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Vol. 17 Issue 6
June 2016

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Lifestyles 2000

June 2016

Vol. 17 • Issue 6

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The Kid's Doctor

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

Dealing with separation anxiety

Do you ever leave your child with a babysitter or caregiver? Weird question right? But some parents never want to leave their child with someone else, and I am not sure that is healthy for either parent or child.

I recently had this discussion with parents of a 3-year-old child who was having a terrible time with separation anxiety. While many children go through stages of separation anxiety, by the time children are 3- to 4-years-old, they are typically past this stage. When I was talking with this family they told me their child had never been left with anyone.

I guess as a working mother I was incredulous. What? Had the parents never gone out to dinner or to a party, a concert, a lecture or even on a night away for some much needed "couple" time? They told me that they would occasionally call in grandparents but typically took their child everywhere with them. (I think there are many places such as movies, adult restaurants, and other venues that might not want a young child in tow).

I suppose some would say the child was fortunate, but I really believe that as children reach age 2 they need to begin learning to separate from their parent. Not for days or weeks, but for a play group, a preschool program, the gym nursery or something where they're learning a bit of independence.

While some parents are quite fortunate that they don't have to leave their child to go to work every day, the concept of leaving your child for any hour or two with a trusted babysitter should not cause anxiety for the parent and ultimately not the child. Separation is an important milestone, as your child learns that while you may leave for an hour or two, you always return. There is security in that knowledge. They will also learn how to interact with other adults and children, which is often different than they do with their own parents. (Ask any teacher about that phenomenon).

Autonomy and independence are typically traits that parents desire for their children. Parents also need to have some autonomy as well. I think this makes for a better parent/child relationship in the long run. Little steps in separating become bigger steps as a child grows older. Starting with a babysitter or nursery for an hour or two on occasion is often the beginning.

(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.)



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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome to our June issue and Happy Father's Day!



Three weeks ago I stepped into landscape stones and broke my right foot. The last several weeks have been a lesson in patience, and also how to get around in a gigantic boot. But for all of that, I am thankful that this will heal and life will go on. So many relatives and friends suffer with cancer and other life threatening diseases that I realize how very fortunate I am, and that this issue got to the press in spite of it all.

We hope you enjoy this issue as we continue to be grateful for celebrating 17 years!

Joanne



We had 135 correct answers this month, the correct answer was Brown Painting.

Winners of Miller Boat Line tickets for adding "Celebrating 17 Years" to their entry are: Kathy Nieset, Helena; Donna Kasman, Bellevue, Bridget Thomas, Fremont. Congratulations!

Find Pete Winners

Other winners include: Connie Larimore, Elmore; Dave Gebauer, Susan Nichols, Lori Misner, Clyde; Paula Florian, Chris Reed, Kent Carnicom, Betty Sterling, Michael Koebel, Jane Horan, Elaine Dickman, Linda Mierke, Spencer Conklin, Larry McElfresh, Bob Wells, Fremont; Beth Butzin, Helena; Jackie Dunn, Oak Harbor; Jacqueline DeFriece, Vickery; John Artino, Bellevue; Ryan Miller, Green Springs

Find Pete Prizes

Prizes are from Dairy Queen, Jenesis Salon, Pond Builders, and Rally's. The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad. Anyone who mentions Celebrating 17 Years in their entry will be included in a drawing for Miller Boat Line tickets.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (Mar 21-Apr. 19): Smart shoppers come out on top. Be selective about your purchases and make sure that you are getting the best bargain possible. Be aware of creative ideas to stretch your dollar.

TAURUS (Apr. 20-May 20): Dress to impress. Others will think that you are really on the ball if you show off your sense of style and good taste. Maintain a professional tone when in social situations.

GEMINI (May 21-June 20): Use brainpower to get the job done. You'll get the greatest satisfaction from researching facts, crunching numbers and solving difficult problems. Focus on fact finding.

CANCER (June 21-July 22): Get up and go while the going is good. Your energy level will be high and you can make the most of it by dusting off the golf clubs, taking a hike or simply tackling some household chores.

LEO (July 23-Aug. 22): Stay on course. Distractions abound and may have you questioning whether your current plan will work, you will learn that perseverance will eventually be rewarded.

VIRGO (Aug. 23-Sept. 22): Thinking outside the box may miss the mark. The simplest solutions work the best; trying to be too creative or clever may make a task more difficult than it needs to be.

LIBRA (Sept. 23-Oct. 22.): Put on your Sunday best. Spice up your appearance and make a striking impression. Tag along with a special someone and you may find yourself on an exciting adventure.

SCORPIO (Oct. 23-Nov. 21): Be a pillar of support. A loved one may seem hesitant when visiting new places or trying new things but you can make it all better by giving comfort and reassurance. If no one else is willing to make a choice, step in and take charge.

SAGITTARIUS (Nov. 22-Dec. 21): Stray from the beaten path. Satisfy your need for excitement by exploring uncharted territory or try something that is new or completely out of the ordinary.

CAPRICORN (Dec. 22-Jan. 19): Get motivated. Stay busy by working to achieve a tangible goal, no matter how big or small it may be. Enlist the aid of others to accomplish whatever you set out to do.

AQUARIUS (Jan. 20-Feb. 18): Get to the point. Don't skirt issues or you may confuse your audience. A wise elder or experienced mentor may have valuable information to share with you if you listen.

PISCES (Feb. 19-Mar. 20): Those around you may have serious issues to deal with when all you want is just to go out and play. Go off on your own and follow whatever whims that tickle your fancy.

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and 25th 10-3

17 YEAR CICADAS: WHAT IS THE “BUZZ” ALL ABOUT?

By Lester Wayne Daniels

In case you haven't heard, this is going to be a big year for insect enthusiasts! For some readers, they won't see any unless they're living near Bellevue or traveling to eastern Ohio. The 17 year or periodical cicada is making themselves felt over half the state this spring! These cicadas are known as “Brood V” and mistakenly called “locusts.” Broods are name labels given to cicadas that appear in certain areas on designated years. So what is a periodical cicada?



Adult cicada next to a cast skin,
Mohican State Park, Loudonville,
1999.

Periodical cicadas are about 1.5 inches in length with black bodies, red eyes, and orange wing veins.

Every seventeen years, periodical cicadas emerge from the earth by the millions in May and June! Their sudden appearance can overwhelm unsuspecting people. Waves of them exit their underground burrows and ascend into the trees to shed their skins and become adults. The immature cicadas, called nymphs, look very different from the adults. They are brown and have front legs designed for digging. Upon molting, their bodies are white which later darken.



Female cicada laying eggs
in a branch, Findley State
Park, Wellington, 1999.

Within days, the trees will hum with the songs of male cicadas to attract mates. Male cicadas have hollow abdomens with two organs called “tymbals” that vibrate and produce sound. Females have no sound organs and are silent. When numerous males congregate, their songs can become deafening!

Adult cicadas are harmless to people. They do not bite or sting and don't carry diseases. Many animals feast upon them like birds and domestic pets. I would caution allowing your pet eat too many of them since animals can gorge themselves and become ill.

After mating, female cicadas can lay as many as 600 eggs in branches by puncturing them with her egg tube called an ovipositor. Each nest will consist of 5 to 30 eggs and repeated nest building can weaken twigs and cause breakage. Small trees can be injured or killed. I suggest using tree netting to protect orchards and saplings.

Adult cicadas only live for a few weeks and will disappear by July. As they die, their bodies litter the ground and emit a repugnant odor.

Their eggs hatch within eight weeks where the newborn cicadas, who resemble tiny ants, drop to the ground and dig in for another 17 years. The young feed on the fluids from grass and tree roots and grow slowly.

Periodical cicadas are not to be confused with annual or “dog day” cicadas that appear in July and August. Annual cicadas are bigger, have black and green bodies, and seldom appear in large numbers. Their life span is 2 to 5 years.

If you have any questions or concerns, visit the Great Lakes Cicada Page at www.magicicada.net for additional information!



Newly emerge cicada, Spring
Grove Cemetery, Cincinnati,
2004.



Kurt D.
Harrison, D.O.



Stanley Carr, M.D.



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Why you stink at investing

Did you panic when markets tumbled earlier this year? Do you feel better now that they have stabilized? If so, you aren't alone. The hardest part of being an investor - even a long-term one - is coming to terms with a terrible truth: We stink at investing because we are human beings.

In fact, the very cognitive behaviors that distinguish human beings from other forms of life can lead us astray. I recently spent time with Dan Egan, the director of behavioral finance and investments at Betterment, the online investment adviser, who explained that traditional economists believe that incentives, along with logical thought processes, will ultimately dominate our decisions. Behavioral economists "acknowledge that human beings are not always rational and want to help people make better decisions by using their emotions to their advantage."

As an example, he cited retirement plan enrollment. Since the inception of defined contribution plans, traditional economists thought that the incentive of tax relief to retirement plan participants would be enough to encourage them to start saving money for the future. All they would have to do to enroll in a plan was to check a box. Easy, right?

But that's not what happened. Many workers simply went along with the default option of not enrolling. To help boost participation, behavioral economists lobbied to change the default to be automatic enrollment and if workers wanted out of the plan, they would have to proactively check the box. Egan says that subtle change helped retirement plan participation soar "from about 20 percent of eligible employees to over 80 percent."

Behavioral economists want to make it easier for us to do virtuous things, like saving for retirement and harder to do harmful things. Egan contends, "Doing the right thing should be effortless," and even the small act of checking a box requires a bit of effort.

Another problem inherent in retirement saving is myopia, or our tendency to focus on the near term rather than the long term. When confronted with the choice of doing something fun today, like going on vacation with your family or using available funds to help secure a comfortable retirement decades in the future, guess which one tends to win out?

Egan calls this the "tyranny of the here and now." To combat it, he says, "people need to identify with their future selves and to really think about what kind of life they hope to be leading years from now."

When it comes to managing our money, being a human being can be downright dangerous. We suffer from two biases when markets are rising: overconfidence in our own abilities to pick winners and optimism, which convinces many investors that they can outperform the market.

Conversely, when markets are diving, we suffer from loss aversion (My dad used to refer to this as the investor line in the sand: "If my portfolio goes below X, I'm getting out!"), which can prompt us to withdraw capital at the worst possible time. When everyone else is selling, there is also a herding effect, when we do what everyone else does. And of course, many investors micromanage their portfolios, whereas, according to Dan, "you will make more money the less you muck around with your accounts."

All of these behaviors help explain why average stock investors lag the S&P 500 index by 1-3 percent annually and active traders often lag by more than 4 percent annually. Companies like Betterment are using behavioral science to help people overcome their very natures by automating the process of saving and investing. Maybe with a little prodding we can improve our results.

(Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.)

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Senior Bingo Bunch

June 17th, 2016
1:30-3:30 pm

We meet at Clyde Gardens Place the 3rd Friday of every month. Sandwich lunch will be provided and CASH prizes will be awarded! RSVP to Maria at 419-547-7746 by June 18th.

Clyde Gardens Place
Senior Living

700 Coulson Street, Clyde

Keep Your Baby Safe When Sleeping

By Stacey Brown, RN

Assistant Director of Nursing, Community Health Services

While we all do our best to make our babies cozy and comfortable at nap and bedtime, there are hidden dangers that could put your child at increased risk for injury—and possibly SIDS (Sudden Infant Death Syndrome). Knowing how to create a safe environment for your baby and proper positioning of your baby for naps and bedtime will help you to help keep your infant safe.

According to the Centers for Disease Control and Prevention (CDC), parents and caregivers should always follow these important guidelines to minimize the risk of injury or SIDS:

- Always place babies on their backs for naps and bedtime.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects such as pillows and loose bedding out of your baby's sleep area.

- Do not smoke, drink or use drugs during pregnancy—and do not allow smoking around the baby.
- Do not let your baby get too hot during sleep.
- Only give you baby a dry pacifier that is NOT attached to a string.
- Get regular health care during pregnancy.

While babies should always sleep on their backs, it's important that they get some "tummy time" as well. When your baby is awake and someone is watching, place him or her on her tummy to help strengthen head, neck and shoulder muscles. This also helps to prevent flat spots on the head.

For more information, talk with your health care provider. If you don't have a physician or provider, call CHS at (419) 334-3869. CHS accepts Medicaid, all Medicaid managed care plans, Medicare and most insurance plans. No one is turned away due to income or ability to pay. You can also visit the Community Health Services website at www.fremontchs.com or like us on Facebook (www.facebook.com/fremontchs) for updates, healthy tips and other news.

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Calendar of Events

June 2016 – Sandusky County

June 2: Salute to our Safety Forces, at the Bellevue Fire Department, 5-7 p.m. FREE family oriented activities - at the Bellevue Fire Dept. www.shopbellevueohio.com.

June 3-5: Going Deeper with God through SoulCollage, Our Lady of the Pines Retreat Center, 1250 Tiffin St, Fremont. Are you looking for a new way to pray? Give yourself the gift of taking time for creative prayer, tending to your soul, and listening to the Holy Spirit within through the process of SoulCollage®. Through the use of images, intuition and imagination we will create our own 'holy cards' and then utilize these as doors and windows to deeper contemplative prayer. Please bring your own scissors, all other supplies will be provided. Cost: \$200. Registration required: 419-332-6522 or email olprc@pinesretreat.org

June 5: Fostoria Community Band, Birchard Park, Fremont. Free event. Begins at 7pm.

June 6-11: Private Retreat Days, Our Lady of the Pines Retreat Center. The entire week has been set aside for people who would like to enjoy the quiet space of Our Lady of the Pines as you rest in the presence of God and become refreshed in spirit. Cost: for 5 overnights is \$475.00 including meals. For more info or to register, www.pinesretreat.org or email olprc@pinesretreat.org

June 4: Gibsonburg Farmers Market, at Log Yard, 213 W. Madison Street. 9- noon. Free.

June 4: National Tractor Pulling, at the Sandusky County Fairgrounds.

June 6: Cast Iron Cooking, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. 6:30 p.m.- 7:30 p.m. Free. Discover the art of cast iron cooking over an open fire as we prepare dessert for those attending. Programs require registration, call 419-334-4495 or www.lovemyparks.com

June 9, 16, 23, 30: American Girl Series: Becoming Maryellen, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. 6 p.m. - 8 p.m. Free to register. Read about Maryellen from the American Girl book series, and then do an activity related to that chapter. Attendance at all 4 sessions is not required. Please sign up for each session separately. Call 419-334-4495 or www.lovemyparks.com.

June 10 -12: Ohio Plein Air at Spiegel Grove, Rutherford B. Hayes Museums. Artists will spend the days painting on the beautiful grounds of Spiegel Grove, the estate of 19th U.S. President Rutherford B. Hayes. Watch and visit with the artists as they paint. Their works also will be put up for viewing and sale on Sunday and a percentage of the sales goes to the Rutherford B. Hayes Presidential Library & Museums.

June 11: Sculpture in the Village & Celebration of the Arts, Williams Park, www.gibsonburgohio.org.

June 11: Make a Family Tree on Ancestry.com, Rutherford B. Hayes Presidential Library, 9:30 to 11:30 a.m. Head Librarian Becky Hill, Dustin

Austin and John Swint will give an overview on how to create an online family tree with an Ancestry.com subscription. Register by calling Becky Hill at 419-332-2081 or emailing her at bhill@rbhayes.org. Cost: \$10.00 which can be paid the day of the class.

June 11: Relay for Life of Sandusky County, Connor Park, 2300 Morrison Rd, Fremont. Fun and Activities for the Whole Family while we Honor Cancer Survivors and Remember those loved ones that we have lost. Garage sale and vendor sale going on. (888) 227-6446 ext. 5205 relayforlife.org

June 11: Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. An interactive educational series for children. There will be a scavenger hunt available from 9a.m.- 5 p.m. Cost: \$1.00 for kids ages 1-12 and \$7.50 for adults. (Cost includes admission to Second Saturdays AND to the Hayes Museum.)

June 11: Star Gazing, Wolf Creek Park, 2701 South SR 53, Fremont. Dark. Sandusky Valley Amateur Astronomy Club will lead a Star Gazing program. Contact the Sandusky County Park office at 419-334-4495 or visit the webpage www.lovemyparks.com for more info.

June 11-12:- Fremont Flea Market, Sandusky County Fairgrounds

June 12: Dana Dorsey & the Blue Notes (Mayor's Concert Series in the Park), Birchard Park. This FREE event takes place at Birchard Park and starts at 7 p.m. The Dana Dorsey and the Blue

Notes event is sponsored by Buckeye Energy Brokers Inc. **In the case of rain, concerts will be canceled at 4 p.m. and the info can be found at the right hand side of the homepage of the City of Fremont's website. <http://www.fremontohio.org>**

June 13: Youth Success, Birchard Public Library, Fremont. Youth Success, what is the Key? Sponsored by the Sandusky County Health Department, part of the Always Choose Health Series. All trainings will be held from: 6-7 p.m. RSVP preferred, but not required. All trainings are FREE and includes a free gift. To register contact: Jenna Stull, Health Educator 419-334-6388. jstull@sanduskycohd.org

June 15, 29:- Verandah Concert, Rutherford B. Hayes Presidential Library. Old-fashioned ice cream social is at 6:45 p.m., concert begins at 7 p.m. The summer concert season at the Hayes Presidential Center starts today. These events provide a chance to listen to some of Northwest Ohio's top musical groups. The 80-foot long verandah (a 19th century term for a porch) on the home of 19th U.S. President Rutherford B. Hayes serves as the stage for performers. Attendees are asked to bring their own chairs or blankets and choose their favorite spot on the expansive and shady lawn in front of the home. If there are thunderstorms on concert night, the event will cancel. FREE. Updates will be available at 419-332-2081.

June 17: Let's Go Mothing!, Decoy Marsh, 2700 CR 259, Fremont. 9:30 p.m.-10:30 p.m. Free. Let's learn more

Calendar of Events, cont'd on 8



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Calendar of Events, cont'd

about the pollinators of the night! Come to the marsh for close-up viewing of these fuzzy-bodied cousins of the butterflies. Mosquitoes will also be active, so please wear long-sleeved shirts and pants. Please bring a flashlight. All Parks District programs require registration. 419-334-4495 or www.lovemyparks.com to register.

June 18: Downtown Fremont Farmers Market. 9 a.m. to 1p.m. rain or shine. Free.

June 18: Ruff Ride 2016, Motorcycle Poker Run for the Humane Society of Sandusky County, \$20 per driver, \$15 per passenger, includes meal. Registration begins at 10 am at the new shelter location on N. River Road, off ST Rt. 6. Last bike out at 11am. Last bike in at 3pm.

June 19: Tribute to Elvis (Mayor's Concert Series in the Park), Birchard Park, Fremont. This FREE event takes place at Birchard Park and starts at 7 p.m. The Tribute to Elvis event is sponsored by MWH Constructors Inc. and the Mosser Group. **In the case of rain, concerts will be canceled at 4:00 p.m. and the information can be found at the right hand side of the homepage of the City of Fremont's website. <http://www.fremontohio.org>**

June 22: "All the things you never knew about the Civil War" Directors Lecture Series @ Historic Lyme Village 5001 SR 4. Bellevue. Lecture starts at 7 p.m. Historic Lyme Village is located 4 miles east of Bellevue, Ohio and is operated by the volunteers of the Historic Lyme Village Association. For info visit: <http://www.lymevillage.org>.

June 23: Sandusky County Historic Jail Tour, 622 Croghan Street, Fremont. 5:30 p.m. and 6:30 p.m. Ever wonder what early jail life was like? This tour will answer all of your questions! The 1-hour guided tour includes the historic 1892 Sandusky County jail that has ties to President Rutherford B. Hayes, the 1840's Dungeon located underneath the Sandusky County Courthouse and the Gallows Exhibition Hall featuring the gallows used for the last hanging in

Sandusky County. Cost: \$3. Tickets available at the door or at the SCVB, 712 North Street, Fremont (the fairgrounds parking lot). www.sanduskycounty.org.

June 25: Woodville's Farmers Market, on Main Street. 9 to noon. Free. 419-307-0914.

June 25: Care and Identification of Old Family Photos, Rutherford B. Hayes Center. 9:30-11:30 a.m. Head of Photographic Resources Gil Gonzalez will help the class learn to identify the photographic process and how to preserve and care for family photos. Register before class by calling Becky Hill at 419-332-2081 or emailing bhill@rbhayes.org. \$10.00 which can be paid the day of the class.

June 25: The Bellevue Hospital Foundation's 9th Annual Dr. Elbert D. Lawrence Memorial Classic Car, Truck and Motorcycle Show, Bellevue High School, 200 Oakland Avenue. 8-noon. Annual classic car, truck and motorcycle show to benefit The Bellevue Hospital Foundation. This event is in conjunction with the Bellevue Community Days Festival Celebration. All proceeds support The Bellevue Hospital Foundation's charitable programs! Early Bird Registration is \$5 through June 18. Day of Show Registration is \$10. Registration is payable by cash, check (made payable to "TBH Foundation")



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or major credit cards. Mail registration to: The Bellevue Hospital Foundation, 1400 West Main Street, Bellevue, Ohio 44811-8004 or email to: dsabo@bellevuehospital.com. 419-483-4040, ext. 4319.

June 25: See a demonstration of Amateur Radio: The Sandusky County Parks District and the Sandusky Valley Amateur Radio club present the demonstration at Creek Bend Farm., located on State Route 590, 1 1/2 miles North of US Route 20. Amateur Radio operators will be on hand from noon till 5:00 PM to answer questions and provide guidance to anyone interested in becoming a licensed Ham Radio operator. For more info call Jay at 419 334 2804 or email to k8vce@yahoo.com


June 26: North Coast Concert Band (Mayor's Concert Series in the Park), Birchard Park, Fremont, FREE.

June 29: Presidential History Book Club, Rutherford B. Hayes Presidential Center. Noon. History lovers have an outlet for their passion – provided they are willing to brown-bag their lunch. The book club's goal is to focus on reading biographies of U.S. presidents. This month, the club is reading "Millard Fillmore" by Paul Finkelman. Members meet over the lunch hour for discussion. Participation is FREE and open to all. Call Dustin McLochlin at 419-332-2081 ext. 230 or dmclochlin@rbhayes.org.



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Birders/Surprise!/Fame



Robin Arnold



Gena Husman

As we are writing this month's column, "The Biggest Week in American Birding" has just come to an end. May was a busy month for us--mowing, trimming and clearing paths for the three birding tour groups that were scheduled to stop at our place during the event. Fortunately, the weather cooperated, and although it was cool, at least it didn't rain the

different countries--and they are not familiar with the birds that are common to our area: robins, blue jays, cardinals, sparrows, chickadees...did I say "chickadees?" One birder had just recently seen her first black-capped chickadee--a "life bird" for her. Our resident, hand-tamed chickadee, "Scruffy," just happened to be perched on a nearby branch waiting for someone to notice him and give him a treat, and obligingly landed in her hand. She was ecstatic--not only had she seen a "life bird", but she also got to hold him! Good ol' Scruffy also begged treats from other members of the groups. Robin and I thought we were privileged, but before the tours were over, Scruffy had taken seeds from several other people. (No loyalty there!)

The warblers are beautiful to see as they pass through, but the birds that are most special to us are the ones we see and get to know every day in our own backyard: the orioles that line up along the fence waiting for their turn at the grape jelly feeder, the blue jays that look for peanuts

on the deck railing, little Scruffy, the chickadee, who trusts us enough to fly to our hands to pick out seeds,... and oh, yes, Ralph and Alice, the hybrid goose and his Canada goose mate.

One morning early in May, Robin yelled from the back room "Oh, my gosh! Look out the window!" I looked out and there stood Ralph and Alice in the backyard proudly showing off two beautiful little goslings. What a pleasant surprise! It seemed like Alice had been sitting on the nest forever and we had wondered if the eggs would even hatch since Ralph was a hybrid. The babies were shy little yellow fuzz balls less than 24 hours old. We went out to take pictures and greet the new arrivals--from a distance, of course. Will they grow up to look like Alice, who is a pure Canada goose? Or will they look like Ralph, who is a hybrid--a Canada goose/greylag cross? Hopefully, they won't sound like Ralph when they honk....

We always appreciate it when someone takes the time to tell us they read and



enjoy our stories. Recently we were pleasantly surprised when one of the employees at Doebl's came up to us and said, "I know you...and I know you, too! I recognized you from your pictures. I look forward to your article every month--it's the first one I read."

We do the stories and the pictures because we enjoy nature (wild and domestic) and love sharing our experiences with others. What a nice way to be greeted! You made our day!



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"Grate" Treats & Eats

By: Chris Timko-Grate

I sure am enjoying this late spring and the almost summer time that we get this time of year. The garage sales, flea markets, and farmers markets are my favorite weekend things to put on my to do list, and then having the grill fired up and having some of our favorite grilled meals. Even though we have our favorites I am always looking for those new ones, I find you always keep looking and trying because there are some good recipes out there just waiting to be tried! I love grilling not only because of the flavor but also because of the ease of the prep, and the clean up.

This summer I want to try some new recipes that I don't usually do on the grill, like desserts and salads. When I find and try some I will share them with you in a later column. In the meantime here is a delicious grilled Pork Steak recipe that is easy to do and a good one you can prep the night before, then a cake recipe I heard about from Justine, a gal we run into when we are out and about. I haven't made it yet but will have by the time you read this. Just by seeing the ingredients I know it's going to be easy and yummy. Enjoy the grilling, the sweets, and your summer!

Grilled Shoulder Pork Steak

4 shoulder pork steaks $\frac{3}{4}$ to 1 inch thick
 $\frac{1}{2}$ cup barbecue sauce
 $\frac{1}{3}$ cup red wine vinegar
1 tablespoon liquid smoke
1 tablespoon Worcestershire sauce

$\frac{1}{2}$ tsp. garlic salt

$\frac{1}{2}$ tsp. prepared mustard

Combine all ingredients, except pork in a bowl.

Place pork in a sealable plastic bag.

Pour marinade over chops.

Seal bag securely and place in a shallow bowl.

Marinate in refrigerator 6-24 hours (longer the better).

Prepare grill.

Grill 10-15 minutes per side, basting occasionally

Just Cake

1 dark chocolate cake mix

1 can sweetened condensed milk

1 16oz tub of Cool Whip thawed

Hershey chocolate syrup

Carmel syrup

Crushed up Heath Candy Bars

Make cake according to package directions. When cool poke holes (I used a chop stick) all over the cake. Pour the can of condensed milk over cake. Spread the cool whip over top of cake. Drizzle with the syrups then sprinkle the crushed candy bars on top! Do not think about the calorie count on this one, just enjoy!

June quote - Most smiles are started by another smile – author not known. This sure is the truth!

United Way Building a Healthier Community

By Jill Simpson/ Program Specialist

"My husband was recently diagnosed with cancer. He is off work while getting treatment and we are struggling financially. Where can we go for help?"

"I am worried about my elderly father. My mother passed away and he does not have family nearby. He is lonely and I don't think he is eating properly. Are there any organizations in Sandusky County that can help?"

"I want to quit doing drugs but don't think I can do it myself. Where can I turn for help?"

These are just a few of the types of anonymous calls United Way First Call for Help receives, on a daily basis, from people in our community with health related needs.

As a Sandusky County resident, I am proud to be a part of a community where our United Way is dedicated to ensuring that families, like these, have access to the resources they need to overcome life's struggles and lead healthier lifestyles.

Every year, United Way reaches out to businesses and their employees for donations and, then, not only grants this money to programs and services designed to meet the needs of our community members, but also monitors their successful outcomes.

The United Way Board of Trustees identifies the community's needs using an ongoing approach, called "collective impact," that includes seeking information from individuals, groups, and organizations from within the county. Through this process, three priority areas have been identified. Health is one of them. The Sandusky County Cancer Care Fund, WSOS Senior Programs, and Lutheran Social Services' alcohol/drug treatment programs are just a few of the agencies and programs partially supported by United Way that address this health priority. The other two priorities include safety/basic needs and education.

In addition to providing funding, United Way serves on community collaborations that work collectively to improve the community's health. Examples include the Prevention Partnership, Homeless Coalition, and Health Partners. They also continue to provide community members information and referrals, through First Call for Help, to both United Way funded and non-funded agencies. For more information about community resources, call 419.334.2720 or visit www.uwsandco.org.

United Way of Sandusky County's commitment to identifying the needs of the community and filling service gaps goes a long way toward building a healthier community and ensuring those in need find the help they need.

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In Your Own Backyard

YMCA Sports Day Camps offer chance to 'Get Unplugged': Join the YMCA from June-August 2016 for a fun-filled summer for your child! Each week throughout the summer, YMCA Sports Camps will fit your schedule and provide specialized activities to teach sport skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect and responsibility.

Youths between the ages of 7 and 14 years old who have an interest in developing sport specific skill and open to making new friends – of all skill levels are welcome! This year the Y will be offering a variety of sports camps during the summer including: Soccer, Basketball, Tennis, Baseball and Volleyball, lead by quality instructors from our community.

Registration is open for all sessions. For info stop by the Y, check out our website at www.ATtheY.org or find us on Facebook /YMCAFremont. Contact Ryan Fry at 419332-9622 or email RyanF@frymca.org.

Run, Pass & Score as a Team Sandusky County YMCA Flag and Tackle Football Program has leagues forming now for both our 1st through 4th grade flag football as well as 5th and 6th grade tackle football. YMCA youth football program provides an opportunity for kids to learn football skills while receiving the rewards of being part of a team.

New this year is the addition of NFL Flag Football for our 3rd & 4th grade league – the only flag league that allows your child to play for the NFL! In this new league, players will receive: a NFL Flag reversible team jersey, official NFL flag football flag and belt, a USA Football parent/player membership, an opportunity to compete at Regional Tournaments, and the opportunity to compete at the NFL Flag Championships held at the Super Bowl.

Open to both boys and girls in the community, the athletes will participate in both practices and league games, helping them build and improve essential skills, as well as getting in-game experience, with home tackle games at Don Paul Stadium. Tackle football registration is open now through July 17th, while Flag football registration continues on through August 7th. Practices for both programs will begin in August. Info is available on our website at www.ATtheY.org, or by contacting Ryan at 419-332-9622, and email RyanF@frymca.org. A parents informational meeting for interested Tackle Football participants is scheduled for June 1st from 6– 7pm at the YMCA.

The Sandusky County Parks District and the Sandusky Valley Amateur Radio Club will be presenting a demonstration of Amateur Radio. The demonstration will take place on June 25 at Creek Bend Farm. The farm has walking trails for exercise,

scenic views of the creek which is part of the Muddy Creek Watershed all on the setting of the original farm. The Farm is located on State Route 590, 1 1/2 miles North of US Route 20, on the Southern edge of Lindsey. Licensed Amateur Radio Operators will be available from noon till 5:00 PM to answer questions and provide guidance to anyone interested in becoming a Ham Radio Operator. Applications for the Sandusky Valley Amateur Radio Club will be available for any already licensed Amateur Radio Operator who would like to join the club.

Village of Lindsey Farmers Market is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. There are several vendors offering shoppers a wide variety of items. For info, call 419-665-2045.

Our Lady of the Pines: Refresh Your Spirit Day, June 15, 9am-3pm.

June 15, 2016 9:00am-3:00pm

Dream Workshop, June 18 from 9am to 2:30 pm

This workshop will be for Daydreamers and other Spiritual Seekers to become more aware of the Archetypal images and energies in their dreams and daily experiences.

Stations of Mercy, June 28, 7-8pm. For reservations call 419-332-6522.

Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Tues., June 14, luncheon beginning at 11 a.m. and program ending at 12:30 pm, .

Cost \$12. Our feature will be Peggy Courtney of the Sandusky County Convention and Visitor's Bureau. Her subject will be Things to do in your own backyard.

Our Speaker will be Connie Rhodebeck . Connie will Reflect on the surprising gift of lasting friendship. For reservations call by June 9, Donna 419-680-2251 or email Carrol@fawcluncheon@gmail.com

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WHO'S COMING TO SANDUSKY ?

On July 2nd, KUTLESS is coming to Sandusky, one of the top 40 bands in christian music in the United States. A group called the Gathering made up of over 14 churches are bringing them for a time of fellowship and worship in the downtown area. In the spirit of supporting our community we are asking for 2 cans of food for admission to the Concert. Now if you forget, don't worry, you still will be admitted. We are anticipating a crowd of over 5000. This great event will start at 12 noon and conclude with the Concert starting

at 4 pm to 6 pm by KUTLESS with music and vendors and giveaways. There will be plenty for the kids to do prior to the Concert .with face painting, free ice cream and a Bounce about for jumping, During this event the area Police Department will be giving 300 bags of groceries away first come first serve.

KUTLESS is a band that is very popular and they were surprised that we are not charging admission. KUTLESS decided there was a need for truth that doesn't dismiss pain with cliché statements. Their songs bring hope into the world full of darkness responding to the anger and resentment today.

Some of their hits include: "My Heart is a Ghost", "Surrender", "Bring It On", "I Will Go In"; these songs make a big impact on the youth and adults today. Sumrall from the Band concludes: "We want to focus on bringing hope to the generation because that's what the world lacks." I've seen how Christ has brought hope into my life, that's my testimony. Again, July 2nd, Saturday in Sandusky, Ohio bring your lawn chairs and have a great time of fellowship and song by KUTLESS . The Gathering is available on Line at www.thegatheringcommunity.org for more information.



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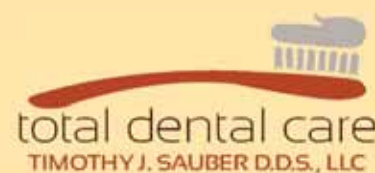
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Fast food: Quickly cooked cod fillets convenient for family dinner, entertaining

When people hear the term "convenience food," all too often their minds turn to something you probably shouldn't be eating but have to because of limited time. It could be frozen or canned food; or maybe something picked up from the prepared foods section of your supermarket, like a whole rotisserie chicken or some sort of soup that has been kept hot for hours in a big vat. Or maybe it's take-out burgers or other fast food.

But I define convenience food in a different way. It's simply a recipe that begins with just a few readily available store-bought ingredients, including fresh produce. Then, the dish is put together in minutes with a minimum of fuss and few utensils. Finally, my ideal convenience food is cooked from start to finish in the same pan from which you serve it.

Do you find such a description too difficult to imagine? Then allow me to present one of my favorite easy recipes - Baked Cod Fillets with a Parmesan-Panko Crust - and explain how it meets all those requirements for convenience.

First, the recipe calls for only a handful of common ingredients you'll actually need to shop for, plus a few staples you will very likely already have in your pantry or refrigerator. The coarse, Japanese-style breadcrumbs called panko are now commonly found among other packaged breadcrumbs in well-stocked markets or in the Asian foods section. And you can substitute for the codfish any other mild-flavored, thick fish fillets that you like and find readily available.

Next, by my conservative estimate, you'll probably need 10 to 15 minutes to assemble the dish, during which you'll also be pre-heating your oven to its hottest temperature. And that assembly all takes place in an ovenproof nonreactive skillet that you can even carry straight from the oven to your dining table, taking care, of course, to protect your hands with oven gloves or pads and your table with good heatproof trivets.

Consider the fact that the entire prep and cooking of the dish also allows the perfect amount of time to cook steamed rice or another grain dish, begun just before you start getting the fish ready. That will provide the ideal accompaniment to soak up all the delicious sauce that forms around the fillets during cooking.

I know many people who, once they've cooked and tasted this dish for the first time, put the recipe into their regular rotation, making it not only for family meals

but also for casual dinner parties. Now, that's what I call convenient.

BAKED COD FILLETS WITH A PARMESAN-PANKO CRUST: Serves 2 to 4

1 cup (250 mL) freshly grated Parmesan cheese, about 3 ounces (185 g)

1 cup (250 mL) panko or other coarse dry breadcrumbs

1/3 cup (85 mL) mixed chopped fresh herbs such as Italian parsley, chives, tarragon, thyme and chervil, plus extra for garnish

1/4 to 1/2 teaspoon crushed red pepper flakes

Kosher salt

Freshly ground black pepper

8 tablespoons (1 stick) unsalted butter

4 skinless cod fillets, each 4 to 6 ounces (125 to 185 g) and at least 1 inch (2.5 cm) thick

1/4 red onion, chopped

1/2 cup (125 mL) dry white wine

1 lemon, cut in half, plus extra slices for garnish

Place an oven rack in the highest position. Preheat the oven to 500 F (260 C). On a small baking sheet, stir together the Parmesan, panko, 1/3 cup (85 mL) of the herbs, red pepper flakes, salt and pepper to taste.

Melt 6 tablespoons of the butter in a heavy ovenproof nonreactive skillet large enough to hold the cod. Season the cod with salt and pepper. Dip 1 side of a fillet into the butter, then press into the crumbs. Return it crumb side up to the skillet.

Repeat the process with the remaining cod and crumb mixture. Spoon melted butter over the crumbs and dot with the remaining unmelted butter. Scatter the onion around the fish. Pour the wine in between the fish fillets, taking care not to disturb the crumbs. Squeeze in a lemon half.

Set the skillet over high heat and bring the wine to a simmer. Put the skillet in the oven. Bake until the crust is golden brown and the fish is cooked through, about 10 minutes. To test for doneness, use a dull skewer: Inserted into the thickest part of a fillet, it should meet no resistance.

Squeeze the remaining lemon half over and around the fish. Place the skillet over high heat to bring the juices back to a simmer. Garnish with lemon slices and the rest of the fresh herbs. Serve immediately.

New Executive Director Hired!

The Humane Society is happy to announce that Pam Babione is our new director as of May 9th. Pam has valuable experience in leading a non profit as she was the Camp Fire director for the past eleven years. We look forward to working with Pam as she facilitates the move to our new shelter in July or August. Pam will be looking at new ideas to work with children now that we have almost 7,000 square feet of space. One of the ideas are birthday parties held at the shelter with a time for touring and education. Stay tuned!



The new shelter work is progressing on the inside. We are so pleased that we will now have a meeting room, four offices, a greeting room for new adoptions, an isolation unit and a quarantine for both cats and dogs. Added to that is a huge space for storage, and no more mice!

The dogs will have the option of going outside from their kennels and the cats will have a screened area for sunning. There is an additional acre for the dogs to enjoy directly behind the building.

Our benefactors thought of everything and we are truly grateful for this wonderful new shelter for the homeless, abused and neglected pets in our community. Now we look forward to the community support to operate this generous gift.

I've always had a love of gardens, and during the summer I love to sit out and enjoy the country air and the woods that surround my house. As a child, I loved to explore the woods behind my house, collecting leaves and colorful flowers and presenting them to my parents. Even now, it makes me happy to wander places where nature is the sole focus. One of the closest and most calm and relaxing places that is close to my house is Schedel Arboretum and Gardens located at 19255 West Portage River South Road in Elmore. While this wonderful place has a special significance for me, it being the place where my parents got married, it is also one of my favorite nature spots.



By Kelsey Nevius

In the month of May, Schedel hosted a special event titled Schedel Gardens Community Day Festival. This festival, a quite large event that draws more than 500 people, is one that features community goods and services that combines all the charm of Sandusky County in one



beautiful place. Admission is free to this event, and it presents 60 vendors from around the area. Some of the vendors focus on children, like Shared Legacy Hayrides who offered free hay rides around Schedel, while others cater to the older crowd, like Packer Creek Pottery who handmade pottery on the spot. There was also tons of activities for families: games for young children, face painting, arts and crafts, and Lowe's Build & Grow Kids Workshop were all set up to keep the little ones entertained. As you would expect, there was also an abundance of food, and not just any food- fair food. The smell of kettle corn, burgers, and brats cooking on the grill where the perfect accompaniment to the activities of the day. There was also live music by local bands, and free offerings at every vendor you stopped at.



But, as well as the festival itself, free admission also gave the advantage of getting to wander Schedel's grounds. It is truly a wonderful place, filled with plant life from all walks of life. They have a small pond, graced by two swans, surrounded by flowering trees and a Japanese-style

garden connected to it. If you follow the trails to see everything, you'll also come upon greenhouses filled with different colored plants and a bonsai tree exhibit. The grounds are so big that it's somewhat of an all-day event. Everywhere you look, there's another thing you didn't see before. Some of my favorite trees on the grounds are the magnolias, which were in bloom when I went, and it was truly a sight to see.

Even though this event won't roll around again until next year, Schedel is waiting to be explored. Without the festival in session, there is plenty to see and wonder at, and you'll end up spending your day there easily without even knowing the time has passed. The Community Day Festival is great to draw people from all walks of life, and it's always a pleasure to see local bands, vendors, and stores getting the chance to present all of their hard work at the Festival. I look forward to coming back to Schedel for the scenery, but also to explore the many events and festivities that they offer.

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Love yourself...but not too much!

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

We are all equipped with self-protecting egos, for intact self-esteems are necessary to cope in our social worlds. But being "locked-in" to false pride and "fat-headedness" holds one captive. We all need that alone-in-the-dark courage to admit even mild personality flaws...sorry, "The Donald"!

When honest introspection into one's good-and-bad sides flourishes, phoniness and conceit decay. Without such reflection, the gaps between how we view ourselves, how we feel others view us, and how others truly regard us widens. Arrogant people allow their unbridled egos to expand this gap exponentially- they don't have to talk endlessly about themselves in social settings, for others do after they leave.

I think...whether it be Donald Trump applauding himself on CNN on how wonderful he is or Kim Kardashian taking selfies of herself then Tweeting them for the world to swoon over...that narcissistic people should reflect on unpretentious famous people...there's plenty of them out there. Pope John XXIII once stated, "Anybody can be Pope; the proof of this is that I have become one."

Perhaps Donald, Kim and others who remain legends only in their own minds can learn from the Pope's honest and introspective statement. After all, he's a scholarly mortal who studied an intensely modest and humble being whose perpetual legacy refuses to wither away after 2,000 years.

In a few decades, no one will remember Donald or Kim. Narcissists don't leave memorable legacies behind, for too much self-liking and smugness is, in reality, the beginning and end.

For those who can't figure out where a healthy liking of oneself ends...and conceit begins, try reading some of Erich Fromm's books, particularly "The Art of Loving". Fromm stated that, if an individual is able to love productively, he loves himself too; if he can love only others, he cannot love at all". A much higher power than Fromm once stated, "You are to love your neighbor, as you love yourself." Hmmm, interesting...notice no mention of "loving your neighbor instead of yourself" was implied?

Yes, we must feel good about ourselves and actually love ourselves to survive in the social world. Have you ever witnessed anyone unconditionally love others when they disliked themselves? I have not. It seems love grows from the inside/out. We all need a healthy, personal respect for ourselves, different from egotistical selfishness.

A rather humorous and fun two-step exercise in my book "Finding Happiness in America" helps you get a feel for where a healthy liking of yourself ends and a sickly vainness or conceit begins. First, seek out and observe a boasting, vain, pompous, self-admiring narcissist...nowadays, they're not hard to stumble upon. Engage them in a conversation. You'll find two-way communication with them is nigh impossible because they tire quickly of listening to the goings-on in your humdrum life.

However, they will be chock-full of advice and believe if they were present at the creation, they could have improved somewhat upon the ordering of the universe. Here's the second step...have fun doing it. Approach a friend and begin telling them how wonderful you are. If you feel embarrassed, you're not a stuck up, conceited person. If you luxuriated in the experience...you are.

If you make a polite estimate of yourself, and live accordingly, you will never grow smug and never self-destruct.

Robert Morton, M.Ed., Ed.S. has retired from his positions as school psychologist for Fremont City Schools and adjunct professor at the School of Leadership & Policy Studies at Bowling Green State University. He authored the book "Finding Happiness in America." Contact him at the Family Journal: www.familyjournal1.blogspot.com



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Remember the song, "June is Bustin' Out All Over"? Well, it certainly is! Beautiful flowering trees are everywhere; Iris, Phlox and Forget-Me-Nots wave in the spring breeze. It's a new season with fresh new growth and always new chances.

Speaking of new chances, I have a crazy, way-out idea. Honestly, I have tried to make myself forget it, but it keeps coming back. So, I guess I'll run it past you for an opinion. First let me say, I am so very grateful to all of you who encouraged me to write my memoirs in the first place and then bought the published book in numbers I could never have imagined. I would like to celebrate and share my grateful heart with all of you. So here's the idea that won't go away. Since the title is "Heartbeats and Footprints" A Memoir of 30,000 Sunrises, I would like to share my actual 30,000th sunrise with you. I invite you to come to my home, The Old Garden House. The 2016 Old Farmer's Almanac says that sunrise will occur at 7:14 a.m. on Wednesday, September 14th. (Note: Everyone's 30,000th day of life happens on the 49th day past their 82nd birthday.) I know 7:14 a.m. is early, but remember it takes awhile for the sun to actually get up into the morning sky, so we could celebrate until at least 8:30 a.m., wouldn't you say? I could have lots of hot coffee and juices, and I will bake you some sweet rolls, have bagels and fruit on hand as well. I know it's not a "Whitey's Breakfast", but you could stop here on your way there! It could be the "Grand Finale" to a most wonderful life experience for me.

Any books remaining would be available then. I know you are probably thinking, "Ms. Grace, you expect me to get up at the crack of dawn to watch a 7:14 a.m. sunrise with you-you're Crazy-I like you, but not that much!" Let me know what you think. 419-332-7427.

We will be celebrating the First Day of Summer here on Monday, June 20th. We will be serving dinner at 5:30 p.m. So far we have 12 reservations, we can take 18 more as our capacity is thirty. When you call to make reservations, if you have suggestions for the menu or a dessert, please let me know. Phone 419-332-7427.

The June "Tea at Two" will take place on Tuesday the 28th at 2:00 p.m. The program will be about Wedding customs of the Victorian Era; Angie Mulligan will be the presenter. We have 12 reservations, 27 is the maximum.

So until next month, go to a wedding or graduation, plant some flowers, visit a shut-in and practice getting up at the crack of dawn just in case you might do it in September when Ms. Grace invites you to share the sunrise. In the meantime, always know that LIFE IS GOOD, and we are blessed.

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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Hayes Presidential Library & Museums invites public to Centennial Celebration May 28-30

On Memorial Day 1916, Col. Webb Hayes, son of President Rutherford B. Hayes, made his father's papers and artifacts available to the public for research with the opening of a library and museum on his parents' estate. This became the Rutherford B. Hayes Presidential Library & Museums, America's first presidential library. It was the forerunner for the modern federal presidential library system. HPLM turns 100 this year. To celebrate, the facility invites the public to its Centennial Celebration May 28-30 (Memorial Day weekend). The weekend will include many events, including a keynote speech by veteran journalist and author Cokie Roberts and performances by members of The Ohio State University Marching and Athletic Bands and a brass quintet from "The President's Own" U.S. Marine Band. Also during the celebration, the museum will reopen after a \$1.5 million renovation featuring new exhibit galleries and a new, handicapped-accessible main entrance. Events on the grounds are free. Admission will be charged for non-members to the Hayes Home and Museum. Food vendors will be located on the grounds May 28-29. Parking is off-site only May 28-29. There will be a free, handicapped-accessible shuttle to and from local parking lots. It will run from 8:30 a.m. to 5:30 p.m. For parking and shuttle information, visit rbhayes.org or call 800-998-7737. The schedule is as follows:

May 28
 9 a.m. Ribbon-cutting for grand reopening of museum after \$1.5 million renovation. The museum will be open until 5 p.m.
 9 a.m.-5 p.m. – Hayes Home open.
 10 a.m.-5 p.m. – Family activities and games for kids.
 11:30 a.m. – Guided tour of the grounds. Meet at the main entrance to the museum.
 1 p.m. – Members of The Ohio State University Marching and Athletic Bands will march from downtown Fremont to the Rutherford B. Hayes Presidential Library & Museums at Spiegel Grove. Co-Sponsored by City of Fremont and the Knight-Baldwin Charitable

Foundation, Chris & Mary Knight and Charles Knight.
 1:30-2 p.m. – Members of OSU Marching and Athletic Bands play at Spiegel Grove.
 2:15 p.m. – Beard contest. Sponsored by Mayle, Ray & Mayle, LLC.
 3-4:30 p.m. – A brass quintet from "The President's Own" U.S. Marine Corps. Band plays on the Hayes Home verandah. Birthday cupcakes will be served after the concert.

May 29
 9 a.m.-5 p.m. – Hayes Home and Museum open.
 10 a.m. & 3 p.m. – Guided tour of the grounds. Meet at the main entrance to the museum.
 11 a.m. - 5 p.m. – Family activities, including games for kids.
 1 - 2:30 p.m. – Centennial Ceremony on the Hayes Home verandah. Cokie Roberts, ABC News and National Public Radio analyst and best-selling author, will be the keynote speaker. A wreath-laying ceremony at President Hayes' tomb will follow.
 2:30 -4:30 p.m. – Barbecue & festive celebration. Discounted presale tickets for the barbecue are available and recommended, call 800-998-7737, ext. 238.

Monday, May 30
 9 a.m.-5 p.m. – Hayes Home and Museum open.
 Noon – Dedication ceremony for the Rutherford B. Hayes Skilled Trades Center at Terra State Community College, 2830 Napoleon Road, Fremont. Those who attend can take self-guided tours of the building after the ceremony.

Additional funding for centennial events provided by ABC INOAC Exterior Services, LLC; Automatic Fire Protection; Catawba Island Brewing Company; Community Health Services; Croghan Colonial Bank; Downtown Fremont Inc.; Richard Binau Insurance & Financial Services; The Tom Kiser Family; ProMedica Memorial Hospital; Sandusky County Communities Foundation; Sandusky County Convention & Visitors Bureau; The Fremont Co.; Mary B. Wonderly, M.D.; Wright Leather Works.

Campfire News and Notes

We had a great surprise in the Camp Fire office this week. Mr. Bob Preston donated two new kayaks for us to use in our pond. The campers are going to be so happy. They will have hours of fun. Thank you so much, Mr. Preston. What a way to start out the month of May!



Registrations for 2016 summer camps are now being accepted! For a detailed listing of camps and registration forms call 419-332-8641 or send an email request to campfire-fremont@yahoo.com. Do you, as an adult, have free time on your hands? If so, you're more than welcome to join us at camp as a volunteer. Contact us today!

In addition to our Classic Day Camps, we have two new ones. Our first new camp is called It's Summertime. Come for 5 days of fun and games, projects, swimming and exploring nature. Our second new camp is Let The Games Begin. We will be participating in some of the same challenges as the Summer Olympic Games and learning about the U.S.A.. Come join us for 5 days of games and friendly competitions.

Do you have some 100% cotton t-shirts that you don't wear anymore? Camp Fire could use them for crafts. You can drop them off to Camp Fire during office hours.

We would like to thank all our volunteers who helped with flower pick up. Thank you to everyone who purchased flowers.

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Mother's Day Winner

Sandy Wright was the winner of our Mother's Day Makeover by Jenesis Salon, owner Jennifer Brooks. Sandy is the mother of three sons, her son Eric entered her in the contest.

Sandy's makeover consisted of soft creamy blonde baby lights with a few slices of Amber brown low lights to open up her face. She had a sporty natural style and wanted minimum up-keep. For her cut Jennifer cut up to 4 inches and layered with shattered out ends. The soft make-up look was done with mineral makeup.

Sandy loved her new look and responded, "I am going out on the town tonight!"

Thank you Jennifer and Jenesis for making this a wonderful Mother's Day for Sandy.



June 11th Relay for Life

This year's Relay for Life Sandusky County will be on Saturday June 11 from noon to midnight. The event will be held at Connor Park in Fremont. In addition to all kinds of fun activities, there will be some new events this year including a large Multi-Family Garage Sale from 1:00 to 6:00 p.m.

In addition to the Garage Sale, there will be a Craft and Vendor Show going on at the same time. Some of our vendors are Jamerry Nails, Scentsy, Origami Owl, Real Time Relief Pain Products, Trades of Hope, Thirty One, Paparozzi, Damsel in Defense, Pink Zebra, Mary Kay, Tupperware and Kidz-n-Tunes. If you are interested in having a table, please contact Mary Jo at (419) 547-8006 or rmulman@yahoo.com.

Relay will kick off at Noon with a Survivor Lap. Cancer survivors and their caregivers from Sandusky County will make their way around the track. Come out and help us cheer them on!

Throughout the day and into the evening there are events and activities for the whole family. Come hungry because there are delicious food choices and drinks available for purchase with the proceeds all going to the American Cancer Society to help in the fight against cancer.

The most powerful part of the whole day is the Luminaria Ceremony which starts at 9:30 p.m. The ceremony gives us a chance to remember our loved ones we have lost to this horrible disease and to honor those who have won their battle or are currently fighting.

If you have any questions about the event or have an interest in taking part, please contact Brian Gibson by calling (888) 227-6446 ext. 5205 or Brian.Gibson@cancer.org or by visiting the website at www.relayforlife.org.

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Reiki Circle

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The Law of Vibration states that anything that exists in our universe, whether seen or unseen, broken down into and analyzed in its purest and most basic form, consists of pure energy or light which resonates and exists as a vibratory frequency or pattern. All matter, thoughts and feelings has its own vibrational frequency. The thoughts, feelings and actions we choose also have their own particular rates of vibration. These vibrations will set up resonance with whatever possesses identical frequency. In other words, your thoughts are inseparably connected to the rest of the universe. "Like attracts like". As you choose good thoughts, more good thoughts of alike nature will follow and you will also be in vibrational harmony with others with like thoughts.

Energy workers can use their hands for healing or tools such as tuning forks to create vibration, this energy is said to have a healing effect by relaxing muscles and soothing irritated nerves. Tuning forks are very relaxing and a nice way to incorporate a soothing treatment without much work for the user. It's uncomplicated and pure in a sense that no machine is required. Tuning forks become an extension of your hands without the work of using your body in traditional massage. The treatments produce a light massage with gentle vibrations penetrating deeply to help unwind the fascia.

Join us Tuesday, June 14 at TBH 6pm-9-pm Conference room A & B. This should be a wonderful experience that you shouldn't miss. I'd like to extend a personal invitation to the doctors, nurses and other staff at TBH to attend.

The Reiki Circle is Free and open to the public
For information : Contact Patricia Zilles Reiki Healing Touch 419-355-1283
reikihealingtouch.info.com



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The Doobie Brothers



The Doobie Brothers will be doing a show at Blossom Music Center on June 29. Joining them on tour will be Journey and Dave Mason!

Pat Simmons has been an anchor for this classic band since their early beginnings. It is sometimes difficult to imagine that The Doobie Brothers have been around for 50 years! Pat has played guitar for the band and has many fond memories. Songs that will immediately come to mind are Black Water, which was written by Pat, Listen to the Music, Jesus Is Just Alright, China Grove, Takin' it to the Streets, What a Fool Believes and many more!

"I had always liked rock and roll but I first started out playing country songs like Walk the Line by Johnny Cash. I would listen to that song and try to learn the chords," remembers Pat. "I liked playing contemporary music too such as Ricky Nelson or straight ahead rock and roll like Chuck Berry."

"When I started becoming more serious about playing guitar I started listening to The Ventures, Duane Eddy and Chet Atkins. I also listened to coffee house folk music such as Joan Baez and Bob Dylan. Then you had the 60s sounds like The Beatles and The Stones. I was from the Bay area so I really got into Jefferson Airplane, Quicksilver Messenger Service, Big Brother and the Holding Company, Country Joe and the Fish. Along with that then came the British Blues like Cream and John Mayall. I loved Doc Watson, B. B. King and Albert King. I would say I fell in love with the Paul Butterfield Blues Band. It was great what he could do with a harmonica. I loved the vibe. I loved those guys," recalls Pat.

Pat's long list of music influences carried over during a time when he seemed to be at a fork in the road with career choices. "As far as I was concerned, music was a hobby and getting paid for it was a bonus," he laughs. "I did the usual band gigs in high school but I don't think I imagined playing music as a full time vocation. It was during my later years in college that I started thinking about the future. The scholastic road was good but I needed to step back for a moment and gain some perspective of what I wanted to do with my life. I knew I could play and write songs. I

started thinking that maybe I could give the music idea a shot and see where it would lead. I was 21 years old at the time. At first, I looked at it in the short term but it ended up being in the long term such as 50 years later!" (laughs) He continues, "When I was in college, I was pursuing a degree in Psychology, which I enjoyed. I could see myself in this profession. I was involved with a few encounter groups. I realized one's compassion to do this is stretched to an extreme. You have to be a great listener. I think I would be better at it now by understanding and recognizing behaviors whereas when I was younger I would have just thought someone was crazy but you realize there are many factors involved."

The guitar has been the instrument of choice. "I liked playing piano but wasn't really drawn to it like I was to the guitar," said Pat. "The guitar has a visceral feel. I like the art and look of a guitar. I can play loud, have feedback and manipulate sound."

The Doobie Brothers classic songs are known worldwide which Pat feels keeps the longevity. "I am sure we have lasted this many years because of our songs. It is what has sustained us and there is always the potential for new songs. When I first met Tom Johnston, I was drawn to his songs. I like interacting with other people. When you first start playing in a band, you think in terms of other people's songs. I loved learning other people's material and fitting it into your own expression. The ultimate feeling for any musician however is having your own song and expressing it your way. Over the years, everyone who has

been in this band has offered material of their own. It is a great experience to share everyone's talent and creativity." "Inspiration for songs usually comes from a personal element. I think it's the only truthful way of expressing emotion. It has to be something that you have experienced," explains Pat. "I listen to music by other musicians and often become influenced and inspired by what they are writing."

"I am proud of our band and what we have accomplished in 50 years. We have been very fortunate because it is a tough business. We treat it as a job. It's important to keep nurturing and cultivating. It's not easy. We have had personnel changes over the years and different representation, which is another variable," he explains. "In the long run, it has been a career I have enjoyed. I feel blessed to play with a great group of guys, which is the bottom line. We are working on another album. I have plans to work with other artists. I also have

been producing songs for my son."

Pat has fond memories of playing in Cleveland. "It's going to be quite a tour. We are looking forward to playing Blossom. We have

been playing there since the mid to late 70s. Cleveland is a great city!"

The Doobie Brothers.
www.doobiebrothers.com

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How to introduce a new dog to established pet cats

Q: I have two cats and I am about to bring a new puppy into our home. The larger cat does not seem frightened of dogs but my little female's hair 'stands up' just at the sight of them. What is the best way to socialize everyone and minimize the stress on my younger cat? - Jennifer Kessler

A: It is a lot easier to socialize a full grown cat to a puppy than it is a full grown dog to a kitten. However, it's really not that hard when you think of it as every farm in almost every culture. Dogs and cats have been living together harmoniously and there is obviously many different ways to have them get acquainted.

The only universal rule here is to remember that animals never accept our word that a situation they feel unsure about is harmless to them. Only the animal itself can come to that conclusion and it can only happen if the animal is exposed to the situation for themselves.

First of all the cat needs a safe zone that it can choose to be in that the puppy cannot enter. This is pretty simple as most puppies are contained in their new homes via gated doorways or training crates. The cat needs to be in the proximity of puppy so it can see and smell the dog, yet the dog cannot be in the cat's flight zone. Every animal has a flight zone - a distance they feel is needed to be safe from a perceived threat - when the flight zone has been breached then the drama occurs.

It's best to keep the puppy on a leash when it is in the same room with the cat. That way everyone can feel safe about the situation. The puppy also gets to learn about the cat and when the cat no longer feels defensive, then you can allow them to interact.

However, do not do this until the cat is calm while being in the same room as the puppy.

When you do allow them to interact, then I would suggest you trim the cat's claws just as a precaution.

Q: We just got a Labrador puppy and we want to teach her to ring a bell tied to the wall by our front door so we know when she has to go out. Our previous dog would scratch at the door and he ruined the wood work. We have guided our puppy's head toward the bells by leading her to it with her collar and then when the bells ring we praise her and let her out, but she does not seem to be able to put them together. We wondered if the dog was at fault as a student or if we were poor teachers? - Frank Charle

A: There does seem to be a lack of communication between student and teacher.

First the bells should be hanging on the door rather than the wall next to the door. They should also be at nose height to the dog. Then when the puppy is standing in front of the door you should not touch her or lead her to the bells, just wait until she touches the bell on her own. She will be inclined to

touch them because all lab puppies want to play.

As soon as she touches a bell then praise her and open the door and let her out. Since she touched the bell on her own and the door opened, then she will figure the whole thing out on her own.

Once the dog gets the idea that touching the sash of bells gets us to open the door, then you can gradually move the sash away from the door and hang it on the wall so there is no jingling as you open and close the door. Since the dog learned what the bells mean on her own, she will seek them out when she needs to go outside.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)



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COMING SOON: "GODS OF EGYPT" (May 31): Powerful ancient rivals (Gerard Butler, Nikolaj Coster-Waldau) vie for nothing less than control of the world; Geoffrey Rush also stars. (PG-13: AS, V)

"RACE" (May 31): Jesse Owens (Stephan James) faces challenges both on and off the track as he prepares for the 1936 Berlin Olympics. (PG-13: AS, P)

"HAIL, CAESAR!" (June 7): A 1950s Hollywood "fixer" (Josh Brolin) tries to rescue a kidnapped movie star (George Clooney). (PG-13: AS, P)

"13 HOURS: THE SECRET SOLDIERS OF BENGHAZI" (June 7): Directed by Michael Bay, the true drama about the 2012 diplomatic-compound attack stars John Krasinski. (R: P, V)

"LONDON HAS FALLEN" (June 14): The U.S. president and his Secret Service man (Aaron Eckhart, Gerard Butler) are among terrorists' targets in the "Olympus Has Fallen" sequel. (R: AS, P, V)

"ZOLANDER NO. 2": Who is murdering the world's most beautiful people ... including, in this film's view, Justin Bieber (who's commendably game and quite funny here)? It's up to modeling veterans Derek and Hans (Ben Stiller, also the director and a co-writer, and Owen Wilson) to find out, though their reunion is strained at best, in this much-later sequel being released on home video in "Magnum Edition." The plot ultimately isn't as inspired as might be hoped, but the overall humor is helped immensely by the performances; Penelope Cruz, Will Ferrell and Kristen Wiig contribute, as do Christine Taylor (Mrs. Stiller in real life), Milla Jovovich and a parade of cameo performers including (as themselves) Kiefer Sutherland and former "Today" partners Matt Lauer and Katie Couric. (PG-13: AS, P, V)

1. A good mind. Your ability to think, analyze and solve problems we encounter in life is essential. Time and stress management. Being aware of our relationships with others and striving to improve them. Making sure to take steps to get adequate sleep. A good mindset is necessary to commit to following any healthy lifestyle plan.

2. A good nerve supply. Nerve supply from the brain to ALL cells, organs and systems of the body is needed for good health. Kinks in the spinal joints occur due to physical, emotional and sometimes chemical stresses that happen more often than you might imagine. In addition to living with less pain, Chiropractic adjustments help keep those nerve messages flowing without interruption.

3. Good food. Boxed foods are processed and nearly all of the good nutrients are removed. Fresh vegetables, minimally processed meats, less white flour and white sugar, are all things that help the big picture of better nutrition.

4. Increased oxygen and lean muscle. Mild to moderate exercise helps to take in more oxygen and helps keep muscles lean and provides more oxygen for the brain. Studies have shown also that exercise frequently exceeds the benefits of antidepressants. So if you're having a pity party, get out for a 30 minute walk and focus on breathing deep and a little faster pace.

5. Decreased toxins. Chemicals toxic to our systems are around us every day in our air, food, water, and in our living and work environments. Even negative thoughts can be toxic to our wellbeing. Specific steps such as an Ionic Foot Bath Detoxification series or an herbal Whole Body and Colon Cleanse (both available at Silcox Acupuncture & Chiropractic office) are recommended to intensify your detoxification process.

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BUS TOURS

Blue Lakes Charters & Tours: JULY 25 – AUG. 5: SOUTHWEST NATIONAL PARKS, Premier Trip – 10 Seats Left! OCT 31 – NOV 5th : ESCAPE TO BRANSON!

6 shows: Showboat Branson, Shoji Tabuchi, Brett Family, The Haywood's, Daniel O'Donnell, "All Hands on Decks." - starring Jody Madaras! AUG.11 –14: NEW YORK CITY ! AUG. 22 –25: LANCASTER & "SAMSON" Also see the Crooners – music from 1920 to 1950's. OCT. 17 – 23: PIGEON FORGE, MYTRLE BEACH, CHARLESTON & SAVANNAH! Call for Tour Info: 419-874-4225 / 800-282-4287 ext #5 =Blue Lakes is Hiring Bus Drivers!

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 instants

SILCOX ACUPUNCTURE & CHIROPRACTIC



Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

New and Old Patients Welcome

Walk In's Welcome

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Inpatient & Outpatient Rehab

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I'm Still In Here... Come Find Me!

FREE SEMINAR

Diana Waugh, RN, BSN, CDP

Nationally-Known Speaker, Consultant, & Author Will Help You To Better Communicate With Individuals Dealing With Dementia and Memory Loss.

Thurs., June 2, 6:30p - 8:00p
Hayes Memorial United Methodist Church
Fellowship Hall -1441 Fangboner Rd., Fremont

Refreshments & Door Prizes

To Register, Call Barb Mason: 419-332-6533 Ext 1400 or email: bmason@elmwoodcommunities.com

LIMITED SEATING -REGISTER NOW!

Sponsored By:

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Hours:
Thurs-Fri 5:30-10pm
Others by Appt.

**Birthday Parties • Meetings
Corporate Events • Rentals
Team Building Events**

Chris Earnhart/ Owner See us on Facebook

The Bellevue Hospital Welcomes Dr. Vimal S. Kumar

Vimal S. Kumar, M.D. has joined the staff of The Bellevue Hospital as a pain management intervention physician. He is board certified in both Pain Management and Anesthesiology and brings over 20 years of pain management experience to the local area. He creates a tailored care plan specific to each diagnosis and designed with the goal of decreasing pain and increasing patient functionality. Most recently, he has worked for the Key Pain Management & Treatment Center, Sandusky. Dr. Kumar and his wife are parents of two children. His hobbies include boating, painting, and photography.

Education:

Bachelor of Science in Biology, University of Toledo, Toledo, OH

Masters Degree, Research Respiratory Physiology, University of Toledo, Toledo, OH

Doctor of Medicine, Medical College of Ohio, Toledo, OH

Residency:

Anesthesiology Residency, University of Medicine & Dentistry, Newark, NJ

Pain Medicine Residency, The Cleveland Clinic, Cleveland, OH

Certifications:

American Board of Pain Medicine • American Board of Anesthesiology

Professional Memberships:

American Pain Society • American Society of Interventional Pain Physicians

World Institute of Pain • American Medical Association

Vimal S. Kumar, M.D.

Board Certified in Pain Management/Anesthesiology

Bellevue location: 1400 W. Main St. • Bellevue, OH 44811

Clyde location: 402 W. McPherson Hwy. • Clyde, OH 43410

419.484.5903

 **Pain Management Center**
The Bellevue Hospital

Dr. Kumar is a member of The Bellevue Hospital's Medical Staff.

