kashmer, CVT, CHEP, with The Bellevue Hospital's Cardiopulmonary Department, is TBH's nominee for the 2013 Ohio Hospital Association's (OHA) Albert E. Dyckes Health Care Worker of the Year Award. A total of 62 hospital employees from across Ohio were nominated, with the winner and all nominees to be honored June 11 at a banquet in Columbus.

Kashmer and her husband, Earl, reside in Clyde. Cathy has one daughter, Erika, and two grandsons, Peyton and Parker.

The Albert E. Dyckes Health Care Worker of the Year Award has been given annually since 1996 to one Ohio caregiver who personifies a leader who gives back

to the community, routinely goes beyond the call of duty and has overcome odds to succeed.

The nomination of Kashmer for the award reads in part: "Cathy Kashmer is a natural leader, a patient advocate, a bright and courageous employee who always puts her patients first. She's an individual who looks for ways of improving the patient experience while challenging herself to be the best. Physicians compliment her and Joint Commission Surveyors commend her.

"Cathy started working as an Echocardiology/Vascular Technician at The Bellevue Hospital, January 1992. Her letter of reference stated she was

an "extraordinarily bright individual who takes on new information and new tasks easily. She is not afraid to work long hours. She is also capable of handling difficult patients, amazingly gifted in her technological capabilities, competent to substitute in a variety of positions, friendly, teaches and educates expertly, and even handles insurance problems.

"Throughout the next 20 years, Cathy has not only proven the reference letter, but has excelled and expanded her skills. She continued her education; advanced her abilities as clinical instructor; took on new programs, such as Emergency Preparedness, and now chairs the program; managed grants; joined the Safety Committee; and started Freedom from Smoking classes. She leads by example but you're going to have to walk fast to keep up.

"Cathy gives disaster-planning programs to everyone from elementary students to the local seniors at the Mature Audience Luncheon, coordinating with local organization such as the American Red Cross.

"She attends meetings and conferences with area and regional Emergency Preparedness agencies, often on her own

time, helping to develop better ways to communicate and to provide necessary supplies and services during a disaster.

"Throughout her career, Cathy has self-educated by taking night/weekend classes and conferences, reading, and using her own time and money when needed. At her core is an iron-willed determination to do whatever is needed to problem solve by doing the right thing."

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Building a Strong Community the "Y" Way

Survey's show that American's believe that a strong community can only be achieved when we invest in our kids, our health and our neighbors. It has also been documented that physical and social activity is one of the largest preventers of at-risk behavior. Here at your Sandusky County YMCA, we provide the means necessary to meet both of these goals.

Our youth programs serve thousands of children every year with our wide array of programs including youth sports, water safety and swimming lessons, tumbling, camp, fitness, karate and so much more. Our Star Two rated Child Development Center operates extended hours (both evenings and weekends), and provided pre-school classes and after-school learning to 196 children in 2012.

The YMCA's Strong Communities Annual Campaign helps us to continue to ensure that everyone in Sandusky County has the opportunity to benefit from our services.

Every day, the "Y" addresses the most pressing needs in our community by making sure that everyone – regardless of age, income or background – has the opportunity to learn, grow and thrive. As a leading nonprofit organization, the Y relies on financial gifts to help individuals and families in need to participate in programs such as child development, youth sports, health and wellness, swim lessons, summer camp and much more right here in our own communities.

The health of our communities is very important to us. In addition to welcoming everyone, the Y offers multiple events to the community each year either entirely free or at a very low cost with the goal of bringing families together, encouraging lifelong fitness and teaching new skills.

We invite everyone in the community to join our cause and help us to help our neighbors in building a strong community and making a meaningful, enduring impact in the lives of children and families by providing a tax deductible gift to the YMCA's Strong Community Campaign.

Mayo Clinic

Stay active to slow muscle loss that comes with aging

DEAR MAYO CLINIC: I've heard that we lose bone mass as we age, but what about muscle mass? Is that also a normal part of aging? Does exercise slow the progression, or is muscle loss inevitable?

ANSWER: It is very common to lose muscle mass as we age. Although all of us will have some degree of muscle loss over time, how much muscle is lost and how fast it happens depends a lot on how well we take care of our bodies. Staying active and exercising regularly can significantly slow muscle loss due to aging.

The process of losing muscle mass as we grow older is called aging sarcopenia. It begins around the age of 25, but it becomes much more noticeable after age 65. As we lose muscle mass, our bodies get weaker. As muscle loss progresses, particularly after 65, it can limit our ability to take care of ourselves. Simple tasks like getting dressed, using the bathroom and walking can become difficult when muscles are weak.

Also, as muscle decreases, it can become more difficult to maintain balance. Our walking speed slows, and the risk of falls and broken bones increases. That's significant because research has shown that if an individual older than 65 falls and breaks a bone, it has the potential to substantially lower overall life expectancy. In addition, muscle weakness has been associated with a variety of

other diseases. For example, there appears to be a strong association between sarcopenia due to aging and heart disease.

Fortunately, it is within our power to combat this natural process of muscle loss. With exercise and an active lifestyle, we can begin to bring some muscle back. And the really good news is that exercise can help at any age. Several studies have compared people between 70 and 80 years old with people 20 to 30 years old engaging in the same regimen: a strengthening exercise program with weight lifting for 12 weeks. Researchers evaluated the participants' strength before and after the program and found that the amount of strength gain in both groups was similar, despite their age difference. So it's never too late, or too early, to work on protecting your muscle mass.

Specifically, to decrease the effects of sarcopenia and slow the loss of muscle mass, a good guideline is to engage in strengthening exercises twice a week. The exercises should include eight to 10 repetitions of each major muscle group. Wait at least 48 hours between exercise sessions to allow your muscles to recover. If you can move up to doing the exercises three times a week, that's an excellent goal to set and achieve.

Combining strengthening exercises with aerobic exercise, as well as stretching and balance exercises, can

increase the benefit to your muscles even more. An added advantage is that this type of regular physical activity can promote heart, bone, metabolic and mental health, too. Before you get moving, though, talk to your doctor to decide on an individual exercise program that best fits your needs.

Loss of muscle mass is a process that comes with aging, but you have the power to control it. Regularly making time to fit exercise into your schedule is well worth it. You'll see long-term benefits not only in strength, but also in your flexibility and balance, and improvement in your overall fitness, health and - particularly important - your quality of life. - Carmen Terzic, M.D., Physical Medicine and Rehabilitation, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN.mayo.edu](mailto:medicaledge(AT)SIGN.mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For more information, visit www.mayoclinic.org.)

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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JUNE:

To register call 419-334-4495

Jumpers: BUGS!, Mon, June 3, 10 am, Ringneck Ridge Wildlife Area, 1818 C.R. 74, Gibsonburg. Ages 5 and under should grab their bug nets and bug boxes (or share what we have), to search for bugs. Registration required.

Becoming Caroline, Mondays, June 3, 10, 17, 24, 1-3:00pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Ages 6 to 12 are invited to become Caroline, an American Girl who loves sailing in 1812. Each week will be a different adventure related to the book. Attendance at all 4 sessions provides the best experience. Registration required.

Nature Discoveries: Butterflies, Fri, June 7, 11am-1pm, White Star Cabin, Gibsonburg. Hike the trail behind the log cabins to look for butterflies. We will identify different species and learn more about their life cycle. Free butterfly field guides for each person. Please bring an insect net if you have one. Registration required.

Tree Huggers: Wildlife Safari, June 7, 1-4pm, Steyer Nature Preserve, 5901 N. C.R. 33, Tiffin. Ages 6-12 will spend the afternoon discovering what wildlife lives in the preserve. Dress to get a little dirty. A "wildlife" snack will be provided. Registration required.

Leave No Child Inside Play Day, Sat, June 8, 5-8pm, Wolf Creek Campground, S.R. 53 south of Fremont. Spend the evening playing naturally. You will get a list of clues to find activity areas: cross the creek, build a fort, jump like a frog, make s'mores and so much more. No batteries needed. No screens to look at. No registration required. Just show up at the first campsite and start the fun.

Fishing with Ranger Dan, Mon, June 10, 10am, White Star Park, Sycamore Shelter, 925 S. Main, Gibsonburg. Learn fishing techniques with Ranger Dan and Naturalist Linda. Bait and poles provided or bring your own. Registration required.

Clyde Fishing Festival, Thurs, June 13, 9-Noon, S. Main Reservoir, Clyde. Ages 15 and under and their fam-

ilies are invited to a morning of fishing. Bait is provided, some loaner equipment is available. Enjoy casting contest, crafts, 'how to filet a fish' demo, and just plain fishing. Get hooked on fishing and learn a skill to enjoy for life. The reservoir is located next to Clyde Water Treatment Plant.

HIKE for the Health of It, Thurs, June 13, 2:30pm, Doug Haubert Wetlands of White Star Park, 1330 C.R.66, Gibsonburg. Just show up and walk with Naturalist Linda.

Track and Trail: Research in the Preserve, Fri, June 14, 1-4pm, Steyer Nature Preserve, 5901 N. C.R. 33, Tiffin. Ages 12-17 will learn to use dichotomous keys to identify trees, wildflowers, and more. A light snack will be provided. Prepare to hike. Registration required.

MOVIE in the Park - White Star Park, BARN, 5013 CR 65, Gibsonburg. Fri, June 14, Time: DUSK (approximately 9pm). Enjoy the NEW Outdoor Cinema system, bring blankets and chairs to sit and watch FREE family movies outdoors on a 16 foot inflatable screen. Give us a call or check the park info boards for movie titles.

"Grand" Canoe Trip, Sat, June 15, 9 am. Meet at Park Office. This program is scheduled for Grandparents and Grandkids to have a memorable family outing. Open to ages 6 and older, bring your own child size lifejacket, we only provide adult sizes. Register in pairs - both people must be able to paddle. If children are young, they will ride in the middle and you must still schedule another person in your canoe capable of paddling. Trip registration by phone..

Stargazing, Saturday at sunset, June 15, Wolf Creek Park Campground. View the night sky with Sandusky Valley Amateur Astronomers. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, south of Fremont.



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Meet Me at the Cabin: Garden Thyme, Mon, June 17, 10am, White Star Cabin, Gibsonburg. Bring your garden gloves and while we work in the garden area we'll learn about herbs that were grown and used by the pioneers. Registration required.


Families Exploring Nature:Habitat Help, Tues, June 18, 5:30pm-8pm, Ringneck Ridge, Gibsonburg. What can you do to restore and create habitat? Join us for a hike to view restored areas of this park. We will do a litter pick-up to help wildlife as well. Bring work/disposable gloves. Close-toed shoes suggested. Registration required.

Great American Backyard Campout, Sat, June 22, Wolf Creek Park Campground. This one-night, nation-

wide event encourages families to get outside and sleep under the stars. A FREE night of camping, Wolf Creek only, south of Fremont. Campers must fill out a camping permit upon entering the campground and all sites are first-come, first serve, no reservations.

Moonlight Canoeing, Meet at 8 pm: Sat, June 22; Sun, June 23; Mon, June 24. All programs meet at the Park Office, Perfect for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Registration only by phone.

Wet & Wild Week, June 24-28, 9am-Noon, Creek Bend Farm, 654 S. Main, Lindsey. Ages 6-12 should dress to get wet and wild as Naturalists Linda and Debbie lead the exploration of habitats: woods, creek, grasslands, and more. Bring a snack each day. Contact the Park Office for a form..




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Helen Marketti's Music Corner

Angie McCartney *My Long and Winding Road*

In her autobiography, *My Long and Winding Road* (ROK Books), Angie McCartney found herself in the midst of Beatlemania when she married Paul McCartney's father, Jim in November of 1964. They were introduced through mutual friends at a party and when she met Jim, Angie knew in her heart that she would marry him one day. They both knew the sadness of losing a spouse as Jim's wife, Mary passed away from breast cancer and Angie's husband, Eddie passed away in a car accident. Angie had one daughter, Ruth who Jim adopted. The book will take the reader on a journey that is not only "Beatle related" but also a life filled with experiences that only the unfolding of time could bring.

"I was inspired to write my book after reading the autobiography of former President, Bill Clinton," said Angie. "I had been half-heartedly thinking about writing a book on and off over the years. Sometimes when I would sit with visiting company, I would recall funny stories and things that happened. People started telling me that I should write a book. It sounded nice but I have kept very busy by doing the book keeping for our media company. However, after I met former President Clinton and reading his book, I started seriously thinking about writing my own. I started sitting at my computer, documenting notes and things I remembered until I had accumulated quite a build up of material."

Angie continues, "Last year I was attending a business meeting in Hollywood on a totally unrelated topic. I was meeting with Jonathan Kendrick of ROK Books and I made a funny comment about something, and then joked that I should put that in my book. He perked up and said, "Book? Are you writing a book? I'll publish it for you." Once he said that I knew I really had to get down to it then and get the book done. Ruth (daughter) and Martin (son-

in-law) kept nudging me a little bit each day, checking in to see if I had written anything. In fact, I'm already working on an audio book with my son-in-law, Martin which will have added chapters of more stories I have remembered and would like to include."

"It's amazing, isn't it?" Angie said when commenting on fifty years of interest in The Beatles. "I've attended Beatle-related events and have seen little kids singing the words to each song and they're there with a grandparent. I think when the boys first came to America (February 1964) it was at the right place at the right time. America was still in a somber feeling after the loss of President Kennedy. A few months later, here come these four funny and silly boys who didn't give a fig about convention and blew everybody away."

There have been many stories that have circulated over time about the origin for The Beatles song, "Blackbird". Angie explains the meaning behind the song. "My mother, Edie had not felt very well and was staying with Jim and I. One evening Paul stopped over and visited with Edie asking if she sleeps OK and she said "off and on" but she always hears the blackbird that seems to chirp at night. Paul listened at the window with Edie and sure enough, the bird started his evening song. I have a cassette tape from the studio where you can hear Paul say, "This next one is for Edie" which was the song, Blackbird.

The tape is very special to me. It's one of my treasures."

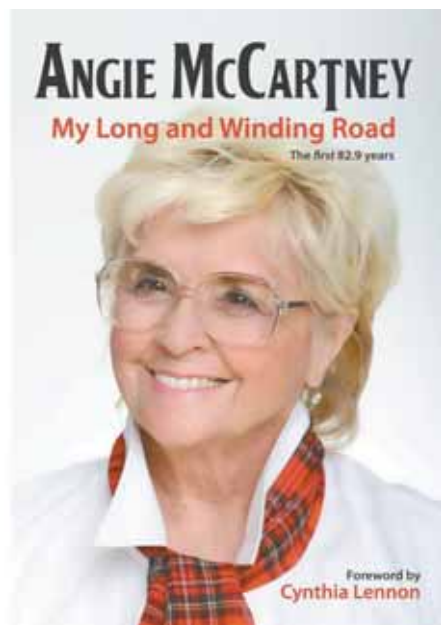
In addition to promoting her book, Angie is keeping very busy with a host of other projects and responsibilities. "McCartney Media is a business that Ruth, Martin and I run. We help clients launch their web sites and so much more. I do all of the scheduling, invoicing and the HR duties," said Angie. "It's probably the most interesting job I have had. We have been in business for 19 years. It can be a challenge to keep tabs on everything especially with technology changing almost on a daily basis."

Angie has her own brand of teas. "It was about five years ago on a Fourth of July at a party we had hosted. A friend of ours preferred to have a cup of tea and commented that certainly we must have some tea because you couldn't get more English than tea and The Beatles. After he said that, the idea started to germinate and went from there. We do receive many orders on line. It's not an overly large headquarters as our main office operates out of our garage at the moment." (laughs)

Angie keeps doing all of the things she enjoys and living a life with more goals to fulfill. "I might be 83 years old but I don't have time to grow old."

For more information on Angie McCartney, her book, teas and the offerings of McCartney Media: www.mccartneymedia.com

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June 2013 Calendar of Events

Northwest Ohio

6/1-30: The War of 1812 on the Ohio Frontier, Hayes Presidential Center. The War of 1812 on the Ohio Frontier. Through the holdings of the Hayes Presidential Center and the Lou Schultz Collection, this exclusive exhibit marks the bicentennial of the War by exploring America's early defeats and its eventual victories at Fort Meigs, Fort Stephenson on Lake Erie and at the Thames. www.rbhayes.org for info.

6/7-8: Box City 2013, East Side Park, St Joseph St. Box City is a fundraising and awareness event of the Liberty Center of Sandusky County. Boxes and supper will be provided. Participants must register prior to event, which will run from 5:30pm on Friday until 8am on Saturday. www.libertycenter-fremont.com

6/8: Be A Family Detective: Genealogy for Kids, Hayes Presidential Center. 9:30 AM, \$10/adult, \$5/students. Be A Family Detective: Genealogy for Kids. 9:30 AM. Hayes Presidential Center Head Librarian Becky Hill will lead children, 4th grade and older, in a quest to uncover their family's past. The adventure takes youngsters on a research trek using books, the Internet, cemeteries, and three-dimensional objects (artifacts). Pre-registration required, \$10/adult, \$5/students thru high school.

6/6-8: Green Springs City Wide Garage Sales.

6/8: Celebration of the Arts, Williams Park, 301 N Main St., Gibsonburg, 9 AM. Craft show from 9am-5pm with set up at 7am, contact 419-637-2634 for more info. Classic Car Show from noon to 2pm with registration at 10 am, Dr. Moose will be DJ. Military Encampment sponsored by the North Coast Veterans Museum Art Exhibit by Hilfiker's 5th graders from 3-5pm at the enclosed shelter house. Opening ceremonies for the 2013 Sculpture in the Village display, come meet the sculptors and vote for your favorite. www.facebook.com/gccvog or call 419-637-2634

6/10: Historic Jail and Dungeon Tours, Historic Sandusky County Jail, 622 Croghan St., Fremont, 5 PM, \$2/person. Visit Sandusky County's historic jail and dungeon and hear stories of restoration, intrigue and escape. Tours last approximately an hour and are limited to 20 people. Tickets can be purchased at the Sandusky County Visitors Bureau (the fairgrounds parking lot) Tickets are \$2 each. Tours begin at 5pm, 5:30pm 6pm 6:30pm 7pm. Call 419-332-4470.

6/12 & 26: Verandah Concert, Hayes Presidential Center, 6:45 PM, free. Verandah Concert. 06:45 PM. The 80-foot verandah on the front of the home of 19th U.S. President Rutherford B. Hayes becomes the stage for an outdoor concert sponsored by Fremont Federal Credit Union. It's "bring your own seat" as you select a spot on the shaded lawn in front of the historic Hayes Home to listen music by area entertainers. Come early to enjoy a free ice cream social. Featuring: Fostoria Community Band. free

6/13: Bethseda Annual Community Car Show, Elvis Car Show and Chicken Dinner.

6/14-15: Old Fort Community Garage Sales.

6/15: Autism Family Fun Day-free, White Star Park, ST. RT. 300, Gibsonburg, 10 AM. Ethan's Camp Coast Kids: Team Make it Fit to host Sandusky Counties First Annual Autism Awareness Family Fun Day events include corn hole, volleyball,

horse shoes, face painting, clowns and more! www.ethanscampcoastkids.org

6/15: Car Show, Downtown Fremont, 9am, free. A classic car show will be held in conjunction with the Farmers Market. All car enthusiasts are invited to bring their pride and joy to participate in this event. Dash plaques and prizes will be awarded and a cruise will follow after the market <http://www.downtownfremontohio.org>

6/15: Fishing Derby, Williams Park, Gibsonburg, 9 AM, free. 9am to noon and from 12:30pm-3pm. Registration begins at 8:30. Awards for morning and afternoon sessions and by age group, under 13 years old and 13 and over. Awards for first fish caught, longest and second longest fish.

6/15: Fremont Farmers Market, Front Street, 9AM, Free. The markets always have great food, music and of course great shopping! <http://www.downtownfremontohio.org> Free

6/20-22: Community Garage Sales. 9 AM. Register at Pisanello's Pizza. <http://www.facebook.com/gccvog>

6/23: Lions Cruise-In Pancake Breakfast, Eagles Hall, 2570 W. State St. 8 AM, \$6/adults, \$4 children under 10. Includes Pancakes, Eggs, Ham, Orange Juice and Coffee.

6/24: Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, 622 Croghan St. Fremont, 5:30 PM, \$20/person. It is an evening full of great live

jailhouse entertainment provided by David Lester, and a delicious meal catered by Fremont's own Jimmy G's; served "jail style" right in the cell block of the Historic Sandusky County Jail. Tickets are on sale NOW at the Sandusky County Visitors Bureau a 419-332-4470.

6/27-29: 2013 Bellevue Community Days Festival, 8 PM, free. Heights Park - Robert Peters Athletic Field. 2013's event will showcase a variety of new and exciting surprises for everyone who attends. For a complete list of where your badge will get you discounts, go to www.OhioTravelDiscounts.com or www.BellevueRecClub.com. Also listed are the businesses you can purchase your 2013 Badge which gets you entered to WIN Cash and other great prizes such as fishing charter trips, tickets, golf packages and much more! <http://www.bellevuerecclub.com>



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Financial Advisor

2536 N. River Rd.
Fremont, Ohio 43420

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lsistrunk@financialguide.com
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12 Acres in Ohio

By Robin Arnold / Gena Husman

Keetie's "Biggest Week..."

...otherwise known as "The Biggest Week in American Birding." Every spring the birds migrate north—right through our neighborhoods in Northwest Ohio. They take a short break along the lakeshore before heading north across the lake. It's a fantastic opportunity to see and hear so many different species of birds concentrated in one place. Thousands of birders visit the area during the entire month of May.

For the past four years the Black Swamp Bird Observatory in Oak Harbor has co-sponsored the event known as "The Biggest Week in American Birding." It starts around the first full week of May and stretches over a period of ten days. Bird-banding, birding seminars and bird-watching bus tours are only some of the activities offered during this event. It was an especially exciting time for us because this year we were invited to become one of the stops on the tour.

On three different days we hosted three different tour buses of birders. The weather was perfect and the visiting birders were great people who came from all parts of the country. California, Oregon, Wyoming, Virginia, Wisconsin,

Indiana, Illinois, Pennsylvania and New York were among some of the states represented at our place.

Although many of the warblers were a little late coming back because of the east wind and a storm system in southern Ohio, we saw several species of migrating birds here on our property—a Cape May warbler, an ovenbird, a black poll warbler, Baltimore orioles, and rose-breasted grosbeaks, to name a few.

It was at this time, too, that Keetie, our Guinea cockerel, discovered his calling and emerged as the "Tour-Leader-Super Star." In fact, we were told later that ours was one of the more popular stops and he was one of the main reasons why. If he wasn't at the head of the group with the tour leader, he was in the middle of the group mingling with his adoring fans, several of whom picked him up to have their pictures taken with him. Someone was always bending down to pet him or calling his name to get his attention. We're betting there were more photos taken of him than of the migrating birds.

If you've read some of our earlier stories you already know about Keetie. He's a funny-looking little fellow with his bald, blue and black head with the brown bony point on it, and his blood-red wattles. His compact body is smartly attired in gray feathers with small white spots. He stands about a foot high and has two scaly legs that end in three large toes. His eyes are round and dark with long black eyelashes. He can be a disagreeable little brat one day, and a loving, loyal little friend the next. He's our 8-year-old Guinea fowl and likely to be the first one you will meet if you should pull into our driveway. Nothing—and no one—gets by Keetie. And, as we found out, he makes a splendid tour guide, too.

Now the story takes an interesting twist: we never realized until two days later that Stacy Tornio and Kirsten Sweet, the Editor and Associate Editor respectively, from *Birds&Blooms* magazine were with the last tour group that stopped at our place. In 2008 Robin and I had an article published in *Birds&Blooms*.



Although all of our correspondence at that time was with Stacy, we'd never met face-to-face. Here's the amazing part: Stacy recognized our swing on the pond from a photo Robin took of that swing, and it was the same photo that Stacy used as the opening picture in the 2008 article. It wasn't until after she left our place that Stacy made the connection. Two days later, Ken Keffer who also writes for *Birds&Blooms*, and who toured our property with them, got us all connected at the Black Swamp Bird Observatory and introduced us.

It was a perfect ending for our "Biggest Week!" Now, we just have to deal with Keetie and his swelled head....

To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

Sandusky County Firefighters Plan Charity Golf Outing

Nathan Fought dedicated his life to the love of his family, friends and community. He served on the Lindsey and Fremont Fire Departments and was loved and respected throughout Sandusky County. In August of 2012, Nathan lost his life in a tragic accident, leaving behind his wife and four young boys. In conjunction with the Lindsey Fire Department, the Fremont Firefighters Association is sponsoring the Nathan Fought Memorial Golf Outing. 100% of the proceeds will be used to establish an education fund for his sons.

The Nathan Fought Memorial Outing will be held at The Fremont Country Club, one of the area's premier venues, on Monday, July 15, 2013. Registration is open to individuals or teams of four. The \$75 per person fee includes 18 holes of golf, cart, lunch at the turn and a special BBQ chicken dinner prepared by volunteers from the Lindsey Fire Department. Check-in for the four person scramble opens at 9 a.m. with a shotgun start at 10. The event wraps up with an awards ceremony to announce the winners of the many contests and fun events throughout the day. Registration also enters golfers into a Par-3 Hole-in-One contest where they'll have a chance to win a car sponsored by Al Baumann Auto Group.

Area businesses can also provide support, and promote their business, with a variety of affordable sponsorship opportunities available. For more information about sponsorships, prize donations or to receive a players registration form, contact Ben Fitzpatrick at 419/355-2917 or email fitz@glitz.cc.

Registration forms can also be found at www.LindseyFire.org. Player Registration can be mailed to: Fremont Firefighters' Association, c/o Mike Mezinger, 506 Pine St, Fremont, OH 43420; with checks payable to Fremont Firefighters' Association (note Nathan Fought Golf Outing in memo area).





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My Mother's Recipes

By Joanne McDowell

June=summer. I love summer, as long as it doesn't get above 85 degrees! Now if we could have year around temperatures of 70-75 degrees, this would be the perfect place to live.

Here are two delicious recipes for all the fun things we do in summer (ie. picnics & cook outs) sent to us by Lynn Fox of Gibsonburg.

Don't forget to email or send us your favorites, especially since I am running out of my mother's!

A Little Different Macaroni Salad

16oz package of macaroni, cooked
4 carrots, grated
1 small sweet onion chopped fine
1/2 cup green pepper, chopped fine
2 cups mayonnaise
14 oz. can sweetened condensed milk
1/2 to 1 cup cup white vinegar
1/2 cup white sugar
salt & pepper to taste
Combine all and chill for at least 8 hours to allow dressing to thicken.

Broccoli Cauliflower Bacon Salad

1 head cauliflower chopped fine
1 head broccoli chopped fine
1 small chopped onion
1/2 lb. bacon crispy & broken up
1 cup shredded cheese
1 cup sunflower seeds
Dressing:
1 cup Hellman mayo
1/2 cup sugar
2 tsp. white vinegar
Let marinate at least six hours

It's strawberry season and what a great dessert to celebrate our local fresh grown berries! I have made this twice, the second time I added a few tablespoons of sour cream to the flour mixture and thought it was even better.

I haven't made the Brownie Cake yet but with graduations and summer picnics, what a great dessert.

These are not from my mother's collection, however they are indeed worth sharing, enjoy!

Strawberry Cream Cheese Cobbler

1 stick (1/2 cup) butter
1 egg, lightly beaten
1 cup milk
1 cup all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
2 quarts whole strawberries, capped and washed
4 ounces cream cheese, cut in small pieces

Preheat oven to 350 degrees. Melt butter and pour into a 9-by-13-inch glass baking dish. In a small bowl, mix together the egg, milk, flour, sugar, baking powder, and salt. Pour directly over the butter in the baking dish, but do not stir.

Add the strawberries, arranging in a single layer as much as possible. Sprinkle cream cheese pieces over strawberries. Place in preheated oven and bake for 45 minutes, or until top is golden brown and edges are bubbling. (Crust rises up and around the fruit, but fruit will still peek out of top.)

Brownie Refrigerator Cake

Ingredients:
1 box brownie mix
1 extra large egg
1 (8 oz.) package cream cheese, softened
1 cup powdered sugar
2 (8 oz.) containers whipped topping
1 (3 oz.) package instant chocolate pudding
1 (3 oz.) package instant vanilla pudding
3 1/2 cups milk
1 Hershey candy bar or chocolate syrup

Directions: Mix brownie mixes according to directions. Add egg. Bake in brownie pan. Mix cream cheese, powdered sugar and 1 container whipped topping. Put this mix on top of the cooled brownies. Blend puddings and milk together and put on top of the cream cheese mixture. Top with chocolate shavings or chocolate syrup on top. Refrigerate until ready to serve.

Out to Lunch

By Joanne McDowell



CIAO BELLA/Port Clinton (Ciao; greeting, hello or goodbye)

Our friends, Gordon and Peggy Tod, returned from their winter retreat in Arizona so the first order of business was meeting for a Sunday afternoon meal and an excuse to visit the new Ciao Bella in Harbor Light Landing in Port Clinton.

The restaurant is the new creation of Barb and Mel Ayers, owners of Nagoya, our favorite Japanese restaurant ever!

We arrived around 2pm to a fairly empty dining room. The menu was a nice combination of Antipasti, Soup and Salads, sandwiches and entrees. We chose the

Mussels in Garlic Broth for our Antipasti priced at \$9.99, our friends chose the Caprese Salad (thin slices of beefsteak tomato with buffalo mozzarella, red onions, olive oil and fresh basil) for \$8.99. They raved about their dish, ours was just so-so. Next time I would like to try the Bacon-Wrapped Dates.

The bread brought to our table was delicious along with olive oil for dipping. We ordered ice tea to drink as there is no Sunday liquor license, but hopefully will be in place after November. (There is a liquor license during the week).

For entrees I chose the Pick Two, you can mix and match soup, salads, pizza, sandwiches and pasta. I chose the Spinach Salad and the Bella Club. The sandwich was smoked turkey, black forest ham, with sun dried tomato pesto and avocado on toasted ciabatta, the price is \$9.99 for the two. The sandwich was delicious!

Our friends tried the Margherita Pizza and Romana Chicken Sandwich, and since they cleaned their plates, I am thinking they were well pleased. Sandwiches come with fries or home made potato chips and prices range from \$8.99-\$9.99.

For dessert we tried a tart orange custard dish and we all agreed-it was delicious! (I just cannot recall the name, but it is on the dessert menu for \$5.99).

Some of the pasta dishes include Bella Mac, Fettuccini Alfredo, Lobster Al Forno and Sausage Peperonata. There is a nice variety of pizzas from Pepperoni to a Wild Mushroom Truffle.

This was a pleasant afternoon experience; our only complaint was the slow service, but since the business had just opened we believe it was an issue that will be resolved with getting the staff trained.

Our total, with tip, was \$46, and we had a dessert and appetizer. Definitely not bad prices for Lake Erie's vacationland.

I will be the first to admit that I am not a lover of Italian food, but this was good enough that we will be back. For reservations call 419-734-Ciao.

For more info visit: www.ciaobellaohio.com.

Ciao!

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"Grate" Treats & Eats

By: Chris Timko-Grate

Here it is June and we are finally getting our warm weather and I do not hear a soul complaining! With the warmer weather I'm sure we have all gotten our grills out and all fired up and ready to go!

At the old house we did a lot of grilling in the wintertime because our grill was on our back porch and protected from the elements. My husband had built a wooded portable barrier that we could roll around to block the wind from whatever direction it was blowing, so we never cared how cold it was outside and grilled at least two to three times a week. At the new house there is no back porch, but a nice big wrap around patio. There is a nice grill area right out of the family room door but nothing to protect us from the weather, so needless to say we did not grill very much this winter. But now with the warm weather we will get our use out of the grill for sure. Some of our favorites on the grill are steaks, pork or beef ribs, pork chops, and burgers. My hubby does not care for chicken unless I smother it with some type of sauce, or he will eat breaded chicken Wing Dings. So very seldom do we fix chicken on the grill. I'm going to share a Beef Rib recipe with two BBQ Sauce recipes. Both sauces made from scratch.

The BBQ Beef Ribs need to be pre-cooked, then they are put on the grill to reheat, and the BBQ Sauce's are a Basic Sauce and a Spicy BBQ Sauce for you to try with the Rib recipe. Enjoy!

Barbecued Short Ribs

5 pounds beef chuck short ribs
2 carrots, and 2 celery stalks cut in three to four pieces
1 medium onion halved and cut into 4 wedges.
Water
Basic Barbecue Sauce
1 ½ cups ketchup
½ half cup white wine vinegar
1/3 cup packed brown sugar
1 tablespoons Worcestershire
2 teaspoons grated lime peel
1 ½ teaspoon dry mustard
¾ teaspoon garlic salt
¼ teaspoon pepper

In 8-quart Dutch oven cover short ribs with water, add carrots, celery, and onions then over high heat, bring to a boil. Reduce heat to low, cover and simmer two hours or until ribs are fork tender. Remove ribs to a platter; cover and refrigerate till cold. If the Ribs are cold they hold up better getting barbecued than if taken right out of the cooking pot and put on a hot grill.

About one hour before serving in a small bowl combine ketchup and remaining ingredients. Cook ribs 20 to 25 minutes over a medium-to-medium low temperature, brushing occasionally with barbecue sauce, and turning often. Serve immediately when hot all the way through

Spicy Country Barbecue Sauce

2 tablespoons salad oil
1 medium onion diced
1 8oz can tomato sauce
1 tablespoon Worcestershire sauce
4 teaspoons chili powder
2 teaspoons salt
¼ teaspoon dry mustard
¼ teaspoon black pepper

In a 1-quart saucepan over medium heat, in hot salad oil, cook onion until tender, about 3 minutes. Add remaining ingredients, heat to boiling, stirring constantly. Use to baste any ribs, chicken, or lamb during grilling.

Double the recipe on both and keep half out to serve with meat.

Contact me with questions, comments, suggestions and your recipes at ctimk-ograte@midohio.twcbc.com

Princess for a Day Spa Party - June 8th, 2-4pm
We are inviting your little princess and her friends over for a afternoon of pampering and fun, complete with fabulous feel-good treatments and glam goodies. Spaces are limited for up to 10 kids, call to schedule.

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For more information visit www.trailturtles.com



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Neighborhood Garage Sale, June 7-8, 8-5, Ponds Side Drive Fremont, off Michaels Road at Hayes Ave.

The Elmore Historical Society and Materion's "34th Portage River Festival", Sunday, June 23. 10 am - 6 pm. At Depot Park in Elmore. Activities are 6th Annual Redneck Lawn Mower Pulling Contest, Live entertainment, Flea Market, Craft Show, Charlie Schneider Memorial Car Show, 38th Portage River Bicycle Tour, 5-K Run/Walk, Community-Wide Garage Sales Friday, Saturday & Sunday, Cupcake Baking Contest, Roast Beef Sandwiches, French Fries, Onion Rings, Strawberries and Ice Cream.

Village of Lindsey Farmers Market: Second Saturday of each month through October, from 9 am until noon, in the Village Park on Main Street. This is open to vendors who wish to sell produce, baked goods, plants, crafts, jewelry, etc. A Flea Market area will be added during the months of July and October. The fee for all vendors is only \$5.00 for unlimited space. Shoppers will find a wide variety of items available and may register to win free merchandise. For info call 419-665-2045.

Memphis/Graceland/Tunica trip, Sept., 16-20, 2013, \$575.00 dbl. occupancy. Contact Barb Ward, Sandusky County Senior Center, 600 W. State St. Fremont, 419-334-8383.

Pontifex presents the 2nd Annual Rock the Dock. Saturday June 8, beginning at 4pm. A free night of musical entertainment to thank the community for supporting the ministries of Pontifex. Held on the back dock of the Pontifex building (inside Pontifex if it rains). Bring your lawn chair or blanket. Food will be available for purchase.

If you would like to be a part of the entertainment call Helen at Pontifex, 419-333-9667.

Spaghetti Dinner to Benefit "Hometown Girl" Corrie Albright Friday, June 7th from 5-8:30pm at the Woodville United Methodist Church, 201 W. First St. \$7 for adults, \$4 for children 10 & under; silent auction.

This benefit is for Corrie Albright, age 44, married to Mark Albright for the past 25 years, and the mother of two sons, Marcus and Aaron. Corrie had a hysterectomy in July of 2011 that has harmed her autonomic nervous system preventing her from eating or digesting food properly. The family has exhausted their financial resources due to the exorbitant medical bills as Corrie continues to be challenged with ongoing major health issues. Donations are being accepting at any Huntington Bank. Please consider joining us to support this family.

Memorial Hospital hosting cardiac rehab reunion: June 27 from 6 - 8 p.m., Memorial Hospital is hosting its 2nd annual Cardiac Rehab Reunion. Individuals who have participated in the hospital's cardiac rehabilitation program from 2008 until now are invited. The event will include social time as well as educational activities and materials. A light meal will also be served. Registration is required by June 15. Seating is limited. To register, or for more information, call the Beth Kreh-Stanley or Patty Harben in the hospital's cardiopulmonary services department at 419.333.2026.

Memorial Hospital hosting senior fitness class: On Tuesdays and Thursday from June 25 - August 29, the Memorial Hospital Physical Medicine Department is hosting Senior Fitness Class. The Senior Fitness Class is set up to meet needs of all involved, regardless of current fitness level. The ten week class will meet from 11:30 a.m. - 12:15 p.m. at the Memorial Hospital Herbert-Perna Center for Physical Health. Class size is limited. Cost is \$55. Call Memorial Hospital Physical Medicine at 419.334.6630 to register, registration is required by June 21.

Reiki Circle: Energy Therapy Bellevue Hospital

If you check your telephone directory you most likely won't see Reiki Practitioners advertising their services. Reiki practitioners work out of clinics, hospitals, hospice centers, spas, and home businesses. Some practitioners provide house-calls, traveling to your location to give treatments. They often rely on word of mouth from their regular clients in attracting new clients.

The Circle is one method of participating in the therapy of Reiki. A group of Reiki practitioners give 15 to 20 minute sessions until, hopefully, all present receive a treatment, exposing each to the process so evaluation from a personal perspective can be made based on experience. Private sessions by appointments with a practitioner are also a way to receive a Reiki treatment.

Reiki sessions are not a substitute for traditional health care, but are complementary and will help you understand more intimately self-empowerment to self discovery and healing. It may induce deep states of relaxation and peace, that place in us, naturally, where one feels they are being held, and where healing is facilitated.

We welcome all Reiki Practitioners to join us in our endeavors to contribute to the expansion of your profession by creating a larger pool of power, thought, energy and forward growth. The Reiki Circle offers you an opportunity to add your personal voice and support to shape the future growth and development of a Reiki community. It will be enlightening, educational, interesting and FUN! We hope to see you there.

Please join us Tuesday, June 11 from 6-8:00 PM. Conference Room A&B. If you have any questions regarding Reiki or the Reiki Circle please call Patricia Zilles at 419- 355-1283.



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It was the spring of 2004 and suddenly I found a need to once again have a dog in my life. (we had lost Mandy, our eighteen year old dog in 1991). There weren't any small dogs at the shelter so I checked the local dog warden's. There I found a photo of Molly, she had been left behind by her owner who had moved away to get married. (I thought that was a heartless thing to do to a pet). The photo of this sweet dog wearing a scarf, with a sad look on her face, haunted me and I called the next day to say we would be out to adopt her. Her adoption papers said she was three years old and a Pomeranian mix.



From the start Molly was Pete's dog (which meant a few months later I adopted Chewy, another story!). The only time she ever appeared to even care that I existed is when I drove in the driveway, then she would start this absolute bark of joy. Several years ago Pete was hospitalized for several days, Molly never left the front window and refused to eat until he came home.

Several weeks ago Molly began to cough horribly, we rushed her to our vet at nine that night and he gave her an injection, telling us to call in the morning. Unfortunately she coughed the entire night and we returned the next morning to have her examined again. This time x-rays were taken and we were told she had fluid around her heart. Pete and I returned later that day to say goodbye to her, however Molly was up and wagging her tail when we arrived, and not coughing! We decided to take her home, armed with three vials of medicine and encouragement from our vet.

Friday she was back to her old self, rolling in the grass and enjoying her Kroger chicken, we really felt we would have her around for a few more months. But Saturday morning came and Molly refused to eat, or even stand up. Both of us knew that she was telling us it was time. At noon that Saturday we said goodbye to our dear pet. We were amazed that in just three days our healthy dog had become ill and died. When doctors say heart disease is a silent killer they are absolutely correct.

Molly was twelve years old, we miss her every day. (I especially miss the loud barking when I return home.) Hug your pet, you never know how much longer they will share in your life.

These reader questions were answered by veterinary experts attending the annual American Animal Hospital Association Conference, attended by over 2,100 veterinary professionals. AAHA is the only organization that accredits small animal hospitals throughout the U.S. and Canada. Learn more at www.healthpet.com.

Q: I've begun to notice that our 10-year-old Shih Tzu's leg quivers when she lifts it to go to the bathroom. Is this a warning that something is wrong? - R.M.

A: "Your observation is astute," cheers Dr. Kate Knutson, AAHA President. "Anytime, there is a change in your pet's behavior, contacting your veterinarian is the right thing to do. In this case, the leg quivering could be an indication of pain." Since your dog isn't likely to replicate this particular behavior at the veterinary clinic, try to capture it on video, suggests Knutson.

If indeed your dog is in pain, the next step, of course, is to determine why, which can only be done with a thorough examination.

Q: We took home a sweet kitten and nursed her back to health. She didn't even have a tail. However, when my grandson brought another kitten home a month later, the "sweet" kitten began attacking people. She became so mean that all the pets in the neighborhood are afraid of her. Could her meanness come from being spayed, or is this just her nature? - C.S.

A: "It's wonderful you took in these kittens, and spaying is the right thing to do," says feline veterinarian Dr. Ilona Rodan. "Spaying doesn't cause a cat to become mean. However, pain related or unrelated to the procedure might cause aggression. Some cats just don't like to be held and

restrained. And most cats don't like to be forced to anything they don't want to do. Cats prefer to be in control of their environments."

Depending on how the second kitten was added to the household, the first kitten may have taken offense. This first kitten may also be persistently on edge or anxious, leading to the aggressive behavior.

A medical checkup seems prudent, and you may need to consult a cat behavior consultant (www.iaabc.org), a veterinarian interested in behavior (www.avsa-online.org), or a veterinary behaviorist (www.dacvb.org) to pinpoint what's going on.

Q: Our 15-year-old Basenji-Labrador mix eats well, and seems lively in the morning, but he becomes sluggish later in the day. I'm also concerned that he's losing gobs of hair. What might be causing this? - J.M.

A: "It's hard to say for sure what's going with this dog, but definitely ask your veterinarian about a thyroid panel," says AAHA Board Member Dr. Aman Sukija. "Hypothyroid dogs may lose hair, as you describe, and often do slow down during the day. Other possibilities include diabetes or kidney disease (which blood tests can also help determine). The sluggishness could also be attributed to arthritis and/or cardiac disease.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.)

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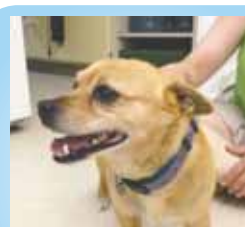
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GRANITE CITY BREWERY

After an evening of shopping, I'm always ready for a good meal. Our last stop was Fallen Timbers shopping mall, where there are not a lot of eating establishments. The one restaurant that looked fun was Granite City Brewery. They were actually lined up at the door to get in, at 8:00pm. That was a good sign that it must be a popular spot. I truly was impressed with this place, it was a modern upscale restaurant, with a casual atmosphere.

Now I'm usually a Miller Lite girl, but here I was in a brewery that makes all the own beers. They brew 5 different kinds, from Northern Light Lager to dark Broad Axe Stout. And if you really like the beer, you can buy what is called a "Growler". You pay \$25.00 for a brown glass gallon jug filled with your favorite beer, and then it's sealed and ready for carry out. When you bring the empty jug back, they will refill it for \$12.00. A lot of them were going out the door.

Though they are known for their beers, the food is top quality. Everything at Granite City is made from scratch in their kitchens, with the freshest ingredients. Our waitress was very informative about what was good on the menu. She claimed that the burgers were very good, and the flat bread pizzas were excellent. I had the Mediterranean Chicken, also recommended. It was tender chicken breasts over wild rice and fresh broccoli, served with bruschetta tomatoes and onions and drizzled with a Balsamic reduction. It was fabulous. Another good dish was the grilled Chicken and Asparagus Linguini, which was sautéed Chicken Breast, prosciutto ham, asparagus, sundried tomatoes, and flavorful spices, tossed with linguini, topped with parmesan, basil, and pine nuts. Also an excellent choice. The Entrees range anywhere

from 13.95 to 18.95, with large portions. The signature Angus beef steaks run slightly higher. The steak toppings offered add delectable flavor for a change of taste.

Even though we couldn't eat everything, we had to check out the desserts. Some selections were, Homemade Chocolate Chip Cookies topped with vanilla Ice Cream and Carmel Sauce, Chocolate Cake, and Apple Crumble, but the cutest dessert was the trio of shooters of Pumpkin Custard, Chocolate Mouse, and Key Lime pie, all topped with whipped cream, and served in large shot glasses.

Once again another good find, that didn't rob the bank.

P.S. I love the Northern Light Cheddar & Ale soup with The Overlake for lunch; Smokehouse bacon, sliced tomatoes, mesquite smoked turkey, garlic aioli and Monterey Jack Cheese on grilled wheat bread. You can view the full menu at www.gcfb.net/menu. Joanne

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