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Vol. 16 Issue 6

June 2014

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15 Years**

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Lifestyles 2000

June 14

Vol. 16 • Issue 6

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STULTS IS FINALIST FOR OHA AWARD



Kim Stults, RN, MSN, with The Bellevue Hospital's Health Information Technology & Telecommunications Department, is TBH's nominee for the 2014 Ohio Hospital Association's Albert E. Dyckes Health Care Worker of the Year Award. Stults and her husband, Michael, reside in Bellevue. They are parents of two children, Michael and Lorena.

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 award is presented at the OHA Recognition Dinner at the OHA annual meeting.

The nomination of Stults for the award reads in part: "At age six, Kim was a patient at our hospital. Her only memory-a Candystriper coming into her room and playing with her:

Combining that with her interest in how the human body functions and working with people and Kim knew her life's path. Waiting eight long years, finally turning 14 - her dream came true. Since 1978, Kim has been a Candystriper; dietary aide; nurses aide; nurse on the Medical/Surgical Floor, Intensive Care, and Surgery; manager of Medical/Surgical, Home Health, and Social Services; director of Education, Health Information & Telecommunications, Infection Control and Employee Wellness. From Candystriper, through earning a Master of Nursing with honors, to implementing our electronic medical record, Kim made her dream come true and improved our lives at TBH.

"Kim's resourceful and a tireless worker, especially for individuals with developmental disabilities and their loved ones. She is currently a member of the Ohio Governor's Developmental Disabilities Council. She is active in the community and her church and holds various positions on boards and committees within her professional, community and church organizations. Examples of her giving back over time include: being a member of the Sandusky County Collaborative Committee to help implement the American with Disabilities Act; board member at St. John's Nursery School and the Bellevue Society for the Arts, Bellevue Board of Health Member, President of North Central Inservice Educators; coach of her child's sports teams; and Music Booster member. She's also run for political office. While her professional life is very important to her, she has dedicated herself to her children and her family. She recently welcomed her father into her home. Kim is a published author. Her book, "Lessons from Lorena," is about her daughter and her family's journey from the discovery to the acceptance of Lorena's diagnosis of autism. Individuals reading to book will gain useful and practical knowledge benefiting them and ultimately helping them and their loved ones."

A total of 74 hospital employees from across Ohio were nominated, with the winner and all nominees to be honored June 10 at a banquet in Columbus.

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Pete McDowell

GRAPHIC DESIGN

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Advertising/General Information

For advertising and general information call, 419-334-3602, or e-mail lifestyles2000@sbcglobal.net

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

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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

So excited to be "Celebrating 15 Years"! Thanks for your kind words and encouragement, our readers are the very best!



We are excited to have Bob Morton as a new writer. I served on a board with Bob many years ago and know how knowledgeable he is in addressing children's issues and assisting parents in making the correct choices in parenting. His column will be a great addition to our monthly magazine.

Again, thanks to our advertisers and each of you, without you we wouldn't be celebrating 15 years!

Stay safe and enjoy the beginning of summer.

Joanne



There were close to 150 correct entries for May, with most being correct. The correct answer was Westview Veterinary Hospital. Many of you included the "Celebrating 15 Years", for those of you who didn't, we will continue the contest in June and July.

Find Pete Winners

Winners are: Jeannie LeJeune, Andrea Roth, Diane Boos, Priscilla Stachowiak, Andrew Smith, Dawn Mulligan, Cyrus Connors, Fremont; Robert Sweet, Shirley Butz, Deb Freeman, Bellevue; Cheryl Abel, Gibsonburg; Joan Beebe, Christopher Wood, Stacy Ohms, Denice Klask, Sandy Michaels, Clyde; Carl Hoffman, Burgoon

Winners of African Safari gift certificates are: Emily Wolf, age 8 of Fremont, and Sam Moyer of Elmore.

Miller Boat Line tickets to: Karen Perry, Vickery; Linda Gegorski, Becky McElfresh & Susan Hoffman, Fremont.

Find Pete Prizes

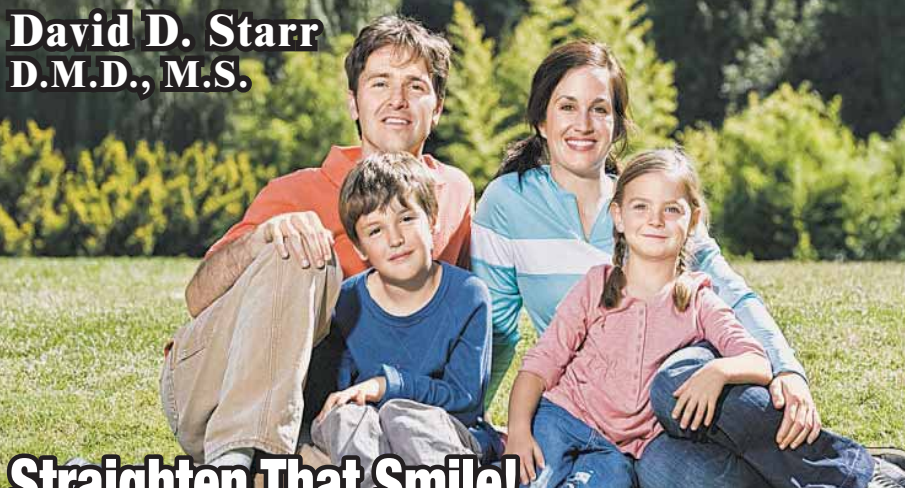
Prizes this month include gift certificates to Jenesis Salon, Old Fort Market, Dairy Queen West, The Pond Builders and Rallies. If you wish a specific prize, please list in your entry.

Lifestyles is celebrating our 15th Anniversary, be sure to be part of the fun! "Celebrating 15 Years" on your entry gives you a chance for Miller Boat Line tickets, add "African Safari" and enter to win a pass for up to 6 people valued at \$100.

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

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Helen Marketti's Music Corner

Ohio Bike Week 2014! (May 30 - June 8)



*"Get your motor runnin'
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If you are looking for fun and adventure, you will find it at this year's Ohio Bike Week! Steve Ernst (Advantage Entertainment) is looking forward to good weather and a great time for people of all ages during Ohio Bike Week. "We have many events planned for this year that will be taking place at Toledo Harley Davidson and Mad River Harley Davidson (Sandusky). Opening night at Toledo Harley Davidson will be the band, Warrant." Warrant has been part of the glam metal rock scene for thirty years. One of their many hits, Cherry Pie is a well-known hard rock anthem. The band is still going strong even after the loss of original member, Jani Lane in 2011.

Saturday, May 31 at Mad River Harley Davidson (Sandusky), fans can enjoy the bands, KIX and LA Guns. Who can forget the hair bands of the 80s and early 90s? KIX is still going strong with their signature sound and hits, Don't Close Your Eyes, Cold Blood and Walkin' Away. They are working on a new album, which will be their first in

nineteen years and due for release later this summer. LA Guns will be taking the stage with their hits, The Ballad of Jayne, Rip and Tear and Never Enough. Starting in 1983 and still touring, LA Guns is celebrating a thirty-year career. Jackyl will be making another appearance for Ohio Bike Week 2014. Jesse James Dupree seems to be a staple for the event each year. He is also a regular on the TV Show, Full Throttle Saloon. "Jesse does a lot for us," said Steve. "He participates in the opening ceremony, the Pancreatic Cancer Ride, judges bikini contests and does meet and greet with fans. He works hard and we welcome him back each year. He's part of the Ohio Bike Week family. His band, Jackyl will be doing a free show in downtown Sandusky to kick off the block party on Thursday, June 5. We have another band performing on a different stage, Wayland who is managed by Jesse."

"We have many great regional bands playing this year. Iron Cowgirl Missy is from Michigan. She plays many major bike rallies and rides at least 3,000 miles per year on her motorcycle. We are happy to have her at Ohio Bike Week this year. We will also have singer, Jasmine Cain who is very talented. Madison Rising does an outstanding version of the Star Spangled Banner. The lead singer is



a veteran. Pop Evil will play on Friday, June 6, downtown Sandusky. Plus we will have local area bands, The End, The Earthquakers and more."

Plenty of bands, events, vendors and good food are going to be on hand during the ten day run for Ohio Bike Week. People travel from all over Ohio as well as from all over the country to attend the annual event. "There will be an Ohio Flags Honor exhibit with over 500 flags on the courthouse lawn in Sandusky," said Steve. "There will be motorcycle shows, parades, daily destination rides which include trips to area wineries, Kelly's Island and much more. This year we are increasing the footprint traffic for the Block Party in downtown Sandusky and will be utilizing the Jackson Street Pier. We are expecting over 200,000 visitors for Ohio Bike Week!"

For more information:
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ARIES (March 21-April 19): Your capacity for forgiveness is at an all-time high. Habitual schedules seem unsatisfactory and you may be feeling restless. A lack of money could cramp your style.

TAURUS (April 20-May 20): Remain skeptical of the advice you receive. You may be able to voice some convictions of your, but arguing over the beliefs held by others could stir up trouble.

GEMINI (May 21-June 20): You could binge when buying in bulk. You could be convinced that you're handling your money in a reasonable manner but may overspend because you go to extremes.

CANCER (June 21-July 22): Develop insights about business matters by catching up on a backlog of reading. Others may be able to sway your opinions with an appeal to your fair and generous nature.

LEO (July 23-Aug. 22): It might be a very good idea to review the lyrics

of the Logical Song to prepare for the month ahead. People may make promises they can't keep or come to decisions based on scanty facts.

VIRGO (Aug. 23-Sept. 22): Your enthusiasms are contagious and likely to set off sparks of friendliness with interesting new people. Adventures that provide a break from routine are in the stars.

LIBRA (Sept. 23-Oct. 22): When something goes wrong, there are those who insist that it's someone else's fault, and refuse to take the blame. A lack of responsibility or extravagance could irk you.

SCORPIO (Oct. 23-Nov. 21): You could be possessed by a wild urge to do something entirely foolhardy as a spotlight on finances causes friction. Keeping up with the Joneses' will only cause problems.

SAGITTARIUS (Nov. 22-Dec. 21): Your inner wisdom receives an oppor-

tunity to grow and flourish. Your belief system may alter as you learn to test your viewpoints.

CAPRICORN (Dec. 22-Jan. 19): Thoughts are like bubble gum; you chew them until they lose their flavor and toss them aside. Refine and re-evaluate your views, and remain honest with yourself.

AQUARIUS (Jan. 20-Feb. 18): Finances may be the focus of your drive and initiative, as you weigh the pros and cons of different ways to handle your budget. Take the lead from those you trust.

PISCES (Feb. 19-March 20): A creative idea of yours is worthy of effort. Maintain your serenity, even if others are unreliable or if cash seems to slip through your fingers. Kindness and sympathy are assets.

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PEAK was formed as a work adjustment training facility. The Sandusky County Department of Job and Family Services established the PEAK program to train and evaluate associates in proper work ethics, manufacturing skills and employment skills by using a hands on approach. Effective October 1, 2013, the Sandusky County Department of Job and Family services entered into partnership with EHOVE Career Center, to provide day to day operations and training activities.

EHOVE Career Center and PEAK Production recognizes the important role that area businesses and entities play in shaping an effective workforce employment program.

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Out to Lunch

By Lynn Urban



Bubba's BBQ-Avon

If you've heard of former Cleveland Browns player Bubba Baker, you may have heard of his restaurant Bubba's BBQ in Avon on the west side of Cleveland. The location is at 820 Center Road which is Route 83. The restaurant was voted one of the best "Athlete Owned Restaurants 2013" in USA Today and his food and sauces have won many awards. He has also won the Cleveland Magazine's Silver Spoon Award for best ribs since 2010.



The first time I heard about him was on the TV show Shark Tank. His story was how he has discovered a process of deboning pork ribs and had patented it for a delicious boneless BBQ rib sandwich, which is a specialty at his restaurant.

When we found out how easy it was to get there, we decided to check it out for lunch. His whole family works there with him, even his granddaughter, who was about age seven and passing out menus. We had just gotten there when it opened at noon on a Sunday, and by the time we left the place it was packed! (They are closed on Mondays).

Bubba's barbecuing roots can be traced back to the 1950's in Jacksonville, Florida. Bubba's uncle, "Daddy Jr.," took him under his wing, showing him the secrets of the family business. Daddy Jr. is none other than the owner of Jenkins Quality Barbeque, considered one of the finest barbeque restaurants not only in the south, but the entire country.

I ordered the boneless BBQ rib sandwich which came with fries and a pickle for \$10.99. I also added homemade Cole slaw for \$1.00. There's a large list of homemade southern style sides, such as Mac and Cheese, Baked Beans, Green Beans, Sweet Potato fries, and Corn Bread Muffins. Some of the dinner items on the menu include Baby Back Ribs at \$16.99 & \$23.99, Southern Fried Chicken, Hickory Smoked Chicken, Half \$11.99, Whole \$15.00, Beef Brisket, \$14.99 and slow roasted pulled pork. If you have a bigger appetite and would like to try the sampler plate, it comes with Ribs, Pulled Pork, Smoked Beef Brisket, Fries and his world famous Chili for \$14.99. Everything that came from the kitchen looked and smelled wonderful.

For dessert, they offer a nice assortment of cakes and pies, but as my treat, I bought a jar of their famous spice rub that I'll use at home while making my own ribs. I'll just have to deal with the bones!

Check out his website at www.bubbasqdining.com for his complete menu and hours. They also have carry out, and catering is available 7 days a week.

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Campfire News and Notes

Camp Fire has wrapped up our product sales this year with our flower orders being picked up. We would like to send a gracious Thank You to our community for its continued support. The flowers were purchased from Scmittuz and Northcoast and were beautiful as usual. We have a few candy bars left in the office if you need something for a sweet-tooth!

Camp Fire will be at Jimmy Bukkett's June 6th-8th. Come show your support and enjoy the bands with some friends. If you could use \$1,000.00 then don't forget to purchase your raffle ticket for \$10.00 each. The drawing will be held at Jimmy Bukkett's, but you do not need to be present to win! Tickets are available for purchase at the Camp Fire office and will be available at Jimmy Bukkett's. Good luck and hope to see you there!

Thank you to Sandusky County Leadership for painting our bathrooms and hallway. In addition members from area churches chose Camp Fire for the "Love Your Neighbor Project" and contributed time by cutting down trees, pulling weeds, raking, and adding lattice to a tree house railing. We greatly appreciate this group for your time, energy and commitment to Camp Fire. Without generosity from volunteers, Camp Fire would not be able to maintain the grounds and facility to provide quality programs.

Camp registration is underway and sessions are filling up fast! Please remember that our camps are limited to availability and your child does not have to be a member to attend. Reserve a spot now. You can obtain a registration form by going to the web site www.campfirefremont.org, calling 419-332-8641 or coming to the office at 2100 Baker Rd. Fremont. Our summer office hours are Monday-Thursday 9am-4:30pm. We are closed for lunch from 12pm -1pm. Adult volunteers are still needed. If you would like to assist with our camps come fill out a form in our office or contact our office to have a form mailed. Looking forward to seeing you this summer!

We have also updated our website. You can now see rental availability on our calendar!



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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR JUNE:

For reservations: 419-334-4495

Puddle Jumpers: Fishing, June 2, 10-11am, Decoy Marsh, 2700 C.R. 259, Fremont. Ages 5 and under will learn some basic fishing facts. Bring your own pole or borrow one of ours, bait provided. Registration required.

Hike for the Health of It, June 2, 2-3pm, North Coast Inland Bike Trail at Tea Kaufman Homestead, 2126 C.R. 292, Bellevue. No registration required.

Leave No Child Inside Natural Play Day, June 7, noon-3pm, Wolf Creek Campground, 2701 S.R. 53 south of Fremont. Spend the afternoon with activities along the trail. Dress to get dirty. No registration.

Fish Research, June 7; June 21; 2-4 pm, Creek Bend Farm, 654 S. Main St (SR 590), Lindsey. Dress to wade into the creek and assist with ongoing research. All ages welcome. Registration required.

Stargazing, June 7, sunset, Wolf Creek Campground, 2701 S.R. 53, Fremont. You are invited to bring your own binoculars, telescopes, and questions about astronomy. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park south of Fremont. No registration.

Becoming Julie, June 9, 16, 23, 30, 2-4pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Ages 6 to 12 are invited to become Julie, an American Girl growing up in the 1970's. Each week will be a different adventure related to the book. Attendance at all 4 sessions provides the best experience, but you may attend any number of weeks. Registration required.

Kids in Nature: Grassland Investigation, June 9, 6-7pm, Blue Heron Reserve, 2134 C.R. 260, Vickery. Ages 6-12 will use nets & bug boxes (provided or bring your own) to

see what lives in the grasslands. No flipflops or sandals please. Registration required.

Fishing with Ranger Dan, June 10, 10-11:30am, White Star Park, Sycamore Shelter, 925 S. Main, Gibsonburg. Learn the basics of fishing with Ranger Dan and Naturalist Linda. Bait and poles provided or bring your own. Registration required.

Moonlight Canoeing, June 11, June 12, June 13, 8-11pm. Meet at the Park Office, 1970 Countryside Place, then travel to Decoy Marsh. Perfect for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Registration required.

Clyde Fishing Festival, June 12, 9 am - Noon, S. Main Reservoir, Clyde. Ages 15 and under and their families 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. The reservoir is located on S. Main Street.

Babies in Parks: Fuzzy Furs, June 12, 2-3pm, Countryside Park, 1970 Countryside Place. A program for infants & caregivers. Bring a blanket to sit on as we read a story, see and touch animal furs. Registration required.

Story & Stroll, June 13, 1:00-3:00pm, White Star Barn, 5013 C.R. 65, Gibsonburg. Ages 3-7 will hear a tree story. Then take a walk to play among the trees. Bring a beach towel or blanket to sit on. Registration required.

"Grand" Canoe Trip, June 14, 9am-noon, meet at Park Office, 1970 Countryside Place, then travel to Decoy Marsh. This program is scheduled for Grandparents and Grandkids. 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. Registration by phone only.

Getting to Know You: Prairies, June 21, 1:30-3:30pm, White Star Park, south 66 parking lot, 916 C. R. 66, Gibsonburg. Learn about this tall, grassy habitat by identifying plants, looking for animals that live there, and about land management practices. Dress for the habitat, such as long pants and no open-toed shoes. Registration required.

Wet & Wild Week, June 23-27, 9-Noon, Creek Bend Farm, 654 S. Main, Lindsey. Ages 6-12 should dress to get wet and wild for the exploration of habitats: woods, creek, grasslands, and more. \$15 fee payable when you turn in the registration form at the Park Office: 419-334-4495.

Meet Me at the Cabin: Caterpillars, June 26, 2-3pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Bring 1 yard of cotton material, scissors, needle & thread. All ages welcome. Registration required.

MOVIE in the Park - White Star Beach, Fri, June 27, dusk. Bring blankets and chairs to sit and watch a FREE family movie

outdoors on a 16 foot inflatable screen. Come early for lots of pre-movie activity.

Stream Quality Monitoring, June 28, 10-12pm, Wolf Creek Canoe Launch, 2409 S. State Route 53, Fremont. Dress to get wet, no open-toed shoes. Registration required.

Insect Investigators, June 30, 2-4pm, White Star Trail by the Tracks, 4899 C.R. 65, Gibsonburg. Registration required.

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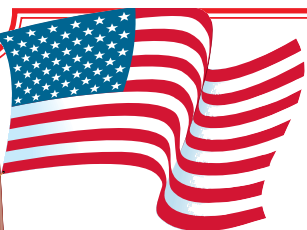
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In Your Own Backyard

ProMedica Memorial Hospital hosting Grandparents Day: Friday June 20, 9 a.m.-2 p.m., Memorial Hospital is hosting Grandparents Day. The hospital's Golden Threads, Physical Medicine Department and Nutritional Services have teamed up to offer this one-day event for grandparents and their grandchildren to learn about healthy living activities. This free program will teach children in kindergarten thru third grade how to make healthy choices with food, exercise and hobbies. The program will be held at the hospital and is free, lunch will be provided. Space is limited to the first 20 children to register. Call Golden Threads at 419-334-6613.

ProMedica Memorial Hospital hosting summer Reading & Writing Workshop: Starting June 16, the Physical Medicine Dept. is hosting the Reading & Writing Workshop for children ages 6-10, children will develop reading and writing skills through the use of crafts, stories, rhyming and writing. Fine motor coordination and strengthening for a functional writing grip will also be targeted during this program. Licensed speech language pathologists and occupational therapy professionals lead the workshop. The workshop will

meet Wednesdays from 1-2:30 p.m. at the Herbert-Perna Center. Cost is \$140. For info visit memorialhcs.org/summer-wellness or contact 419-334-6630.

ProMedica Memorial Hospital offers Extended School Year services in Fremont: Starting June 16, the Physical Medicine Department is hosting the Sounds of Summer, an Extended School Year (ESY) services for students on Individualized Education Plans (IEP). The hospital is hosting the summer programs in Fremont at the Memorial Hospital Herbert-Perna Center.

The program focuses on different skills students need to succeed at school, such as reading, writing, speaking, fine and gross motor skills, etc.. Certified physical and occupational therapy and speech language pathology professionals lead the program on Mondays, Wednesdays and Thursdays from June 16-July 31 from 9 a.m.-noon. The cost is \$700. For info visit memorialhcs.org/summer-wellness or contact 419-334-6630.

Valley View is hosting their annual Car Show and Concert on Thursday, June 12 from 1:30-3:30. The event will include free food, door prizes, awards and dash plaques for first 25 cars. 50's and 60's entertainment provided by Brian Brenner who performed

at the 2013 Sandusky County Senior Day. Valley View is located at 825 June St. in Fremont.

Village of Lindsey Farmers Market: Second Saturday monthly from 9 am until noon, in the Village Park on Main Street. Open to vendors selling produce, baked goods, crafts, jewelry, etc. Fee for all vendors is only \$5 for unlimited space. Shoppers will find a wide variety available. For info call 419-665-2045.

Gibsonburg Farmers Market in downtown Gibsonburg, June 7th at the log yard. 9 am to 12 pm. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. For more info contact gibsonburgfarmersmarket@gmail.com or call 419-637-2257.

Tiffin Art Guild Holding Fun Raising Auction: Sunday, June 8 at the Historic Tiffin Mad River Train Depot on N. Monroe St. at TAG's annual FUN Raising Auction! Preview auction items at 11 am, auction begins at noon. TAG members and friends donate, create and/or decorate objects, art, etc. and offer it for public auction to raise our annual operating funds so we can rent & our gallery, pay our utilities, offer art classes,

produce art shows, do outreach projects, and buy cookies.

This year's theme is "Home & Garden", for info call 419-443-0478.

Sandusky County 4-H Holding Chicken BBQ & Silent Auction: Sunday, June 22, Sandusky County 4-H will hold their annual chicken BBQ and silent auction at the Sandusky County Fairgrounds. Doors open at 11a.m. and will go until gone. Two silent auctions will take place during the dinner and include a variety of items such as OSU/MICHIGAN football tickets and sports items, etc. The first auction will close at noon and the second at 12:30p.m.

Tickets are available at the door at \$7 for a ¼ chicken dinner or \$8 for a ½ chicken dinner. Dine-in and carry-out are available. All profits from the silent auction benefits the Sandusky County endowment fund, which awards scholarships to college-bound seniors. The profits from the dinner will benefit Sandusky County 4H clubs. PLEASE NOTE THE DATE CHANGE.

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Own Backyard, cont'd on page 15



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Protect Young Children from “pretty poisons”

By Robert Morton, M.Ed, Ed.S

Poison control centers receive more than two million calls annually asking for help on how to treat possible poisonings. Fifty-three percent of those calls involve children under age 6, with many at the toddler stage. Not surprising, 92 percent of all poisonings occur in the home.

Unintentional poisonings kill more than 30 children per year, so I contacted Dr. Mark Hoelzle of the Fremont Memorial Hospital to learn what parents can do. He told me about an “out of sight, out of mind strategy.” The most important thing you can do, Hoelzle said, is to not only keep household chemicals and medicines out of the reach of children, but to lock them up as well. This makes much sense, because some children can open child-resistant packaging. Also, it’s good to place the poison control center number next to your telephone and call immediately if a poisoning occurs. The most common areas in the home where child-poisoning occurs are the kitchen, bathroom, garage, and storage areas.

I recommend Dr. Hoelzle’s advice. Lock up your everyday cleaning products like ammonia, disinfectants, soaps, bleaches, detergents, furniture polish, oven and drain cleaners, rust removers, and toilet bowl cleaners. They all contain chemicals that, if ingested, are particularly harmful to a child. Make these products inaccessible by storing them on high shelves that are out of reach or in cabinets with childproof locks on the doors. But always remember that your small children must be constantly supervised around the home — never underestimate their ability to get into areas and containers that appear “childproof.” I attended a seminar at the Central Ohio Poison Center at Nationwide Children’s Hospital in Columbus and read their intake log. Children, indeed, often mistake containers of cleaning products for food— “a round, green can of Comet bleach for a can of Parmesan cheese, vitamin or prescription drug pills for sweet candy, colorful and sweet-smelling liquid soap and lamp kerosene for pop, ammonia or rubbing alcohol for water, E-Lax Chocolate laxatives for

Hershey’s Chocolates, colored lamp oil for cranberry juice, mothballs for mini-marshmallows, Pine-Sol for apple juice, windshield washer fluid for Blue Punch or Kool Aid”... the list seemed endless! The consequences for toddlers ingesting such “pretty poisons” are serious since the poisons have a rapid effect due to their smaller body size and quicker metabolism rate. Write down the National Poison Center Hotline

number and keep it within reach: (800) 222-1222.

Robert Morton, M.Ed., Ed.S. has retired from his positions as school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at BGSU. Contact him at the Family Journal: www.familyjournal1.blogspot.com



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...but there sure is something spectacular about being in the middle of the great spring migration along the boardwalk at Magee Marsh. Every year from late April through late May--and even into early June--thousands of birds stop along the shore to rest and forage before crossing Lake Erie on their journey northward. And hundreds (if not thousands) of avid birders gather in birding "hotspots" along the shore to watch and appreciate the majesty of this event. The varieties and colors of these birds--and the diversity of the people watching them--is amazing.

But, you don't have to go the shore to catch a lot of the migrating birds--many of them stop at backyard woodlots and feeders along the way. Anyone who lives along the migration route heading toward the Great Lakes is in a position to see some of the migrants as they pass through. Some of these birds--orioles, Purple Martins, catbirds and common yellow throats to name a few--come this far north and become familiar summer residents in this area.

As with any other hobby you can spend as much--or as little--on accessories as you like, but other than a good pair of binoculars and a bird guide if you want to identify the birds you see, you don't need any special equipment to be a backyard birder.

We've done a fair amount of backyard birding here this year, and some of the birds we've seen (besides our usual backyard birds) have included black and white warblers, black-throated green warblers, northern water thrushes,

Backyard Birding is Best...

a sora (which is living in our marsh), indigo buntings, Baltimore and orchard orioles, a yellow-headed blackbird, and a blue grosbeak. (It is probably safe to say that our backyard is bigger than a lot of other peoples' backyards.) One of the more spectacular sights was an osprey perched in a tree near the barn. It was dining on what appeared to be a large fish.

Again this year we opened our property to three birding tours during the "Biggest Week in American Birding." It is always interesting to meet new people from other parts of the country--in some cases from other countries--and see their reaction to the local birds in our area. It's a real eye-opener when someone says, "We don't have cardinals where I come from. What a beautiful bird!" Sometimes you need something like that to appreciate what you have in your own backyard!

In a previous article we expressed concern that we'd hardly seen or heard any Canada geese. In fact, this spring we've only had one pair show up here on our pond and they don't stay all day. For the past 28 years we've always had at least one family--and sometimes as many as five or six families--here by now. There are very few of them in the marshes around us. There are also fewer numbers of some of the more common birds like robins--they're here, but not in the larger numbers of past years. We asked if anyone else had noticed any difference but people out driving only saw flocks of geese grazing in the fields and assumed from the

numbers they saw that nothing was wrong. And, folks who live on a small lot in town and see birds at their feeder, probably don't notice that there are fewer birds, as long as some are there.

It was during one of the tours this spring that we found out our observations were correct. We learned from one of the tour guides--a knowledgeable and experienced birder in his own right--that a significant number of birds died this past winter because of the extreme cold, record-breaking snowfall amounts and scarcity of food. We knew something was very wrong with the local bird population from having lived here in the middle of it for almost thirty years. His words confirmed it.

Nature is resilient and maybe this is the way it maintains a balance. Today, as we are finishing this article, two adult Canada geese showed up on our pond with five babies in tow. The cycle continues....





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Sandusky County Communities Foundation Creates Fund to address Suicide Awareness

The Sandusky County Communities Foundation has established funds to address specific community needs identified in the 2013-2014 Community Health Status Assessment (CHSA). The Foundation helped fund this assessment in order to identify community needs. Of the larger needs identified in the report, mental health issues stood out for several reasons. Much of the overall health status data for Sandusky County placed it in a similar situation as the rest of the state and the rest of the nation; however, the data in the CHSA showed Sandusky County is facing disproportionately greater challenges related to mental health issues than the rest of the state and nation.

The data regarding mental health, and suicide specifically, in the CHSA is startling. According to the CHSA, the number of adults considering suicide in Sandusky County in 2013 is three times as high as the numbers from assessments done in 2009 and 2005. The number of 6th to 12th grade youth who had attempted suicide in the last year doubled from the 2009 report to the 2013 report. Suicide is the riskiest of all behavior associated with mental health, and the Foundation believes that it is the most compelling issue presented by the CHSA.

The mission of the Sandusky County Communities Foundation is to identify community needs, as well as to establish endowments to address those needs. Therefore, in response to the

data found in the CHSA, the Foundation recently met with representatives from the Sandusky County Health Department, Family and Children First Council, NAMI, Firelands Counseling & Recovery Services, the education community and the Mental Health and Recovery Services Board of SSW to discuss the implications of the assessment. As a result, the Foundation voted to dedicate \$10,000 to create an area of interest fund for mental health issues. The creation of this fund will provide donors who are interested in supporting efforts to address mental health issues with a qualified charitable contribution option. It will also provide a source of funds for qualified groups addressing these needs in our county.

In addition to the general mental health fund, the Foundation is offering a matching grant to establish a designated fund to specifically address suicide; this grant would benefit suicide awareness efforts in Sandusky County. The Foundation will provide the initial \$2,500 for this designated fund, and will seek funding partners for the remaining \$7,500 necessary to establish this suicide awareness grant.

To learn more about these funds visit <http://www.sanduskyccf.org/> or call (419) 355-8911. To obtain a copy of the 2013-2014 Community Health Assessment Report, please contact the Sandusky County Health Department at (419) 334-6377.

Love Your Neighbor Program a Success

By Jeannie Weber, CCM, BCPPC

Recently "Corporate Anointing" Ministries was the recipient of the "Love Your Neighbor Program" where area church organizations join together to assist those in the community with teams prepared to do general maintenance and labor for those less fortunate. What a joy and how wonderful to see all the volunteers reaching out in love. For us it was an answer to prayer!

You see "CORPORATE ANOINTING" Ministries (CAM) is a 501(c)3, all volunteer organization, struggling to keep the doors open and provide a Faith-Based, Sober-Living environment for women. Our "Women Of Wisdom" (WOW) program provides a 24/7 drug, alcohol free environment designed to assist in the stabilization process as these women put their lives back together. "WOW" also acts as emergency placement for those awaiting the red tape into the local/area homeless shelters, sometimes providing shelter in place of a one to two day costly hotel placement.

The "Love Your Neighbor Program" was amazing. Teams showed up and painted, weeded, trimmed, cleaned gutters, repaired the soffit, and even took the brick off the roof, at no cost! We still have lots to do...a deck and cellar entrance to be built, replacement of 3 outer doors, a chimney removed to roof level and capped, trees and stump removal, and a garden so our women can learn to grow and reap from sowing in a positive way.

Yes our dollars and pennies may be tight but we are forging ahead to change the lives of those we touch, and when we come together what a difference it makes! So Again thanks Katy and the Crew for truly being the "Hands and Feet" of the Almighty God and a great example of His love in action. Together we not only changed how things look in our community -but lives and generations to come!

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By: Chris
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Kiss-Me-Over-The-Garden-Gate

As I begin this column the 11:00pm news has just said that tomorrow's daytime temperature is going to be 72 degrees with the next day being 80! I can't believe we are going to feel some warmth. It is what all of us have been waiting for, so I'm sure there won't be any complaining. By the time you read this we will have had lots of warmer days. Even though May is known for showers and up and down temperatures, June is known for nice warm days and sunshine!

The Strawberry Trifle recipe I shared in last month's column I made for our Easter dinner dessert. My hubby loves pound cake and wanted me to use that instead of the yellow cake, so I did. I put it together late Easter morning and we ate it right after we finished dinner around 4:00pm. I thought it was just okay, just not what I had thought it would taste. The biggest problem was the juice from the frozen strawberries disintegrated the cake and made it real mushy. So learning from that I will either make it with the yellow cake or angel food cake and leave the frozen strawberries out. I'll use more fresh strawberries, and whipped cream with my layers. I think the pudding gives it enough moisture that we don't have to add the juice. My Mom always made me, on my birthday, an Angel Food Cake cut into three layers, each layer frosted with whipped cream and then strawberries. She would frost the outside and if the whipped cream was dense enough, which it always was, she would put strawberries on the sides too. Easy, and so good!

This month, fire up that grill as June has three special days, Flag Day on the 14th, display your flag with pride; Father's Day on the 15th and the first day of summer the 21st. By then we hope to be having good weather and I will probably have complained about the heat and humidity, but will really try not to. I need to come up with some kind of reminder, or a few words to say, that will remind me of the winter weather we had so I don't have to break that promise I made to my hubby.

We planted our garden in May and we can hardly wait for those vegetables to grow and ripen. We planted peppers, tomatoes, Brussels sprouts, salad greens, parsley, cucumbers, acorn squash, zucchini and yellow squash. If anyone has any good recipes for any of the above, I would love if you would share them with me. I always love new recipes. Enjoy the Summer!

Teriyaki Grilled Salmon

¼ cup soy sauce
3 tablespoons brown sugar
3 tablespoons olive oil
2 tablespoons white wine vinegar
2 tablespoons sherry or chicken broth
2 tablespoons unsweetened pineapple juice

2 cloves garlic, minced
1-1/2 teaspoon ground ginger
4 salmon filets 5 to 6 ounces each

In a bowl combine first 8 ingredients, mix well. Remove 1/3 cup to a small bowl for basting, cover and refrigerate. Pour remaining marinade into a large resealable plastic bag; add salmon. Seal bag and turn to coat; refrigerate for up to one hour and turn every fifteen minutes for one hour.

Coat grill rack with non-stick cooking spray before starting the grill. Drain and discard marinade. Grill salmon uncovered over medium heat for 5 to 6 minutes on each side, or until fish flakes easily with a fork basting frequently with reserved marinade. Serve with a salad and grilled asparagus or vegetable of choice.

Summer Salad

One head of cauliflower (medium)
Head of lettuce chopped in bite size pieces
One jar Baco's
One bag (12 - 14oz) frozen peas thawed
One large onion chopped medium
One jar (30oz) Hellman's mayo
One envelope Good Seasons dry Italian Dressing
Mix mayo and dry Italian seasoning dry before so flavors marinate together. Day of, two hours before serving time, mix all the salad ingredients and the dressing together. Let set and chill in refrigerator, toss before serving.

Grilled Vegetables

Toss vegetables with olive oil, salt, pepper, or any seasoning you prefer. We really like Welly's Seasoning Salt, we use it on everything, meat, fish, vegetables, potatoes and in things I'm making, like dressings, sauces, and soups. Cook the vegetables until they begin to show grill marks and are cooked. Arrange vegetables on platter or in a bowl and sprinkle with a little lemon juice. Contact me at ChrisTimkoGrate@roadrunner.com with comments, suggestions, questions and your recipes.

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Every once in a while I like to explain the name I have chosen for my column. It is eye catching and probably has raised a couple of eye brows over the years. It is simply the name of a very old flower, otherwise known as lady fingers, so named because the rose colored bloom resembles a gloved hand of a Victorian era lady. It grows tall and will drape over a fence and the blooms resemble a gloved hand with moving "fingers" in the slightest breeze. If any of you would like to have some, they are reseeding annuals, which mean they drop seeds in the fall which then sprout and grow in the spring. I have some about 10 inches tall that are ready to be transplanted and would love to give them to you. It is best to call before coming to make sure I'm home. (419-332-7427).

In one of my columns a few years ago I shared my "Phone Booth Story" (Everything has a story around here). At that time I told you about my two grandsons who were visiting. We were walking around the yard and were in the far corner where the gazebo is located when the bell on the outside of the house told us the phone was ringing. I was just kidding when I said, "what I really need is one of those old English phone booths. I could paint it red and put it in a flower bed and then I could easily get to it when I'm out here working", they took me seriously. Next thing I knew, Adam said "I'll get a picture off the internet" and Aaron said "you get me a picture and I can build it"-and they did! I found a working turn of the century pay phone for inside. They recruited Aaron's friend Branden to help build, and they even dug a trench to bury the phone cable. Enter daughter Beth, muralist, who said "mom, how about my painting the word TELEPHONE in old English letters in the space to the right of the door. I could paint some flowers and The Old Garden House in the arch above the door, if you want me to do that". I did, of course, want her to - and last week she did. I have to give it a second coat of the red paint and it will be finished - a pretty working, useful "touch of old England" in my yard. I just love those kids and grandkids of mine!

A reminder, the first day of summer is Sat. June 21st. We will be celebrating with a Brunch served buffet style at 10:30 AM. If you would like to join us you may register up to three or more persons. (8 is our minimum reservation for other events) 30 total guests is our maximum. The menu will include: Ms. Grace's warm from the oven sweet rolls, breakfast casserole, a fresh fruit bowl, waffles, sausage links. Cost is \$10 per person' for reservations call 419-332-7427.

Happy Father's Day to all the dads - may your special day be filled with time spent together with family who recognize how important you are in their lives. Spend a few minutes counting your blessings. Share with your dad some long treasured memories, if he is still with you-if not; send them to him in a prayer. Know that LIFE IS GOOD.

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

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Q: Cujo stopped using his litter box last week. He's now using kitchen counters and inside the cabinets to do his business. I've always had cats and never encountered this problem before. Please help or I'll be forced to find Cujo a new home. - M.I.

A: First and foremost, see your veterinarian. I doubt cats piddle on counters purposely to alert us that something is medically wrong, but this can turn out to be the case. The problem can be anything from feline idiopathic cystitis to diabetes, kidney insufficiency, or hyperthyroid disease, some of the most likely possibilities. Regardless of what's going on, while I empathize with your frustration, your cat isn't behaving this way "on purpose."

If nothing is medically wrong, close those cabinets so Cujo can't get inside.

My guess is that there are other cats in the house, or perhaps rowdy children who play near the cat's litter box or along his route to the box, or a dog who investigates the litter box up close and personal. Cats often use countertops as safe lookouts. Obviously, if dogs or kids are an issue, keep them far from the litter box(es). Also, make sure you have enough litter boxes, which means one per cat plus one more (ideally). Therefore, if you have two cats, three boxes is best. Boxes set side-by-side-by side, is like having one giant box, so it's often better to place litter boxes at varied locations, offering options (particularly in multi-cat homes). Litter boxes should be scooped daily. Also, if you've changed litters recently, return to the old-standby.

I suspect you may have a multi-cat home. Sometimes aggression in cats is obvious, but some cat interactions are far more subtle. For example, a cat lying in the sun may actually be actually aggressing by deterring another less confident cat from getting to the box down the hall. The less confident cat won't pass by. That's why offering alternative routes to an alternative box or boxes may be vital.

If there is aggression, whether subtle or not, contact a professional, a certified cat behavior consultant (www.iaabc.org) or veterinary behaviorists (www.dacvb.org).

Q: I have a pair of 10-year-old cats who were adopted together as kittens. In November, one of the cats began to urinate and defecate on the carpet. He was diagnosed and treated for a

urinary tract infection. Now, Lucy does urinate in the litter box, but defecates next to it. My vet wants to run a battery of tests which would cost \$500. Hopefully, you can confirm that the problem is behavioral. - F.M.

A: Anytime a pet displays a new behavior, especially an older animal, I wonder, 'why now?' Ruling out a physical explanation is important. Often when a cat defecates outside the box the problem is, indeed, a gastrointestinal issue. In a 10-year old, arthritis may even be an explanation. I don't know which tests your veterinarian is referring to, and I can't comment on cost, but my gut tells me this is likely the correct approach.

Having said that, there's no harm in trying a little trick. For reasons only known to felines, some cats spontaneously decide they want to piddle in one box and poo in another. One box is simply isn't good enough. They actually may prefer the boxes side-by-side (though I otherwise typically recommend against this). If there's a cover on the first box, consider an uncovered second litter box.

Also, I wonder if Lucy is, well, a big girl. Even large-size litter boxes may not be big enough for over-sized cats.

Depending on the type of litter you're using, just changing litters may solve the problem.

Another trick is to offer a carpet remnant on a cookie sheet. Place this right over the spot where Lucy is having accidents. If that works,

then place a remnant (they should be replaced after being soiled on a few times) inside a litter box, and very gradually cut away at the carpet while simultaneously adding litter.

(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 Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to [petworld\(at\)steve.dale.tv](mailto:petworld(at)steve.dale.tv). Include your name, city and state.)

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Shelter Specials For June

\$25 for all shelter cats in June
(with approved adoption)

**Humane Society of
Sandusky County**
2520 Port Clinton Road-Fremont
hs-sc.org Daily 1-5 Sat. 1-4

Car Show & CONCERT

Cruise on over to Valley View Healthcare Center for our
2014 Car Show & Concert!

Thursday, June 12th
1:30 p.m. - 3:30 p.m.

Free Community Event • Complimentary Food
Brian Brenner Performing Music from 50's & 60's
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Get ready for a special treat -
a fun and unique journey to your
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Valley View
Healthcare Center
419-332-0357 • valleyviewhc.com
825 June Street • Fremont, OH 43420



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**Adopt a
Cat Month**



Dairy Queen

Oak Harbor Road, Fremont

"Dining to Donate"
Sunday, June 22nd
Noon- 10pm

**50% of sales
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Mon. 8 a.m.-7 p.m., Tue.-Fri. 8 a.m.-6 p.m., Sat. 8 a.m.-Noon, Closed Sun.

S.C.R.A.P. Tractor & Engine club kicks off the PULLING Season on June 14th at 10am. Refreshments available, Seating and Restrooms provided.

Public Welcome. Entrance to PULL site on Co.Rd. 60 just West of Helena and just East of Rt. 300 off of Rt. 6. Next PULL is July 12th at White Star Park..check <http://s-c-r-a-p-inc.org> for future PULLS and New Activities for 2014 more info: Elwood at 419 307-4265.

Humane Society rib and chicken dinner at Wendt Key on Friday, June 6th starting at 4:30pm. Dinners can be purchased in advance only at the animal shelter, Jenesis Salon or Wendt. Key.

Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Tues. June 10, 11 am-12:30 pm. The cost is \$12.00 incl.

Our Feature will be Jillie Gray, she will be doing a program on "Planting Fairy Gardens". Our Speaker will be Deb Bailey, Dublin, OH. Her talk is titled "Tooth or Consequences". Deb is a dental hygienist and world traveler. She tells us that there is "More to smile about than the Tooth Fairy". For luncheon and free child care, please call by June 5th, Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

Riders Unlimited, located outside Oak Harbor, is seeking volunteers to help with therapeutic horseback riding lessons. Training will be held on Monday, June 2nd, 6 PM. If interested contact Riders Unlimited @ 419-898-6164 or email at ridersunlimited@gmail.com.

Reiki Circle, Tues. June 10, The Bellevue Hospital from 6-8pm, Conference Room A&B. From 6pm-7pm - Meditation- Breathing Exercises -Q & A; Reiki sessions- 7:10 -8.

Searching for talented people to compete in the 4th Fremont's Got Talent show to be held on August 11th. BIG Prizes: \$1,000 1st, \$600 2nd and \$400 3rd with an additional \$300 prize for the top youth 18 or under. Open to anyone residing in Sandusky, Seneca, Wood, Ottawa & Erie counties. No professionals please. Entry forms and full rules by calling either Ann @ 419-986-6542 or Diane @ 419-332-8173 or e-mail: Fremontsgottalent@gmail.com.

SATURDAY NIGHT BINGO!

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

More FUN added

Patriot Progressive Game
Win up to \$3000

Joker's Wild Bonanza
Win up to \$1000

Four admission prizes of \$25 given nightly

- \$100 every game (with 100 players)
- \$1000 progressive jackpot
- Triple Jackpot Keno
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1st and 3rd Wednesday of each month. Doors open - and pull tabs sold - at noon. Bingo starts at 2 pm

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My Mother's Recipes

By Joanne McDowell

June! Time for cookouts, graduation parties and family get togethers. I am sharing two recipes to make your life easier and have everyone talking about what a great chef you are, unless of course they read this column and know you didn't create these on your own! Enjoy the warm weather, we really deserve it. Bon Appétit!

I love peppers-Jalapeno Popper Dip ~ everyone will ask for your recipe!

6-8 slices of bacon, diced and cooked crispy
2 8-oz packages of cream cheese, soft
1 cup of mayonnaise
4-6 jalapeno's, chopped and deseeded. The seeds will make it fiery hot.
1 cup of cheddar cheese, shredded
1/2 cup of mozzarella cheese, shredded
1/4 cup diced green onion
Topping:
1 cup of crushed crackers, Ritz is fine
1/2 cup parmesan cheese
1/2 stick of butter, melted

Preheat oven to 350. Combine all of the ingredients into a medium bowl. Stir well. Transfer to an oven proof dish. (The size of the dish depends on how thick the dip is. The thicker the dip the longer it may need to warm up.) Combine the topping ingredients and sprinkle all over the top of the dip. Bake the dip for 20-30 minutes or until bubbly

Avocado Chicken Salad

2 or 3 boneless, skinless chicken breasts
1 avocado
1/4 chopped onion
juice of 1/2 a lime
2 Tbsp cilantro
salt and pepper to taste.
Cook chicken breast until done, let cool, and then shred. Mix with all other ingredients. Enjoy!



Old Fort Christian Preschool

2014-15 School Year Registration Now Open!

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Old Fort, OH 44861
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SERVICES

Fremont Sealcoating LLC, Pot hole repair, concrete sealing, seal coating, line striping, crack repairs for asphalt parking lots and driveways. We accept credit cards, member BBB. Call Keith at 419-603-1148 or Matt at 419-603-9759.

Dust Free Cleaning for your cleaning needs! Have a graduation party or event planned? Let us clean your house. \$12 per hour, 4 hour minimum references, insured. Call 419-603-6667.

"Add a touch of class to your wedding invitations envelopes, showers, awards, certificates and more with beautiful Gothic Calligraphy". Large, \$1.50, small .75. Call Mary at 419-332-8725. Fall waiting list for piano lessons.

Community
BINGO

Join Clyde Gardens Place for some bingo fun.
Refreshments and snacks will be provided.
There will be prizes and a chance to win a \$25 gas card!

Clyde Gardens Place
Senior Living
700 Coulton Street, Clyde, OH 43410
(419)547-7746
www.clydegardens.com

Date: June 30, 2014
Time: 1:00 p.m. - 2:00 p.m.
Location: Clyde Gardens Place
RSVP: By June 27, 2014 at 419-547-7746

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