

2000 Lifestyles

Free

Vol. 17 Issue 6

June 2015

www.lifestyles2000.net

HAPPY
FATHER'S
DAY!

A pair of flip-flops, one blue and one green, are placed on the sand to the right of the 'HAPPY' line of the 'HAPPY FATHER'S DAY!' message.



1312 Oak Harbor Rd. Fremont

JURASSIC SMASH BLIZZARD

New

Our Jurassic Smash Blizzard® treat, layered with vanilla soft serve and a center of peanut butter cookies and chocolate chip cookie dough.

JURASSIC WORLD

SOMETHING DIFFERENT
dairyqueen.com



Complete Line
of Inground &
Above Ground
Pools



Safety Swim Suits
Filters & Parts for
Intex Pools



Accessories
& Chemicals
Free Delivery
(with \$50 order)



Swim Rite Pools



2218 W. State St., Fremont
Mon-Fri 8:30-5:30 Sat 8:30-3
419-332-4441 • 1-800-303-4469



sales@swimritepools.net • www.swimritepools.net



Women's HEALTH SPECIALISTS

www.OhioBabyDoctor.com

1922 Glen Springs Drive Fremont, OH 43420

Phone: 419.333.9026

Care Provided:

- Total Women's Health
- Pregnancy
- 4D Ultrasound
- Gynecology/Surgery
- Incontinence
- Menopausal Care



Kurt D. Harrison, D.O.



Stanley Carr, M.D.



Lifestyles 2000

June 15



Vol. 17 • Issue 6

www.lifestyles2000.net

NEWS & NOTES:

Top Ohio Baby Names for 2014	7
Summer Fun at the Library	11
WSOS Keeps Seniors Independent	12
Camp Fire News.....	12

ENTERTAINMENT:

Out to Lunch, Joanne McDowell	4
Sandusky County Calendar of Events.....	5
Helen Marketti's Music Corner: It's Only Rock and Roll	9
In Your Own Backyard.....	10
Omarr's Astrological Forecast.....	11
Out & About in Sandusky County: Dressed for Life, Kelsey Nevius	15

HEALTHY LIVING:

The Kid's Doctor, Sue Hubbard, M.D.	3
Bellevue Hospital Receives Women's Choice Award	6

HOME & HEARTH:

12 Acres in Ohio, Gena Husman/Robin Arnold	6
Wolfgang Puck: Old Fashioned Chocolate Pudding.....	7
Kiss-Me-Over-The-Garden-Gate, Grace Sidell.....	8
"Grate" Treats and Eats, Chris Timko-Grate	13
Pet World, Steve Dale.....	14

The Kid's Doctor

By Sue Hubbard, M.D.
www.kidsdr.com

Treating concussion remains an inexact science

A very interesting study was published recently in Pediatrics online on the "Benefits of Strict Rest after Acute Concussion." The guidelines for treating concussion continue to be debated, making this research all the more thought-provoking.

This was a "randomized controlled study" which followed 88 patients between the ages of 11 and 22 who'd been diagnosed with a concussion. Forty-five of the patients were given instructions for five days of strict rest at home with no school, no work and no physical activity.

They were then allowed to have a "stepwise return to activity." The other 43 patients were told to "rest" for 1-2 days, after which time they could return to school also follow a "stepwise return to activity."

Interestingly, there was no clinically significant difference in the neurocognitive or balance outcomes between the two groups. In fact, the group that was "advised to rest for five days" reported more daily post concussive symptoms and slower resolution of symptoms than participants told to rest for 1-2 days.

This was only a small study and doesn't mean everyone concussion patient should be treated the same way. In fact, when seeing patients who've sustained concussions, each person seems to be a bit different, as might be expected when dealing with a brain injury. No two brains are exactly alike.

In my own limited practice, I've found that very few tweens and teens subscribe to the complete rest theory for concussion: no school, but also no TV, no computer and no videos or smart phones ("What, no social media for five days?") You'd have to put most of them on an isolated "post-concussion island" to ensure they disconnect.

The study authors also wondered if patients reported more symptoms after having strict rest recommended. It seems plausible. I myself might notice a few more symptoms while just sitting still wondering if my head hurts or if I seem to be more fatigued.

Subjective symptoms are always difficult to quantify, which makes treating a concussion more problematic. I think erring on the conservative side and restricting "return to play" for a longer period seems to be of more importance than any other recommendation, including "five days of strict rest."

In the wake of this study, more data is sure to follow.

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

Drown's Farm Market NOW OPEN FOR THE SEASON

2562 County Road 185
Clyde, Ohio 43410
N. of Rt. 19 / S. of Limerick Rd.

Fresh Fruit & Vegetables
Strawberries • Rhubarb • Asparagus
Tennessee Tomatoes • Baked Goods
and more!



Open 9-5
7 days a week

419-639-3789

The Grund Drug Co.



"Our Family Serving Yours
Since 1861"

Happy Father's Day!
June 21st

Stop in for a great
selection of
Father's Day,
Graduation &
Everyday Cards!



Fremont's only locally owned pharmacy
& downtown post office is located at
227 S. Front Street, Fremont OH 419-332-5585
Mon-Fri 9am-7pm Saturdays 9am-5pm

Color is FREE when you
advertise in Lifestyles
2000.

Call 419-334-3602 today!

Lifestyles is available at
local Subways in Fremont
& Clyde

Like us
on



609 E. State
Fremont
419-334-7901

June Special:
Small Rally Burger Combo or
Small Spicy Chicken Combo for
\$1.99 exp. 6-30-15

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Tammy Calhoun

Email: trcalhoun@me.com

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.

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

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

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

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

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Wow, I was so excited reading the nice comments this month from our readers, many who have been reading Lifestyles for the past sixteen years! I guess we are all growing older and wiser together. I do read every entry so feel free to give me your feedback on what you enjoy and what you would like to read about.

So thrilled this month to have a summer writer, Kelsey Nevius, a young lady who interviewed me last summer for her career mentoring program. She has written a wonderful article about the red dress exhibit at the Hayes Center.

Congrats to our graduates and also a Happy Father's Day to all of you.

Be safe, see you in July!

Joanne



"Finding Pete" was not too difficult in May as most answers were correct out of the close to 200 we received. He was hidden in the Centec ad.

Find Pete Winners

Winners are: Harold Food, Helens; Tina Kidd, Tyler Wagner, Crystal Rohrbacher, Sandi Kille, Patti Saam, Corey McKnight, Becky McElfresh, Rita Myers, Dick Zilles, Joyce Havens, Fremont; Kathryn Aldrich, Becky Balsizer, Ashley Whitaker, Clyde; Karen Opp, Gibsonburg; Alicia Brown, Green Springs, Della Humbarger, Lindsey, Jean Haubert, Kansas.

Winner of Miller Boat Line tickets for the "16 Years" contest are: Caroline Byrne, and Susan Hoffman, Fremont; Maryle Greene, Bellevue.

Dairy Queen cake to Mi Mi Risner, Fremont. African Safari passes to Janet Wood, Fremont and Joe Hoffman of Clyde. Congrats!

Find Pete Prizes

Prizes are from Jenesis Salon, Pond Builders, Dairy Queen West, Rally's Fremont, The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry. Mention "Celebrating 16 Years" to be eligible for a pass to African Safari for 6 or Miller Boat Line tickets.

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

Out to Lunch

By Joanne McDowell



T.J. Willie's

"Back in the day" there was a Club 224 in Tiffin. (I am sure many of you will remember the place). Many of us used to go there on weekends and we formed relationships with people from the Tiffin/Old Fort area. One such person was Doug Dunlap, who in 1983 opened T.J. Willie's near the Tiffin Mall. For many years I took clients to this fun eatery when I was on the road working for Ohio Outdoor, where I worked as an account executive for eighteen years. (Gosh I am starting to feel really old writing this article!)



Sandwiches include BBQ Pork, T.J. Club, Turkey Russian, Yellow Perch, Grilled Tuna or Chicken Melt, Grilled Spinach-Artichoke Turkey, Midwestern Chicken and a Grilled Balsamic Portobello slices topped with onions and peppers.

Several weeks ago we went to Coppus Motors in Tiffin to have our car serviced and decided to have lunch at T.J.'s. There was a favorite salad that I always ordered in the "old days" and to my surprise, it was still on the menu!

It is simply called "Chicken Breast", cubed chicken marinated in the house dressing with egg, tomato, Swiss cheese and toasted almonds for \$9.89. There are a good variety of salads: Blackened Chicken, Sirloin Steak, Chili Taco, Grilled Chicken or Salmon Caesar and even Chicken Fingers!

Starters include Mussels, two dozen for \$7.99; 15 Chilled Shrimp for \$8.39; Nachos Deluxe, Spinach-Artichoke Dip, Crispy Chicken Fingers, to name just a few.

Aged Black Angus Steaks are highlighted on the menu for meat lovers in prices ranging from \$14-24.00. There is also a Pasta, Stir Fry and Basket section. There is a Yellow Perch basket for \$11.99.

Pete ordered what he always orders....a burger! It was a half pound and he said it was excellent. Next time I would like to try the T.J.'s Steakhouse, it is blended with A-1 and topped with bleu cheese crumbles, lettuce and tomato for \$8.99.

Great Plates are dinners that come with one side and include Chopped Steak, BBQ Pork, Key West Tilapia, Stacked Pot Roast and Salmon. All in all I would have to say everyone will find something on the varied menu. There is a Kid's Menu for age eleven and under.

Now that I have made myself hungry from reviewing the menu, I guess we will have to return soon, and remember, the traffic is not nearly as bad if you take State Route 53 south in the summer!

Hours are Monday thru Thursday from 11am- 9pm; Friday and Saturday from 11am-10pm, Sunday from 8:30am-8:30pm and a brunch from 8:30am-1pm.

Visit www.tjwillies.com to read all about it!

THE POND BUILDERS

Come See the New Faces at The Pond Builders, Large Selection of Metal Art, Cement Angels, Balancing Stakes, Chimes



Hours: Mon - Fri 9 - 6, Sat. 9 - 3, Sunday 12 - 4

1639 State Route 590 • Burgoon
419-334-4497 • www.thepondbuilders.net



Calendar of Events

June 2015 – Sandusky County

June 4, Summer Concert Series at Clyde Gardens Place- 700 Coulson St., 6-7pm. Featuring Brian Brenner. He brings to the stage an audience-interactive event filled with fun - featuring a great variety of music, comedy, audience participation, and very special tributes to some of music's greatest legends. Free.

June 4, Schedel Arboretum & Gardens, Discover basil - by Vicki Gallagher. 6pm, fee is \$12/\$10 for members. Registration is appreciated. 419-862-3182 schedel-gardens.org for info.

June 5, Pemberville Cruise-ins, registration 4:30, show 5pm. Free.

June 6, Old Family Photos: Care, Digitizing & Organizing Class 9:30-Noon. Hayes Presidential Center Head of Photographic Resources Gil Gonzalez instructs attendees on how to identify the photographic process used to create a photo, as well as how to preserve, digitize and organize your photos. \$10/Adult, \$5/Student, pre-registration required. 419-332-2081 or www.rbhayes.org.

June 6, Gibsonburg Farmers Market, at Log Yard, 213 W. Madison St., 9am-noon, Free.

June 6, Schedel Arboretum & Gardens, Tea Reading with Tamilyn Shean. 6pm. \$15 fee, \$13 for members. Registration is required. Call 419-862-3182.

June 7, Vintage Baseball, Featuring the Spiegel Grove Squires, 1:30pm.

June 7, Fremont Concert Series in the Park, Birchard Park, 7pm, Terra State Jazz Band.

June 8, Sandusky County Historic Jail Tour 622 Croghan St, Fremont. Tour times are: 5:30pm, 6m, 6:30pm & 7pm. Admission \$3. www.sanduskycounty.org.

June 10, Verandah Concerts, 6:45-8pm, Hayes Presidential Center. Each event begins with a free ice cream social. Admission is Free. 419-332-2081 or www.rbhayes.org.

June 11, Schedel Arboretum & Gardens, Evening guided tour. Learn tree and flora information for the 17 acre garden estate as well as Schedel family history. 6pm. Registration is appreciated. 419-862-3182.

June 13, Second Saturday R 4 Kids, 11m-2pm, Hayes Presidential Center. A hands-on educational series designed for children and parent/adult companions. \$1/child 6-12, \$7.50/Adult, which includes Hayes Museum admission. Call 419-332-2081 or www.rbhayes.org.

June 13, All you can eat Pancake Breakfast- Girton Church of God, 2112 S. C.R. 32, 7-11am, cost \$5.

June 14, Fremont Concert Series in the Park, Birchard Park, Fremont 7pm, Elvis Tribute Concert.

June 18, Schedel Arboretum & Gardens, Painting with Donna - Old glory barn wood flag. 6pm. All materials included. Fee is \$35. Registration required. 419-862-3182 schedel-gardens.org

June 19, Senior Bingo Bunch- Clyde Gardens Place, 700 Coulson St., 1:30-3:30pm. Free, lunch will be provided and cash prizes will be awarded. RSVP to Christina at 419-547-7746 by June 17th.

June 20, 2015, YMCA taking the Course for a Cause, 1st Annual Golf Outing at Sycamore Hills Golf Club, Shotgun Start @ 10am. Enjoy a day of good food, fun golf and fellowship while knowing your participation is helping the less fortunate in our community. Registration for individuals or for your 4 person team! Registration includes 18-Holes of golf, Golf Cart, lunch, dinner & awards after. Contributions, registrations and sponsorships welcome! \$65 per individual. Contact Lindi Cahill at 419-332-9622 or visit www.ATtheY.org

June 20, Ralph's Joy of Living Farmer's Market, Downtown Fremont. Car Show from 9-1.

June 20, Schedel Arboretum & Gardens, Flower gardens with gusto. Demonstration by Rachel South, 6pm. Flower gardens with gusto. Demonstration by Rachel South of Bench Farms. Fee is \$15 or \$13 for members. 419-862-3182 or schedel-gardens.org.

June 21, 2015, Fremont Concert Series in the Park, Birchard Park, Fremont 7pm, Ridin' Shotgun Band.

June 22, Jailhouse Rock Dinner Theater, Dinner at 6pm, doors open at 5:30pm, \$20. Tickets can be purchased at the Sandusky County Visitors Bureau, 712 North St, or purchase on-line at www.sanduskycounty.org

June 23, 2015, Pemberville's Garden Party, Downtown Pemberville (along Front Street) 4pm-8pm, FREE.

June 24, Verandah Concerts, 6:45-8pm, Hayes Presidential Center. Admission is free. Call 419-332-2081 or www.rbhayes.org.

June 25, Schedel Arboretum & Gardens, Clicks for kids - Led by professional photographer Julie Paszcykowski 6pm.

Clicks for kids - Led by professional photographer Julie Paszcykowski. Beginner children's photography. Fee is \$12 or \$10 for members. Registration is appreciated. 419-862-3182.

June 27, Woodville's Farmers Market, 9am-1pm, free.

June 28, Fremont Concert Series in the Park, Birchard Park, Fremont 7pm, North Coast Concert Band.



8080 Main Street,
Old Fort
419-992-4666
Mon-Fri 7:30am-7pm
Sat 8am-5pm
Sun 10am-4pm

It's that time of year!
**Graduation Parties, Reunions,
Showers & Summer Get-Togethers**
**We have everything you need including
our homemade bratwurst.**
**Don't forget Old Fort community
garage sales June 12 & 13.**
**Sign up at OFCM by June 9 and maps will be
available at OFCM on June 11.**

Accepting New Patients



Corey Fazio, DO
Obstetrics & Gynecology

Board certified. Specializing in women's healthcare, annual exams, screenings, family planning services, gynecological care, infertility evaluation, menopausal care, and obstetrical care.

**1400 W. Main St., Building 1
Bellevue, OH 44811
419.483.2494**



Gregory Karasik, MD
Obstetrics & Gynecology

Board certified. Specializing in women's healthcare, obstetrics, gynecology, pregnancy, delivery, infertility, menopause, and pelvic surgery.

**1400 W. Main St., Building 1
Bellevue, OH 44811
419.483.2494**

**Great Lakes
Physicians**
The Bellevue Hospital



**1400 West Main Street
Bellevue, Ohio 44811
www.bellevuehospital.com**

Wood Ducks

“Ok, you can go out...she’s looking the other way....” For the past several days we’ve had to grab our binoculars and check the wood duck nest box across the pond from the house before opening the back door. If we could see the female wood duck peering out, or the male and female “woodies” resting on top of the box, we’d either wait a while or go out the front door. They are, by nature, very skittish ducks and often the slightest unexpected movement will scare them off. We consider ourselves extremely fortunate because we have a nesting pair--something we’ve never had here before so close to the house.



We’d noticed a large number of wood ducks hanging out around the property this spring-- it seemed like we were constantly startling them from the ditches or out of the marsh. One morning six of them flew out of a tree in back of our barn as we were walking past. Although we already had one wood duck box in the marsh (it only ever seemed to attract tree swallows, though) we decided it would be fun to put up a couple more nest boxes--one by the pond across from the house, and one more by the marsh. We’d no sooner put up the two new boxes when not only wood ducks but also mergansers started checking the boxes out--along with all the sparrows who were already house-hunting because we wouldn’t let them live in the Purple Martin gourds.

For the first few weeks we watched female wood ducks and mergansers going in and out of the new box by the pond. Many times the male woody would fly in with his mate and either sit on top of the box or swim back and forth in the water just below while she laid her egg. Then the pair would leave together and be gone until it was time to lay another egg.

During the initial egg-laying stage we’d check the boxes frequently, pulling out sparrow nesting material. We could tell when it was safe to check the boxes with-

out scaring the duck because the minute she’d laid her egg and left the box, we’d see the sparrows stuffing their nesting material back into the boxes. One day we found two or three medium-sized eggs all covered up with downy feathers in the box and from that point on, the number increased daily. This pattern repeated itself until the clutch was complete.

On May 14th, the female wood duck decided it was time to sit and incubate the eggs. We haven’t figured out how they determine who gets to sit on the eggs--the female woody or the female merganser--but as of this writing, there is now a female wood duck sitting in the box on the pile of eggs. She will incubate “her” eggs for about 27 to 30 days, only leaving the nest for a short time in the morning and evening.

We’re looking forward to an interesting late spring or early summer event because, as of the last count, we estimate she’s probably sitting on at least 11 to 15 eggs...not all of them are hers...and not all of them are even wood duck eggs. Some of them belong to the pretty little merganser who was also in and out of the same nest box.

Check out Robin’s website and blog at www.duckmarshstudio.com. There you will find her blog, a link to her photos, and a link to her etsy store.



Robin Arnold



Gena Husman

Picture Framing

Custom Picture Framing
Frames, Glass, Mats

Art Consultant Hours
Wed-Fri 10-5
Sat 10-noon

Color Haven Paint & Supply LLC
105 N Stone, Fremont
419-332-6952
colorhaven.net

The Bellevue Hospital Receives Women’s Choice Award® As One of America’s Best Emergency Care Hospitals

The Bellevue Hospital is recognized for ranking in the top one percent for Emergency Care

The Bellevue Hospital has been named a recipient of the Women’s Choice Award® as America’s Best Hospitals for Emergency Care. This coveted credential places The Bellevue Hospital in the top 10% for Emergency care, which was achieved by 373 hospitals, less than 10% of the 3,800 emergency rooms that report data to the Centers for Medicare and Medicaid. Overall, TBH also ranked in the Top 1% for Emergency Care.

Emergency services account for more than 125 million hospital visits annually, and all clinicians must have expertise in caring for patients across their life span, often when their healthcare needs are urgent and unplanned. Unlike other hospital departments that interact with the same patient and families for an extended period, staffs typically have one patient encounter.

Hospitals earning the Emergency Care Award consistently rank in the top 25% of the 3,800 hospitals reporting on their emergency department’s performance to the Centers for Medicare and Medicaid Services (CMS). The eight measures CMS publicly reports relate primarily to the amount of time taken in the ER such as time for diagnosis, medication, and admission to the hospital, and are weighted according to the priorities of women surveyed.

A hospital can be eliminated from the award if they fall outside the 25th percentile for two or more of the eight measures, depending on their importance. The award is also limited to those hospitals with a solid recommendation on Hospital Consumer Assessment of Healthcare Providers and Systems.

Year after year, the Women’s Choice Award® is the only credential that identifies the nation’s best healthcare institutions by measuring against the needs and preferences of women, when it comes to treatment and a quality hospital experience. This credential signifies The Bellevue Hospital’s commitment and passion toward an extraordinary healthcare experience for women and all patients.

North Branch Nursery, Inc

3359 Kesson Rd. Pemberville 419-287-4679

- APPLES
- PEARS PEACHES PLUMS
- APRICOTS CHERRIES
- GOJI BERRIES RASPBERRIES
- BLUEBERRIES CURRANT
- KIWI SERVICEBERRY
- STRAWBERRY BLACKBERRY
- HONEYBERRY
- GRAPES HOPS

Available Now!

Have a
tasty
summer
with these
fruit
bearing
plants!

A taste of summer: old-fashioned chocolate pudding

In many parts of the country, we're just a few weeks away from school letting out for summer. So it's not surprising that many parents (as well as people who may have no kids at home but still like to pamper their inner children) are starting to think about fun cooking activities making warm-weather treats. One of my favorites has always been old-fashioned, cornstarch-thickened pudding, dating back to when my mother and grandmother prepared it for me and my siblings during my childhood in Austria.

I used the word "old-fashioned," but I also know that puddings thickened this way are actually a relatively recent invention. The oldest puddings known were custard mixtures thickened with egg yolks. But in the 1830's, an Englishman named Andrew Bird first began selling a custard powder based on cornstarch, which he originally developed for his wife, who had an egg allergy. The product caught on, with such packaged pudding mixtures eventually becoming common worldwide.

In fact, today most people think of pudding as something based on a mix that comes in a small, colorful cardboard box. But it's just as easy to make it from scratch, and you get better results because you have full control over what you put into it.

You'll see what I mean when you prepare the recipe for Bittersweet Chocolate Pudding. It's a simple mixture of milk, sugar, cocoa powder and bittersweet chocolate, plus a touch of butter for extra richness, hints of vanilla, just a little salt to enhance the taste and, of course, cornstarch to thicken it. Use your favorite good-quality chocolate and cocoa; you'll get results that transform and concen-

trate the flavor you love into a perfectly smooth, creamy dessert.

It's so easy. And children can join in, too, with adult supervision while working with heat. For the best results, the only step that calls for particular care is streaming the dry ingredients slowly into the liquid while stirring steadily, which prevents lumps from forming.

Only a few hours of refrigeration sets the pudding to a perfectly creamy, cool consistency. I like to cover the surface of each serving with a piece of plastic wrap, which prevents the formation of a chewy "skin" on the pudding as it cools. But then again, some people fondly remember the pudding's skin as one of their favorite little treats to eat. Such are the pleasures of childhood, no matter how old you may be.

Bittersweet Chocolate Pudding

Serves 6 to 8

3 cups (750 mL) milk

1/2 cup (125 mL) sugar

3 tablespoons unsweetened cocoa powder

4 tablespoons cornstarch

6 ounces (185 g) bittersweet chocolate chips

1 ounce (30 g) unsalted butter

1 teaspoon pure vanilla extract

1/8 teaspoon kosher salt

Freshly whipped cream, for serving

Pitted fresh cherries or good-quality maraschino cherries, for serving

Pour the milk into a heavy metal saucepan. Stir in half of the sugar using a wire whisk. Put the pan over medium heat

and bring the mixture to a boil, stirring frequently. Remove the pan from the heat.

Put the remaining sugar, cocoa powder and cornstarch into a medium-sized bowl. Use a clean, dry whisk to stir them together until thoroughly combined. While whisking the hot milk mixture continuously, gradually pour in the sugar-cocoa-cornstarch mixture in a slow, steady stream.

Return the saucepan to medium heat and clip a thermometer to the side of the pan, with its tip immersed in the mixture. Continue cooking, stirring continuously with the whisk and taking care to scrape the bottom and sides of the pan until the mixture has thickened to a consistency resembling molten jelly and reached a temperature of about 200 F. (93 C), about 4 minutes.

Remove the pan from the heat. Immediately whisk in the chocolate chips, butter, vanilla and salt, until the chocolate and butter have completely melted and are fully, incorporated.

Pour the hot mixture into individual serving glasses or bowls. Cover each with a piece of plastic wrap, gently pressing the plastic directly onto the surface of the pudding to prevent a skin from forming as it cools. Refrigerate until well chilled, at least two hours. Serve within three days, removing the plastic wrap and topping each serving with whipped cream and cherries.

(c) 2015 WOLFGANG PUCK WORLDWIDE, INC. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.

Top Ohio Baby Names for 2014

The Social Security Administration today announced the most popular baby names in Ohio for 2014. Liam and Emma topped the list.

The top five boys and girls names for 2014 in Ohio were:

Boys:

- 1) Liam
- 2) Mason
- 3) Noah
- 4) William
- 5) Carter



Girls:

- 1) Emma
- 2) Olivia
- 3) Ava
- 4) Sophia
- 5) Isabella



Genesis Salon



Get 12 weeks of Frizz Free Hair with the one and only Brazilian Blowout!

\$100

Expose Your Toes



with a pedicure from Nancy Offenburg
Call 419.332.8992 for your appointment in our massage pedicure chair!

THERMA FUSE LITER DEALS

on sale month of June

\$45 for set

Choose from

Moisture, Color care or Volume

Tuesday & Wednesday
with Tomi Flores

\$15

Haircut and Style

419.333.0031

607 Walnut Street, Fremont
Corner of 5th Street and Walnut

Fremont Country Club



2340 E. State Street

Phone

419-332-0581

www.fremontcountryclub.com

Open to the Public for

Sunday Brunch 10-30am-2pm

Book Your 2015 Party

Wedding Receptions • Reunions

Showers

Company Lunch & Dinner Meetings

Customize your event with us, call

Pat or Kelly at 419.332.0581



FLAGS & FLAG POLES

U.S. Flags In All Sizes
State & Special Flags
Flagpoles & Accessories

CENTEC CAST METAL PRODUCTS

MARKERS & PLAQUES

Flag Holders -
Military, Fireman,
Police & Custom

Plaques -
Memorial & Dedication
Memory Ribbons
Custom Work



P.O. Box 645 • 501 Knapp St. • Fremont, Oh
Phone (419) 355-1414 • Fax: (419) 355-1422 • www.centecc.com



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

May was so much fun...for me it meant a trip to Atlanta and a 5 day visit with my daughter Kay and her family; attendance at my grandson Stan's graduation from Shorter University in Rome, Georgia. We flew home on Friday and on Saturday went to BGSU to the graduation ceremonies where a granddaughter, Sarah Webb, received her degree. She plans to attend graduate school to achieve a degree in Phycology. Matt Webb, Sarah's brother, graduated this May from Clyde High School where he was honored as Valedictorian of his class.

A couple days ago, my daughter Angie and I spent the day at Croghan Elementary School, where they were celebrating Right-To-Read Week. I was asked to set up and man the station they called, Camp Read-a-lot. Oh course, I asked my daughter Angie to help me, she's so good at this kind of thing. We taught camp songs around

the "camp fire", played camp related games with the kids. We also taught Fire safety with regard to an outside camp fire. During the day, the students in grades K-5 rotated to us and other stations until all students had visited each station. We had approximately 40 students for 8 sessions of ½ hour each. What Fun! It felt like Camp Fire camp all over again!

Many of my readers and friends are asking, "How are you coming with your book, Ms. Grace?" "Have you found a publisher yet?" Well, I've finished writing my memoirs, "Heartbeats and Footprints, A Memoir of 30,000 sunrises." However, I have the forward, the credits and the "About the Author pages to write yet and them I'm finished.

Yes, I have found a self-publisher that I plan to use. It seems to be just what I was looking for. They have the perfect

name as well. It is 'Book Patch', with a tagline, "We grow Books". Now, how's that for a good fit, two "grow-ers" teaming up.

Probably, I'll let the manuscript lay for a month or so, then get it out and reread everything, perhaps reposition some sections, check for sentence structure and spelling errors. I'll edit one more time and then put it in the hands of my typist Amanda, who will handle the computer work. Once we get it to the publisher's, they promise it will take only 7 to 10 days for printing, binding and shipping. We will keep you posted.

So, what's happening in June at the Old Garden House? Lots of luncheons and dinners, a couple weddings in the yard and two events you may want to attend.

One Monday June 22nd, we will celebrate the new season and welcome summer with a dinner served at 5:30

p.m. The menu will include ham and chicken, scalloped potatoes, green beans, homemade yeast rolls and pies (blueberry, Apple, coconut cream and others if reservation merit). Call 419-332-7427.

The June Tea at Two will be served at 2:00 on Tuesday, June 30th. The program will be about songs we sang during the war years in America. We'll jog some musical memories while we have fun with the songs that won the wars. Call 419-332-7427.

So until next month, celebrate summer; plant some flowers; go fishing; send a card to a friend just because; and smile when you say 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.

NOMS Healthcare Now Offers OB/GYN appointments in the Fremont area.

Brian Printy, M.D. is scheduling patients at the Fremont Family Practice office of Mary Bower, M.D. & Jennifer Hohman, M.D.

Dr. Printy is a Board Certified Ob/Gyn physician providing the full scope of women's healthcare including:

- well-woman care
- birth control
- pelvic pain
- treatment of abnormal bleeding
- prenatal care including VBAC (vaginal birth after c-section)
- urinary incontinence
- bladder and uterine prolapse
- cancer screening and diagnosis
- menopausal symptoms
- laparoscopic hysterectomy



Dr. Printy is accepting new patients at the following locations:

NOMS Healthcare Obstetrics & Gynecology 2500 W. Strub Rd., Suite 210 • Sandusky, OH
NOMS Healthcare Fremont Family Practice 1479 N. River Road • Fremont, OH

Call 419-625-2841 to schedule an appointment!



www.nomshealthcare.com



267 S Lightner Rd
Port Clinton, OH
43452

Only 20 minutes west of
Cedar Point!
1-800-521-2660

Drive-Thru Safari
Feed the animals and enjoy fun shows!



africansafariwildlifepark.com

Helen Marketti's Music Corner

It's Only Rock n Roll



Marc Zakarin is completely at home when discussing rock and roll memorabilia whether it is an artifact's history, origin and more importantly, its price. Marc and his wife, Deb have spent over forty years collecting, selling and bargaining with many of rock and roll's historical items.

"As a young guy, I was always into music," said Marc. "When I was in the sixth grade is when I attended my first concert. The line up was the famous DJ, Murray the K, Canibal and The Headhunters (Land of a Thousand Dances), The Shirelles plus Little Anthony and The Imperials."

"I'd have to say the Young Rascals were one of my favorite bands. I became friends over time with Gene Cornish (Young Rascals) who was the guitarist. I also do stand up comedy for a few rock bands. I have opened for Gene and his guitar band and also Southside Johnny and the Asbury Dukes. My routine includes stories about being at Woodstock, my wife Deb, the economy and so forth. It's a fun outlet. However, rock and roll collecting has always been number one."

Marc's attendance at Woodstock 69 made a life long impression. "My father wrote up a contract for my friends and I to sign. I was sixteen years old at the time. My father's contract stated that we cannot drive over 55 mph, we must wear our seatbelts, we will not pick up any hitchhikers and we will not drink beer. I then turned it into a joke and I had my own contract that my dad will not follow us or steal my broad." (laughs)

"As I was walking around at Woodstock, there was an outdoor market where people were selling tie dies, incense and other generic stuff. It was then that I got the idea that I could sell rock and roll items, promote a convention where bands could play, have

items autographed and make it similar to a Comic or Sci Fi convention," explains Marc. "My first rock and roll convention was in 1975 and Murray the K was my MC. My idea was to collect memorabilia that was anything but records. I was thinking more along the lines of toys, buttons, mugs, stickers, tour jackets and so forth. There is so much out there in rock and roll and it's also the one subject that is not totally traceable. There is more hidden memorabilia."

Marc discusses what rock and roll items are hot sellers. "Original posters are the most valuable item for collectors. Handwritten lyrics are another valuable item. Pricing for items can go from tens of thousands, to hundreds of thousands to millions depending on the artist and if they are alive or deceased. Items in their original packaging and in mint condition will double in value. For example, The Beatles 1966 Cleveland cardboard concert poster sold for \$38,309!"

It seems everyone is a music fan. "Sometimes I receive calls from celebrities or musicians because they are collectors of other

artists. Actor, Steven Seagal collects Jimi Hendrix guitars. Eddie Murphy has wanted to buy a Hendrix guitar," said Marc. "In one of my auctions I once had a film clip of Keith Richards (Rolling Stones) getting electrocuted. A young couple had filmed it on their Super 8 camera. The film clip sold for \$26,000. Keith called through a mutual friend and wanted a copy of the film clip. The doctors said that if it weren't for him wearing Hush Puppy Shoes he would have died. The shoes are what saved him. Whoever set up the equipment did not ground the microphone and the show ended up being cancelled."

He continues, "Some rock stars call me wanting their own memorabilia because they were not able to secure anything while being on the road or some did not have a clue what had been manufactured with their image until years later."

"One of the most unusual items I have come across is a car that Ringo Starr used in one of his TV Specials starring Carrie Fisher. It was a 1957 BelAir Coupe. George Barris designed the car. At the time, the car sold for \$26,000 but on today's market may easily go for \$100,000. It's all subjective because what's hot today may not be by tomorrow."

Marc shares his thoughts about who is the top seller. "The Beatles are THE number one seller in rock memorabilia. I wouldn't say that Elvis is number two although he is way up there. Hendrix items sell as does Led Zeppelin, Janis Joplin and the Rolling Stones. I once sold a flowered shirt that belonged to Jimi Hendrix for \$46,000. What made it sell was the photo identification. Whenever you have photo proof of an item it will sell better."

Marc and his wife, Deb acquires the items through word of mouth, advertisements, auctions, other dealers and recommendations. He and Deb enjoy the thrill of

the hunt. "I sold a Beatles at Shea Stadium poster for \$130,000. A Rolling Stones at Carnegie Hall poster sold for over \$50,000. The Doors signatures on a first management group contract went for nearly \$20,000. I sold Billy Joel's psychological tests that he did when he was a kid. One of the questions asked "What do you want to be when you grow up?" and Billy wrote, "Little Richard."

Today, Marc works for a couple of auction houses (Leland and Hakes). "We want to help people sell their memorabilia items. Search your attics, barns, closets and garages because you just might get rich!"

www.itsonlyrocknroll.com

itsonlyrocknroll-ny (Ebay site)

www.zaknation.com



Elmwood

Assisted Living & Skilled Nursing of Fremont

- Private, Skilled Nursing Suites & Memory-Care Suites
- Beautiful, Homelike Decor
- Inpatient/Outpatient Therapy
- Hydro Room/Whirlpool Tub & More!

New addition!

419-332-6533

www.elmwoodcommunities.com

1545 Fangboner Rd
Fremont, OH 43420

JOIN PROMEDICA
MEMORIAL
HOSPITAL
GOLDEN THREADS

CALIFORNIA COAST
September 17-23, 2015



[Air/Motorcoach Tour Highlights:](#)

6 Nights Accommodations
10 Meals
Pacific Coast Highway
San Diego
Long Beach—Historic Queen Mary
Monterey—Oceanfront Rooms
17 Mile Drive
Hearst Castle
Amtrak's Coast Starlight Journey
All Transportation

Cost Per Person **\$2699.00** Based On Double Occupancy

PROMEDICA MEMORIAL HOSPITAL
Call for details -419-334-6613

In Your Own Backyard

Hayes Memorial United Methodist Church is hosting a free Christian Day Camp for kids entering 4th grade and leaving 6th grade. This will be held from 9 a.m.-4 p.m. on June 15-19. Please contact the church office at 419-334-2605 to sign up.

Come and join us at Vacation Bible School at Hayes Memorial United Methodist Church on June 14-18 from 5:30-8:30 pm. We will offer a free dinner followed by Bible stories, singing, crafts, and games. This year the theme is Everest - Conquering Challenges with God's Mighty Power. It will be a week full of fun! VBS is open to Preschool thru 6th grade students. Please contact the church office at 419-334-2605 to sign up.

Sleep in a Box and Help the Homeless: Have you ever had to sleep in a box? The folks at Liberty Center of Sandusky County invite you to both experience a hint of that desperation and help people who are homeless by becoming a resident or sponsor of Box City 2015. A city of boxes will be rising up in Fremont's East Side Park at 5:30 p.m. on June 5. Box City residents will be provided boxes thanks to Green Bay Packaging or may bring their own boxes in which to spend the night. Constructing and decorating the box structures are a big part of the Box City fun. Residents will enjoy a hotdog dinner and, after dark, a candle light service. There is still time for those who are interested in sponsoring or participating to contact Liberty Center at (419) 332-8777 for registration.

Gibsonburg Farmers Market in downtown Gibsonburg, Saturday June 13 at the log yard. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. For more info contact Mary at 419-637-2257.

The Fremont Lions Club will be holding its Annual Pancake Breakfast on Sunday, June 14th at the Fremont Eagles Club from 8am-1pm. Adults \$6, children under 12, \$4. Serving pancakes, ham, eggs, coffee, milk and juice. Funds raised from this event are used to support important community and international projects such as vision screening, providing eyeglasses and raising awareness of eye disease. Our projects also support local children and schools through scholarships and youth camps. This year the Ohio State "Big Nut" will be there to meet and greet.

Village of Lindsey Farmers Market: In its 6th year now, this market is held the second Saturday of each month through October, from 9 am until noon, in the Village Park on Main Street. Open to vendors selling produce, baked

goods, crafts, plants, etc. Vendor fee is only \$5 for unlimited space. Shoppers will find a wide variety available. For info call 419-665-2045.

Our Lady of the Pines: To register for events call 419-332-6522 or email olprc@pinesretreat.org

Book Discussion Luncheon: A Hidden Wholeness by Parker J. Palmer, June 23, Noon-2:30pm, Facilitated by: The Ceile de Group. Registration requested \$15 (includes lunch and discussion).

Centering Prayer Tuesday, June 2, 7pm. Leader: Fran Benlein is a liturgist, musician, and presenter Cost: free will offering.

The Colors of God (overnight retreat) Friday/Sat., June 26/27. The Colors of God, an overnight retreat, will be experiential, reflective and prayerful with opportunities for sharing. We will explore the many ways our God can speak to us in color and creativity. Presenter: Sister Wanda Smith, RSM. Cost: \$100, registration required.

Praise God, Pool Side! June 22, 7pm -8pm, Come and join Miss Tracey Vas, Liturgical Coordinator, and the Sacred Heart Children's Choir Experience "Evening Prayer" pool side. \$5/ family; registration requested

REVERENCE FOR ALL CREATION Wed., June 17, 9-3. We will reflect on the beauty of humanity and our union with all creation. Presenter Sister Patricia Meyer, Cost:\$25, Registration requested.

Summer Private Retreat Days From June 8-13. During these days, you are welcome to stay at the Pines for prayer and personal time with God. Our chapel and our 63 acres of gorgeous pine trees are conducive to reflection and spiritual growth. Meals will be provided Cost for 5 nights is \$450 including meals.

SOMETHING OLD, SOMETHING NEW Luncheon and Program with Fremont Area Women's Connection, Anjulina's Catering, 2270 Hayes Avenue, on Tuesday, June 9th, Luncheon 11 am-12:30 pm Cost \$12 (incl) The feature will be "White Birch Gifting and Antiques". The owner, Kassi Smith-Stotz, will describe her unique and artistic talents and merchandise. The Speaker will be Marci McCombs, Canfield, OH speaking on her "Extreme Makeover Experience". Marci loves people, shopping, and

chocolate, and uses humor to share her story. For luncheon, call by June 4, Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

Searching for talented people who want to win \$1000! Fremont's Got Talent is once again in need of contestants to compete on Sunday August 9, Birchard Park for top prizes. First place will take home \$1000, 2nd \$600 and third \$400. Also, the top contestant under age 18 (not in the top 3) will win \$300. A People's Choice Award will also be given. Any age and any talent is welcome - as long as it is "G" rated! Please email Ann at Fremontsgottalent@gmail.com or call 419-986-6542 for the entry form and rules. Contestants have a deadline to enter so DO NOT delay!

SAVE THE DATE! The Sandusky County Republican Party and the Sandusky County Republican Women will be hosting a fundraiser for the area's Republican candidates on Saturday, July 11th. Further arrangements are being made, but a delicious BBQ dinner will be featured, fun activities for the whole family, and a chance to mingle with the candidates. Please mark your calendars. We hope to see you on July 11. For questions, call Justin at 419-559-8386 or Anita at 419-357-2686.



1999-2015
We are
Celebrating
16 Years

To win Miller Boat Line tickets or a pass for 6 to African Safari Send your name and address to "Celebrating 16 Years", 30 Ponds Side Drive, Fremont, 43420
Or email to: lifestyles2000@sbcglobal.net
You can also add this to your "Find Pete" entry

EXCELLENCE In Service



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

Pinnacle Hearing
at Elmwood at the Springs,
Green Springs • 419-639-6251

Aaron Burks, Au. D.
Doctor of Audiology

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

TUESDAYS
Doors Open 5:30 pm
Games 7:00 pm
Free Coffee
Progressive Lucky Number

B-I-N-G-O

BIG GAME SUPER 19 \$1000.00 Consolation of \$150	JACKPOT \$1000.00 in 54# 1 Consolation of \$150
--	---

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

CALICO CAT
Antiques & Collectibles
Collection of Old & New Items
Children's Books • Furniture • Toys • Kitchenware
• Primitive • Linens • New Items Weekly

Red, White & Blue is Here!
Happy Father's Day, Sunday, June 21st
Gifts for all the men in your life!
Annex Now Open!
Ask to see what's new there

115 S. Main St., Clyde
(Former Dime Store Building, next to Our Town's A Brewin)
Call 419-547-2701 Call for Summer Hours.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Having the nerve to assert your rights is not the problem. However, choosing to be assertive in appropriate situations and for the right reasons might challenge you. Avoid taking on additional debt.

TAURUS (April 20-May 20): You have a passion for success, but must work harder than others to reap the rewards. Remain polite even if you're tired. There's a New Moon in your sign that might help you switch direction.

GEMINI (May 21-June 20): Olive branches or other symbolic gestures restore peace and tranquility. You can diffuse a potentially volatile situation by stepping up to bury the hatchet. Avoid risky investment or relationship commitments.

CANCER (June 21-July 22): Spring is a time of growth, but money doesn't grow on trees. It will pay to prune unneeded expenses. Because you feel ambitious and want to show up rivals, you may be tempted to overspend.

LEO (July 23-Aug. 22): The more you give, the more you get. An insurmountable obstacle in the workplace or with regard to your health can be conquered if you're willing to ask for help. Fix problems early before the molehill becomes a mountain.

VIRGO (Aug. 23-Sept. 22): You may need to take a few steps backward to continue to forge forward. The opinions of those close to you could become a focal point. You may find opportunities to further your education.

LIBRA (Sept. 23-Oct. 22): You may be tempted to give in to temptations, per-

haps a clove of garlic hung by the door will keep the green-eyed monster away. Fostering trust could change your luck for the better in romantic affairs.

SCORPIO (Oct. 23-Nov. 21): Keep a watchful eye on the bottom line. When money is concerned, it's difficult to remain solvent when there are more "takers" than "givers." Remain aware of a shift of interest by your closest partners.

SAGITTARIUS (Nov. 22-Dec. 21): Sit on your hands and mind your own business. Don't meddle or make changes, especially regarding work-related issues, as you might unleash difficulties that will take a long time to clear up.

CAPRICORN (Dec. 22-Jan. 19): Talk is cheap, but a passing comment may save you from making an expensive mistake. Making the right connections could catapult you into a more powerful position.

AQUARIUS (Jan. 20-Feb. 18): Dependable ways are the best ones. People have come to rely on you to take care of daily responsibilities like clockwork. There's no reason to change a routine that works well. Perform regular rituals in the upcoming month.

PISCES (Feb. 19-March 20): Mum's the word. You may easily recognize someone else's faults, but you're not required to point them out. Keep friendly advice to yourself as your critiques will not receive a friendly reception.

(c) 2015 TRIBUNE CONTENT AGENCY, LLC.

Summer Fun at the Library!

There's something for everyone at the library. Keep your children reading all summer so they don't lose those valuable skills they worked so hard to attain all school year long. There are fun programs and reading incentives for all ages at our 4 locations in Fremont, Gibsonburg, Green Springs, and Woodville. Preschoolers and parents are invited to attend story times on Tuesdays and Wednesdays at the main library. Children who haven't started school yet can also join the 1,000 Books before Kindergarten program and earn prizes for every 100 books that a family member reads to them. Call to register at 419-334-7101.

Elementary students are invited to participate in Every Hero has a Story, the summer reading program. Children earn prizes for meeting reading goals. Kids can also sign up for Crafternoons, Wednesdays at 2:00 in June and July, for crafting fun. Have you seen the awesome new AWE computers and furnishings in the children's room? Thank you to the Honor Project and the Birchard Library Association Foundation for providing funding for these recent improvements.

Teens have a summer reading program of their own, Unmask! Teens read books or eBooks in June and July to earn vouchers which can be turned in at the end of the program to redeem prizes.

Adults can Escape the Ordinary and enter to win a prize in a weekly drawing of the adult reading club. A new Movie Classics matinee also debuts this summer, on the fourth Thursday of the month at 1:30. Current movie releases will continue to be shown on the big screen on Third Thursdays.

If you can't make it to the library, visit our website at www.Birchard.lib.oh.us and download eBooks, eMagazines, eMusic, and eMovies for free, courtesy of our CLEVNET contracts with Overdrive, Zinio, Freegal, and Hoopla. Questions?

Now Offering Extended Office Hours



Mary Bower, M.D. Jennifer Hohman, M.D.

In an effort to improve our care to our patients we now offer Tuesday, Wednesday and Thursday evening appointments as well as most Saturday mornings.

Accepting New Patients!



1479 North River Rd. Fremont, OH • 419-355-9440

Groundbreaking
innovation has
broken through again.

Introducing the all-new
2015 CLA.

Starting at \$31,500*

COPPUS MERCEDES



Mercedes-Benz

Oldest Mercedes dealer in the country • *Service & Integrity Since 1927*
2190 W. Market St. • Tiffin, OH 44883 • 800-686-5100

Best of the Best

Coppus Motors of Tiffin, Ohio has received the prestigious Mercedes Best of the Best Dealer Recognition Award.

United Way funding helps WSOS keep seniors independent

Every weekday in Sandusky County, WSOS Meals-on-Wheels drivers provide home-bound seniors with hot, nutritious meals delivered directly to their homes.

But Meals-on-Wheels drivers provide more than lunch.

“For seniors who want to enjoy the comforts of home, Meals-on-Wheels offers a chance to continue living independently,” WSOS Senior Programs Director Robin Richter said.

While seniors may feel more comfortable in their home than in an assisted-living facility, those who choose to live on their own may encounter daily challenges, as preparing food, running errands and other tasks may be difficult for seniors. WSOS Meals-on-Wheels helps seniors remain independent by covering one of these major needs—nutrition—each and every weekday.

Meals-on-Wheels provides more than 55,000 meals annually to seniors throughout the county. Funding for Meals-on-Wheels comes from United Way of Sandusky County along with assistance from Sandusky County taxpayers, Area Office on Aging of Northwestern Ohio, and other forms of local assistance.

“The partnership with Sandusky County United Way creates an opportunity for WSOS Meals-on-Wheels to help seniors thrive in our community,” Richter said.

Apart from providing meals for seniors, Meals-on-Wheels also offers added safety for homebound seniors. Meals-on-Wheels drivers often come to know their patrons well, just as the people on their routes look forward to their own driver’s visit each day. Drivers know if a patron appears to be in distress or does not meet the driver at the door as anticipated. If a driver believes a patron is in need of help, he will initiate a safety check by calling a dispatcher who will then notify the senior’s emergency contact.

“Having someone stop by each day gives families the comfort of knowing their loved

one remains safe throughout the day,” Richter said.

Along with Meals-on-Wheels, Sandusky County seniors are also able to partake in meals and social activities at any of the four senior centers operated by WSOS. Centers are located in Fremont, Clyde, Gibsonburg and Woodville. All senior centers offer health checks, games, exercise programs and other events for active seniors in the county.

Additionally, WSOS offers the availability of volunteer passenger care attendants on TRIPS public vehicles for seniors, disabled passengers and riders with mobility issues. Passenger care attendants can help TRIPS riders board and exit the TRIPS vehicle, carry groceries and offer other assistance, helping seniors attend doctor’s appointments, shop, complete errands and continue living active lives.

“We always strive to find new ways to help our seniors,” Richter said. “With our Meals-on-Wheels service, senior center activities and passenger care attendants, we work to keep seniors active, healthy, independent and happy.”

For more information on the WSOS Senior Programs services, call 419-334-8911 or visit www.wsos.org.

Camp Fire News and Notes

The Tiffin Charitable Foundation, Inc. recently awarded Camp Fire Sandusky County with a check in the amount of \$1553.00 on behalf of the John E. Pollock Fund.

In 1995 at age 76, Mr. Pollock lost his life to lung cancer. He designated that all revenue generated from the sale of his Water Safety Company be put into a trust and be “used for the training and handling of boats under manual or sail power; public safety education as it affects boating and natural and applied science education, and to provide education for young people about boating safety and other marine education programs.” His trust also stipulated that the funds must be used in the Sandusky River area.

Camp Fire teaches safety and handling procedures in canoes during camps. Campers gain educated hands-on experience all while having fun. Camp Fire is proud to honor Mr. Pollock’s wishes by sharing his love with a growing number of youth throughout the community.

A gracious thank you is also due to those who pledged to the Bellevue United Selective Fund. Camp Fire received a donation totaling \$600.00. The support of donors like this is a blessing.

In addition to monetary donors, members from Fremont’s church community chose Camp Fire for the “Love Thy Neighbor Project” and contributed time by cleaning foliage, and helping to maintain the grounds. Kiwanis members also came out for their “One Day Project”. They completed some electrical repairs and also helped clean the grounds. We greatly appreciate both groups for your time, energy and continued commitment to Camp Fire.

Have any old shoes? Kiwanis is collecting shoes in any condition. These shoes will be reconditioned and sent to developing nations. Please drop off your donations to Camp Fire, 2100 Baker Rd. Fremont, OH 43420 by July 30th.

Registration for 2015 camps is ready! For a detailed listing of camps and registration forms, go to: www.campfirefremont.com or call at 419-332-8641. Any adults have free time on their hands? If so, you’re more than welcome to join us at camp as a volunteer. Contact us today!



2015 Car Show

Cruise on over to Valley View Healthcare Center for our **2015 Car Show and Oldies Concert!**

Thursday, June 11th
1:30 - 3:00 p.m.
Valley View Healthcare Center

Live Music • Food • Door Prizes • 50/50 Raffle Awards for Crowds Choice

Valley View Healthcare Center

419-332-0357
825 June Street
Fremont, OH 43420
valleyviewwhc.com
Trilogy Health Services
@TrilogyLiving

Today's Hits & Yesterday's Favorites

80s-90s-Today!

LOCAL NEWS
WEATHER • SPORTS

Start Your Day with **MARK**

wforadio.com
STREAMING 24/7

Today's BEST COUNTRY & Yesterday's CLASSICS!

LOCAL NEWS
WEATHER • SPORTS

coast1009.com
STREAMING 24/7

SAVE \$50
on \$500 purchase

SAVE \$100
on \$1000 purchase

Offer expires 06/30/15
Must present coupon at time of purchase.

**“No Job Too Big or Too Small,
Snyder's Does It All!”**

12 MONTHS FREE CREDIT

SNYDER'S FLOOR COVERING OUTLET

214 STATE ST.
BETTSVILLE
419-986-5599

www.snydersfloorcovering.com
MWF 9:30-5:30; Tue, Th. 9:30-7; Sat 9:30-1:30

"Grate" Treats & Eats

By: Chris Timko-Grate

On June 21st it will be the official start of summer! Yea! Our Spring really hasn't been so bad; my hubby has been able to mow at least once sometimes twice a week. We have planted our flowers, and have purchased our garden plants and by the time you read this we will have planted them. We chose some old favorites and a couple of new ones this year. So now with this being spring our weather will be nice and sunny and some will still be cool, but they sure beat the cold gray days of winter!

With summer comes lots of grilling and lighter foods. I don't know about you but when it is really hot I don't want heavy meals, I want something cold and light. But when we do grill it keeps the heat outside and clean up easily. I will be looking for some new recipes to try this summer on those hot humid days and if anyone has any recipes like that, send them my way, I am ready for some new ones. In turn I will share with you in future columns any new ones I find. Enjoy this great weather and have an enjoyable summer!

Crunchy Vegetable Salad

1 medium cauliflower, broken into flowerets
3 cups broccoli flowerets
2 cups chopped celery
1 cup sliced carrots
1 cup chopped green onions
1 8oz carton sour cream
1 cup mayonnaise
1 tablespoon sugar
1 tablespoon white vinegar
1 teaspoon celery seeds
1 teaspoon dried whole dillweed
½ teaspoon salt
½ teaspoon garlic salt

Combine cauliflower, broccoli, celery, carrot, and green onions in a large bowl. Combine sour cream and remaining ingredients; stir well. Pour sour cream mixture over vegetables; toss gently. Cover and chill thoroughly. I suggest letting it chill for a good 6 to 8 hours and toss occasionally while chilling.
10-12 servings

Marinated Flank Steak*

1 (2 pound) flank steak
1 small onion, finely chopped
¾ cup vegetable oil
¼ cup soy sauce
3 tablespoons honey
2 tablespoons cider vinegar
1 ½ teaspoons garlic salt
1 ½ teaspoons ground ginger
Score steak, both sides, diagonally across grain at ¾ inch intervals. Place meat in a shallow dish. Combine oil and remaining ingredients in a small bowl; stir well. Pour marinade mixture over steak; cover and marinate in refrigerator 8 hours, turning occasionally. Remove meat from marinade; discard marinade. Grill steak over medium heat until your desired doneness. To serve, and this is important, slice steak diagonally across grain into thin slices. Flank steak can be a tough stringy cut of meat unless you slice it across the grain so make sure you do it right. If not sure ask someone who would know or get ahold of me. 6-8 servings
*This steak marinade can be used not only for the Flank Steak but for any Steak you would like to use.

Contact me with comments, questions, suggestions, and your recipes at ChrisTimkoGrate@roadrunner.com

Senior BINGO Bunch

Join Senior Bingo Bunch June 19 from 1:30 pm. - 3:30 pm. We meet at Clyde Gardens Place the 3rd Friday of every month. Lunch will be provided and cash prizes will be awarded! RSVP to Christina at 419-547-7746 by June 17th.

Summer Concert Series

This summer, join us in the parking lot to hear a variety of musicians that will get your toes tapping and fingers snapping!


Clyde Gardens Place
Senior Living

700 Coulson Street, Clyde, OH 43410
419-547-7746

June 4—Brian Brenner
July 23—Classic Trendz
August 13—The Big Chuck Show
September 10—Recycled Barbershop Quartet
All concerts are from 6-7 pm. and will be followed with ice cream sundaes and tours. Bring your own lawn chair. If there is bad weather, the event will be held inside.



**HUMANE SOCIETY
OF SANDUSKY COUNTY INC.**

MOTORCYCLE POKER RUN June 20th 2015



RUFF RIDE 2015

All Proceeds To Benefit The Humane Society

\$20 Per Driver - \$20 Per Passenger
Includes Meal

Last Bike Out: 10:30 AM

Registration Begins at 9 A.M.
at Grates Silvertop
3939 OH-53 Fremont, OH 43420

1st stop - Dock's Beachouse - Port Clinton
(breakfast will be available for purchase)
2nd Stop - Margaritaville - Sandusky
3rd Stop - Knucklehead Saloon - Huron
4th Stop - The Mason Jar - Sandusky
5th Stop - Nowhere Tavern - Bellevue
Final Stop - Shellukes - Fremont

50/50 Tickets
\$250 Best Hand - \$100 - 2nd - \$50 3rd
Door Prizes * Raffle * Live Music

Last Bike In: 2:30PM

Event Details At: <http://www.hs-sc.org/events.html>



BEST MIX
of the
90s & Today!

Start Your Day
with



RANDY
and the
MORNING MIX

mix1027.com
STREAMING 24/7



Classic Hits
of the
60s-70s-80s

**LOCAL NEWS
WEATHER • SPORTS**

wohfradio.com
STREAMING 24/7

Q: My Chihuahua growls constantly at my boyfriend, even snapping at times. My boyfriend does give him treats, or tries to, but the dog is scared. My dog seems to respond this way to all males. How can I get him to stop? - N.S.

A: "Put yourself in your dog's position - a vulnerable small dog and big boyfriend; it's intimidating," says Dr. Michael Paul, who resides in Anguilla.

Perhaps, your dog wasn't socialized to men at a young age, or for whatever reason, is afraid of dudes. You certainly have the right idea as far as your boyfriend offering the dog treats. However, the problem may lie in the way he does this. Imagine a 30-foot giant with a scary giant voice (how your boyfriend may appear to your dog) coming up to you with \$100. You might run and hide, despite the lure of the cash! But what if he left a few bills around for you to pick up, then walked away? That's a different story.

Whenever your boyfriend arrives, have him toss small tidbits of hot dog, low-salt cold cuts or cheese to your dog, then simply walk off. Also, have him deliver your dog's meals, then walk away. When he walks away, the perceived threat disappears.

"On walks, have your boyfriend take the leash sometimes," Paul suggests. "Over time, your dog will feel more comfortable." Indeed, walking is a bonding experience.

When your boyfriend watches TV or reads at your home, have him sit on the floor, which is less threatening than standing. Then allow your dog to make the call, and visit with your friend only if and when he desires.

If this advice doesn't pan out, contact a veterinary behaviorist (www.dacvb.org),

a veterinarian with a special interest in behavior www.avsab.net, or a certified dog behavior consultant (www.iaabc.org).

Q: My cat is moody. Since we adopted him, we've had a problem with him biting to show his displeasure and annoyance, particularly toward me. He gets so vicious sometimes that I have to lock myself in the bedroom until he calms down. We hope to have children soon, so we're concerned. Any advice? - D.A.

A: Dr. Vicki Thayer, executive director of the non-profit Winn Feline Foundation (which funds cat health studies), says first, it's important to determine what's going on with your cat, starting with a veterinary visit to rule out a medical explanation. If your cat is in pain, from a gastrointestinal or dental issue, for example, this might explain his behavior. Due to the extreme nature of the cat's response, the problem could conceivably be redirected aggression or feline hyperesthesia syndrome.

Thayer suggests keeping a log of where and when these attacks occur, and exactly what's going on at the time. For example, did you just return home? Is your cat looking out the window just before attacks occur? If possible, videotape an attack, if only with your phone, and play it back for your veterinarian.

Feline hyperesthesia is a little understood syndrome during which a cat's skin ripples, the pet vocalizes, and then often attacks. This syndrome could be partially neurological, and might involve a dermatological issue. Usually, medication is required, as well as behavior modification, which may mean petting the cat less and rewarding him for calm behavior.

Other steps include enriching the cat's environment (such as adding more places to climb and food puzzles that dispense treats), and lowering the anxiety level with Feliway (a copy of a calming pheromone to relax anxious cats), Thayer says.

If the problem is redirected aggression, it could be your cat is seeing something outside or smelling something on you, then directing his aggression at you. If redirected aggression is diagnosed, your veterinarian could suggest behavior modification, as well as using tools like Feliway (a copy of a calming pheromone), and perhaps psycho-pharmacological intervention, as well.

Q: I went to the store and carefully chose positively-reviewed products to keep fleas off our dog, but nothing has worked! What should I do? - V.D.

A: "Most over-the-counter products have no studies to verify efficacy (that they're effective enough to deter fleas)," says vet-

erinary parasitologist Dr. Michael Dryden, of Kansas State University College of Veterinary Medicine-Manhattan. "Many contain pyrethroids, which fleas are often resistant to, particularly where you live."

Dryden, often called "Dr. Flea," says he's ecstatic about the newest generation of flea products that offer a quick speed of kill, including AcuGuard, Bravecto, Comfortis, Nextguard and Vectra 3D.

"They are remarkable," he cheers, "And they do work, even in Tampa, or any place in southern states. Using any of these products correctly, you will defeat the fleas."

Dryden explains, "Speed of kill is important for several reasons, among them the fleas don't have the chance to lay eggs in the environment."

(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 Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.)



LOST PET
Bella, 4 lb, tan and white female
Chihuahua lost on west side of Fremont
in Sept.
Reward: \$400
Call 419 334 3602

Mary's Pampered Pets

Grooming Dogs & Cats

Mary Miller, CMG



"Let me pamper your pet when you can't."

Services - Hydrosurge Bath and Shedless Furminator

Happy
Father's
Day!

Now Carrying Lupine
Leashes and Collars
**Certified Master
Groomer**

10:30 to 5 daily
Third Sat. 10:30 close
108 E. Buckeye St, Clyde
1 block east of Main St.
419-547-9100

Welcome to our Veterinary Hospital

We treat your pet like our own!

Ryan Zimmerman, DVM

**24-Hour
Emergency Service
Available**



3032 Napoleon Rd • Fremont
419-332-5871
westviewvethospital.com

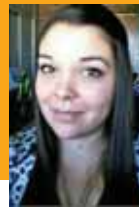
Mon. 8 a.m.-7 p.m., Tue.-Fri. 8 a.m.-6 p.m., Sat. 8 a.m.-Noon, Closed Sun.

- Complete Wellness & Health Care Programs.
- Full range of Soft Tissue & Orthopedic Procedures, including knees & fracture plating.
- Digital X-ray & Ultrasound.
- Dental Care with Digital Imaging.
- Full In-House Lab.
- In Room Waiting & Checkout.
- Luxury Boarding Suites.
- Online Management of your Pet.
- Class 4 Therapy Laser
- Acupuncture



Out and About in Sandusky County

By Kelsey Nevius



Summer is finally here, and with it comes warm weather activities that we've been waiting for since the cold winter months. I, for one, am glad to be back home this summer from college because of all the events happening right here in Fremont, all leading up to the Sandusky County Fair at the end of August. While the Fair seems a bit far away, there are so many other things to do and see that it will sneak up on us in no time.

This month, I decided to take a trip to the Rutherford B.



Hayes Presidential Center in Spiegel Grove. I've always loved the beautiful scenery of the Grove, complete with towering pine trees and peanut-loving squirrels, but the history behind the site is what intrigues me. Both the Hayes House and Museum are wonderful attractions,

and this time, my trip was to view the new Dressed for Life: First Ladies' & Red Dress Collection. And while the Museum is also filled with different dresses from Lucy Webb Hayes and Mrs. Hayes' own collections, there is something special about the Red Dress Collection.

The Red Dress Collection is not just for viewing, but also intends to convey a message. The Collection, as well as Dressed for Life, have an affiliation with The Heart Truth, which spreads information about women's heart health and awareness of heart disease. I found this amazing. Not only do you get to see historic and iconic dresses, but you are also helping

to support a cause that not many of us think about. The dresses from the fashion week of the Red Dress Collection were front-and-center, accompanied by pictures of the celebrities that wore them, such as Venus Williams in a Luca Luca dress or



Heidi Klum wearing a Marc Jacobs designed gown. Among the celebrity dresses were also those of iconic First Ladies, and I have to say, many of them were among my favorite dresses in the exhibit. The intricate and beautiful maroon dress worn by Lucy Webb Hayes and the simplicity of the striped burgundy and pink gown worn by Laura Welch Bush were two of my favorites. Both the history in the dresses and awareness being spread by them is a wonderful thing.



I hope that everyone can go and see the Dress for Life exhibit at the Hayes Center. It is both a captivating display featuring unique and iconic dresses as well as a way to spread awareness about a disease that is said to be the number one killer of women. Be sure to stop by and enjoy the scenery of Spiegel Grove, the Museum, and the Red Dress exhibit before it disappears on January 4th, 2016.

Dresses are: the fancy Elizabethan style one is Lucy Webb Hayes', the simple pinstriped one is Laura Bush's, and the full length gown with flowers is Venus Williams.

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
- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of Instant



Old Fort Christian Preschool
2015-16 School Year Registration
Now Open!
1070 E. Pleasant St.
P.O. Box 20
Old Fort, OH 44861
419-992-4325

Classifieds

EMPLOYMENT

Clyde-Green Springs Schools Transportation Dept. is in need of substitute bus drivers, \$12.50 per hr with a 2 hr minimum. Training is provided. Please call 419-547-0588 for an application.

Help Wanted: Part-time, experienced, hands-on vet tech needed in a shelter environment to oversee care of resident pets. Mail resume to: Help Wanted, 244 Nathan Dr., Clyde 43410.

SERVICES

DUST FREE CLEANING: Get ready for summer! Call 419-603-6667 for the best cleaning around. Rates are \$12.50 per hour, 4 hour minimum, references, insured.

BUS TRIPS

Travel with Blue Lakes Tours: New York City Aug 6-9; Nova Scotia Quebec Sep 13-24; Southwest National Parks Oct 5-16; Branson Oct 19-24. Call 419-874-4225 for information

Advertise your July garage sale all month long! Mail a check for \$25 and your classified ad, up to 30 words, to Lifestyles' Classified, 30 Ponds Side, Fremont, OH 43420. Deadline is June 30th.

If You Are Fun & Caring Like Us...

COME JOIN TEAM ELMWOOD!

Apply Online at:

www.elmwoodcommunities.com

HUMANE SOCIETY OF SANDUSKY COUNTY INC.
2520 Port Clinton Road • Fremont, OH 43420 • (419) 334-4517



Adopt One-Get One
Cat or Kitten for June
Cats are \$70 and Kittens are \$90 Over 180 to choose from.

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



24-Hour Emergency Care • All Private Inpatient Rooms

Cardiac Rehabilitation
Cardiac Stress Testing
Cardiopulmonary Services
Center for Women's Health
Centralized Scheduling

Childbirth Education Classes
Cleveland Clinic Heart &
Vascular Institute
Clyde Health Services
Clyde Urgent Care
Community Wellness &
Educational Programs
CT Scans
DEXA Bone Scans
Diabetes Self Management &
Education
Diabetes Support Group
Diagnostic Imaging Center
Digital Mammography
Family Birthing Center
Gift Shop

Health Screenings
Hydrotherapy Pool
Inpatient & Outpatient Surgery
Laboratory Services
Main Station Café
Mature Audience Luncheons
Neurosurgery & Pulmonology
Northwest Ohio Medical Equipment
Nuclear Medicine
Nutrition Counseling
Occupational Health Center
OPEN Bore MRI
Pain Management Center -
Bellevue & Clyde
Physician Referral Services
Pulmonary Function Testing

R2 Mammography ImageChecker
Rehabilitation Services -
PT, OT, Speech Therapy
Sleep Disorders Center
Speaker's Bureau
Specialty Physician Services
Stereotactic Breast Biopsy
Support Groups
The Bellevue Hospital Foundation
Ultrasound Services
Volunteers & VolunTEENS
Wellness & Walking Trail
Women's Imaging Center
Yoga Classes

Bellevue: 419.483.4040

Clyde: 419.547.0074

**Fremont, Green Springs,
Republic:**
419.639.2065



1400 West Main Street • Bellevue, Ohio 44811 • 419.483.4040 • www.bellevuehospital.com

THE BELLEVUE HOSPITAL COMMUNITY BENEFITS of 2014

The Bellevue Hospital has been providing *Quality Care, Close to Home* since we first opened our doors in 1917. The benefit of our hospital is measured not only in the health and wellness of the individuals touched by our excellent patient care, but also in community services and activities offered through disease prevention, health promotion and education. Together we continue to work toward improving our community's health status. We also provide jobs and support our local schools and businesses by the taxes we pay and the products we buy from area businesses. We are always here to help those without insurance or a means to pay for needed care. Listed to the right is a brief summary of the benefits we provided in 2014.



Uncompensated and Charity Care

More than \$2 million in patient care was given to individuals who were uninsured or under-insured.

COMMUNITY INVESTMENTS

Wages & Benefits\$21,602,614
Bellevue City Income Tax\$214,028
Bellevue City Schools Taxes\$32,607
Clyde/Green Springs Local School
Taxes\$16,940
Fremont Local School Taxes\$11,058
Monroeville School Taxes\$4,217
Seneca East School Taxes\$6,302

Capital Investments\$1,286,642
Dollars Spent Locally\$2,788,000
Cash & In-Kind Donations\$84,500
Volunteer Hours8,022

HEALTH SERVICES

Admissions1,538
Births376
Diagnostic Imaging Procedures31,164
Emergency Department Visits15,453
Rehabilitation Procedures38,798
Occupational Health Visits3,967
Outpatient Visits62,503
Surgical Procedures3,569
Lab Tests206,750