



2000 Lifestyles

Free

Vol. 18 Issue 6

June 2017

Happy
Father's
Day

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OPENING SUMMER 2017



IMPORTANT INFORMATION:

- We will continue to see patients at our current main office located at 410 Birchard Avenue until the new building opens
- Our new building address is 2221 Hayes Avenue
- **Fremont Family Practice, 1220 East State Street, will remain open**
- **West Side Pediatrics, 2276 W State Street, will remain open**
- The new building will house Medical services, Dental services and Behavioral Health
- Watch for announcements regarding new providers!

FOR THE LATEST INFORMATION AND UPDATES:

- 🏠 VISIT OUR WEBSITE: www.CHSOhio.com
- 📘 LIKE US ON FACEBOOK: www.facebook.com/CHSOhio
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Lifestyles 2000

June 2017

Vol. 18 • Issue 6

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Lifestyles is available at local Subways in Fremont & Clyde, Denny's, Frisch's, The Garrison, Bassett's, Kroger's and Clyde Drug Mart

Like us on



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It's June, the sun is shining, summer is almost here, our flags wave in the breeze and we count our blessings to live in America; the land of the free and the home of the brave.

At this writing, I'm sitting in the kitchen of the Hayes Presidential Home waiting my turn to take a group through this beautiful thirty-one room home. On the shelves here, there are books with something historically interesting for the guides to read as we wait. I just picked up a book titled, "Photos That Made History". They include: A stunning view of what was to become the highlight of Yellowstone National Park, Old Faithful (1871); An image-building photo of Abraham Lincoln (1860); A sordid scene in New York slums at the turn of the century (1888); A close-up of a desperate mother and children trapped in the hunger and poverty of the Great Depression (1936); "Bits of Humanity" portraying a time when 18.4% of U.S. children between the ages of 10 and 18 worked in factories (1910); Old Glory Goes up on Mount Suribachi (Feb. 1945) and "The Most Terrible Weapon Ever Known", the historic decision, atomic bombing of Hiroshima. (Aug. 1945). Life magazine summed up the reaction in its August 20, 1945 issue, "The people of the world, although thrilled by the thought of peace were shaken by the new weapon which had brought it about." It further read "A mushroom cloud created by humankind hangs over the earth, powerful enough to extinguish the life force of the planet." These photos were amazing and very memorable to me. They remind me that our nation must learn from the past as we make our plans and move forward into the future.

So what's going on at The Old Garden House, you ask: Well, lots of flower garden activity, water garden cleaning, trimming landscape bushes, cooking baking for my luncheons and dinners, guests, a late April road trip with my daughter Angie to spend a few days with her sister, my daughter, Kaye, in Atlanta, Georgia, and my granddaughter Becca's graduation from Heidelberg University on Mother's Day. Also, at this writing I have some of my favorite house guest. Aaron my grandson, his

wife Lisa and their 4 year old daughter are staying with me as their friend from high school, Todd and his fiancé, Jessica will be married in our yard on Saturday. Trust me, there is never a dull moment around The Old Garden House and I love it!

There is still space at the June Tea at two when the program will be "Pins of the Victorian Era" (stick pins, hat pins, sewing pins, broches were called pins, blanket pins etc.) July Tea in The Garden is full. Space remains at the August Tea when Dan Baker will present a program about Lucy Hayes, wife of our 19th president. We will do a birthday party menu as they did in that era. Reservations can be made by calling Ms. Grace at 419-332-7427.

Well, we just got a call from our office that tells us we have a tour and it's my turn, so I'll close for this month. So, let's attend a wedding or a graduation, pick some of those fresh vegetables from your garden, and love one another—invite them to watch a sunrise or sunset with you as you both share the feeling the 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.

(June begins our 18th year and Grace has been writing for Lifestyles since the first issue in May of 1999. We appreciate her so much and thank her for 18 years of dedication to our publication. Joanne)



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Advertising/General Information

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

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

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

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

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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

Welcome to our June issue! A very special month with graduations and Father's Day. We want to wish all of the graduates much success in their future.



Joanne

Pete raised his three kids alone and I believe they are all exceptional. Fathers are indeed so very important in the lives of our children. Happy Father's Day dads.

Have a fantastic month, enjoy the sunshine.



There were 160 correct entries in May, Swim Rite was the correct answer. Good luck this month!

Find Pete Winners

Winners for May include: Faye Wingate, Priscilla Stachowiak, Dick Hoffman, Rita Myers, Barb Estep, Cathy McFerren, Helen Henkel, Christopher Franks, Fremont; Jillian Baker, Green Springs; Julie Seitz, Opal Volk, Sheryl Tibboles, Bellevue; Bonnie Miller, Julie Wagner, Becky Balsizer, Patty Waugh, Clyde; Lona Rios, Toledo; Hunter Haar, Elmore; Jean Haubert, Kansas; Beverly Miller, Troy; Mark Foos, Helena.

Berta Seymour won the pass for six to African Safari for adding "Celebrating 18 Years" to her entry!

Find Pete Prizes

Prizes are from Let's Eat at Byron's, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, Old Fort Market in Old Fort and Smokey's Restaurant in Republic, The Pond Builders, Burgoon. If you wish a specific prize, please list in your entry.

Additional prizes: Mention "Celebrating 18" years on your June entry and you will be in a drawing for Miller Boat Line tickets or African Safari Wildlife passes!

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.

Diabetes Prevention Program at the Sandusky County YMCA

Diabetes Prevention Program – Today for a Healthier Future Sandusky County YMCA to begin program focused on lifestyle modifications to prevent onset of Diabetes.

Join the YMCAs Diabetes Prevention Program and learn how to reduce your risk for developing diabetes, one small step at a time. Our one-year community-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

The YMCAs Diabetes Prevention Program is supported by the Centers for Disease Control and Prevention, the Diabetes Prevention and Control Alliance, the YMCAs of Greater Toledo, and other national organizations. A LOT CAN HAPPEN IN ONE YEAR!

The program is based on the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of one year. Topics covered include: nutrition,

getting started with physical activity, overcoming stress, staying motivated, and much more. The program consists of weekly and biweekly sessions during the first 6 months, and monthly sessions during the second 6 months.

YMCA MEMBERSHIP IS NOT REQUIRED! Talk to your doctor to see if you are eligible for the program. Many insurance companies will cover the YMCA Diabetes Prevention Program and have little to no cost to you! Participants must be at least 18 years old, overweight (BMI greater than 25) and at high risk for developing type 2 Diabetes or have been diagnosed with prediabetes.

For information about the program contact: Betsy Sweeney at 419-332-9622 or email BetsyS@frymca.org



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What's the best treatment for conjunctivitis?

Any time the eye is pink, you have "pink eye." Mothers seem to be quite confused by this, often commenting, "This is pink eye?" to which I respond, "Well, the child's eye (conjunctiva) is pink (red); so, yes, this is pink eye." The term is just a description of the eye, but then you need to determine why the eye is "pink."

Conjunctivitis is one of the most common causes of a pink eye, and there are many different types of conjunctivitis. As with any condition, the history is really important in helping to determine why a child's eye is inflamed. Several of the most common causes of "pink eye" are bacterial, viral and allergic conjunctivitis.

Bacterial conjunctivitis often shows up in younger children, and they have lots of matting of the eye lids and lashes and a mucopurulent discharge (goopy eyes). Some moms say that the "goo of gunk" comes as quickly as they can wipe it. The child often has a lot of tearing and will rub the eyes as they feel that something is in their eye and it is irritated.

Bacterial conjunctivitis will typically resolve in eight to 10 days on its own, but antibiotic eye drops are used to shorten the course of the pink eye and also reduce the contagiousness. It seems as if every child in a daycare class room will get conjunctivitis as they constantly rub their eyes and touch toys. Hand washing helps, but you can't wash a child's hands every time they touch their eyes.

Viral conjunctivitis usually occurs in combination with systemic viral illness. Sore throat, fever and a bright red eye are often seen in older children and teens, and it is due to adenovirus. While the eye is red, the discharge is typically watery and matting is much less common. These patients are contagious for up to 12 days, so it is important to practice good eye/hand hygiene, especially in the household.

Artificial tears may help the feeling of eye irritation, but antibacterial eye drops rarely help except in cases of a secondary infection. I get many phone calls from parents saying, "We tried prescription eye drops, and they are not working." I make sure to tell my older patients to take out their contacts and wear glasses for seven to 10 days.

At this time of year, I am also seeing a lot of seasonal allergic conjunctivitis. These children have intensely itchy and watery eyes, as well as swelling of the eyelids and area surrounding the eyes. They look like they have been crying for days, as they are so swollen and miserable. Many also have a very watery nasal discharge. They do not have fever. Using over-the-counter medications for allergy control, such as nasal steroids and antihistamines, will help some of the allergic symptoms. There are also over-the-counter eye drops (Zaditor, Patanol) that help when used daily.

During the worst of the season I make sure that the child has daily hair wash and eyelash and eyebrow wash with dilute soapy water to make sure the pollen is removed after they have been playing outside. It is nearly impossible to keep a child indoors for the six or more weeks of allergy season!

(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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Perrysburgers

When passing through Perrysburg, and hungry for a good burger, check out this spot at 220 Louisiana Ave. called "Perrysburgers", known for "Uncommon Burgers and Unending Fries". With a fun name like that you know they've got to have good burgers, and many people agree, they are worth stopping for.

It could be because of the never ending crispy fresh cut fries that come with every sandwich, or because they have the best gourmet burgers at a good price, or maybe because they have a nice outdoor seating area. Either way, it's a popular cafe serving 1/2 lb. fresh Angus beef steak burgers, veggie burgers. For the lighter eater try a grilled chicken breast sandwich, fixed your way with various fresh toppings.



Loaded burgers and all the fries you can eat, go for \$10.00, and for the munchkins, they've got mini burger lunch deals with fries and a drink for \$4.00. Also an item you don't find at many places, is the highest quality beef, the Kobe Beef burger, for just a few dollars more. There are also other sides if you don't want fries, such as their homemade red cabbage Cole slaw, sweet potato fries, side salads, and homemade chili.

Something else you wouldn't expect to find here is their homemade gumbo made with sausage and chicken, served over rice cakes. It's got quite a good spicy kick to it.

They don't serve alcohol, just soft drinks, tea, and coffee, but for a nice ending treat, they've got milkshakes with Toft's hard ice cream. So when you go, bring a big appetite and enjoy! You can also follow them on Facebook.

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All Month – Special Exhibit: “Presidential Pop Culture, The Art of Influencing Perception” Rutherford B. Hayes Presidential Library. Exhibit is open from 9 a.m. - 5 p.m., Monday through Saturday and noon - 5 p.m. Sunday, with the exception of special holiday hours. The exhibit will be on display through October 8th.

3 – Opening of special exhibit of “Quilt National.” Rutherford B. Hayes Presidential Museum. See an array of art quilts made for Quilt National, a biennial juried competition dedicated to the promotion of the contemporary art quilt. Through Oct. 15th. www.rbhayes.org

3– Gibsonburg Farmers Market, at Log Yard, 213 W. Madison Street, 9 a.m. to noon. FREE.

4 – Puddle Jumpers: Let’s Go Camping!, White Star Park, 910 South Main Street, Gibsonburg. 2 p.m.- 3 p.m. Free. For ages 2-5 years old. Let’s go camping! Come to the White Star Campgrounds and learn the basics of camping, tent building, and fire safety. All programs require registration, 419-334-4495 or www.lovemyparks.com

4– Tree Huggers: Let’s Go Camping!, White Star Park, 910 South Main Street, Gibsonburg. 2 p.m.-3 p.m. Free. For ages 6-12 years old. Build a fire, put up a tent, and roast a hot dog-it’s time to go camping! Registration, 419-334-4495.

5 – Morning Health Break, Bellevue Hospital Conference Rooms A&B, 1400 West Main Street, Bellevue. 8 a.m. – 11 a.m. Educational literature, a light breakfast and a registered nurse available to answer questions about health.

Free Glucose (fasting) & BP, Total cholesterol (fasting) \$10. PSA \$25., TSH \$20. Call 419-483-4040, EXT. 6610.

6– MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room, 1400 West Main Street. 10:30 – 11:30 a.m. Free and open to the public. All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. 419-483-4040, EXT. 4363.

7, 28– Drown’s Garden Market, Bellevue Hospital South Entrance, 1400 West Main Street, Bellevue. 9 a.m.- 2 p.m. Cash, check or credit cards are accepted.

8– Babies in the Parks: Splish Splash, Creek Bend Farm, 720 South Main Street, Lindsey. 10 – 10:45 a.m. Free. Let’s have some fun with water! Dress to get wet as we splish splash around. If Mother Nature doesn’t cooperate we’ll take the program indoors. Please bring a swim diaper. Designed for children birth to 2 years of age and their adult companions. Call 419-334-4495 or www.lovemyparks.com to register.

8, 9– Moonlight Canoe Trip, meet at Countryside Park, 1970 Countryside Place, Fremont. 7:30 p.m. - 10:30 p.m. Free. Experience Green Creek at night. We will paddle to the bay and discover more about the areas history and wildlife. Participants must register with a partner. Call 419-334-4495 to register.

9– Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historic Jail, 622 Croghan Street, Fremont. 8 p.m. Cost: \$25.. Explore the age-old mystery of what lies beyond

the grave in this nighttime paranormal investigation adventure. Must pre-register: 419-332-4470 or purchasing tickets at: www.sanduskycounty.org.

10 – Lindsey Farmers Market, Village of Lindsey Park, corner of Main and Ash Streets. 9 am - noon, every second Saturday, through October. FREE.

10– Relay for Life of Sandusky County, Connor Park, 2300 Morrison Road, Fremont. Fun and Activities for the whole family as we honor Cancer Survivors and remember those loved ones that we have lost. The Event is held at Connor Park and it is free to enter. There is onsite fundraising including food, drinks, crafts, etc. In addition, this year there are a garage sale and a vendor sale. For more info, contact Brian Gibson at: Brian.Gibson@cancer.org, www.relayforlife.org.

10– Sculpture in the Village Arts & Wine Fest, Williams Park, Village of Gibsonburg. 9 a.m. – 7 p.m. Stroll through Williams park and see the dozens of sculpture that have been brought in from as far away as Vermont, and shop from the many artists that are setup to sell their works. New for 2017, there will be the same art and sculptures you have come to love, but expanded hours, food, craft and art vendors and wine tasting, hosted by 3 participating Ohio Wineries, Chateau Tebeau Winery, Ski Lodge Winery and Vermillion Valley Vineyards. Wine tasting from noon – 7 p.m. www.artsandwinefest.com

10 – 4th Annual Ruff Ride 2017, Motorcycle Poker Run, Humane Society of Sandusky County, 1315 North River Road, Fremont. 10:30 a.m. Registration.

Cost: \$20 per driver; \$15 per passenger – includes hog roast. Run includes stops at Fat Head’s in Republic, Just Jokin’ in Crestline, Crazy Fox Saloon in Bucyrus, Carmie’s in Tiffin and ending at Pub 400 in Fremont. Last bike in at 3:30 p.m. with food served beginning at 4 p.m. Events include auction, 50/50 drawing raffle and more. For more info, call 419-307-2616.

11 – Squires Celebrity, All-Star Vintage Base Ball Game, Spiegel Grove, Fremont. 2– 4 p.m. Local celebrities will suit up and play with the Squires on the lawn behind the Hayes Home. Admission is free. www.rbhayes.org

11– Headbangers, Creek Bend Farm, 720 South Main Street, Lindsey. 2 p.m.- 3 p.m. Free. Why don’t woodpeckers get concussions? We will ponder this and many more crazy adaptations of the amazing woodpecker. Call 419-334-4495 to register.

13– Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett’s Market, 228 West Main Street, Bellevue, 9 a.m.- 11 a.m. Free BP and Fasting Glucose Checks.

13 – Diabetic Support Group, Bellevue Hospital East Conference Room, 1400 West Main Street, Bellevue, 12:30 p.m. – 1:30 p.m. Free and open to the public. Topics vary by month.

13– Tram on the Trail, Creek Bend Farm, 720 South Main Street, Lindsey, 1p.m.-3 p.m. Free. Enjoy a ride on the North Coast Inland Trail in the Park District Tram. This is an open-air tram

Calendar of Events, cont’d on 7

ACCEPTING NEW PATIENTS



Cory Fazio, DO
*Board Certified
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**1400 W. Main Street
Building 1
Bellevue, OH 44811
419.483.2494**



Gregory Karasik, MD
*Board Certified
Obstetrics & Gynecology*

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



Andrea Moore, MD
Obstetrics & Gynecology

**Fultz Center for Women’s Health
1005 W. McPherson Hwy.
Clyde, OH 43410
419.547.4285**

 **Great Lakes
Physicians**
The Bellevue Hospital

so the ride may be chilly, a light jacket is suggested. Call 419-334-4495 to register.

14 – Verandah Concert, Fossil Creek Band, Rutherford B. Hayes Presidential Library. Free. Old-fashioned ice cream social is at 6:30 p.m.; concert begins at 7 p.m. Performance by the Fossil Creek Band, which will play bluegrass music. If there are thunderstorms on concert night, the event will be canceled.

17– Downtown Fremont Farmers Market, 9 a.m. - 1p.m. rain or shine. FREE!

20 – Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne Street, Bellevue, 9 – 11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks. 419-483-4040, EXT. 6610.

21 – Dr. Seuss Camp, Camp Fire Sandusky County, 2100 Baker Road, Fremont. This camp is for campers in kindergarten and 1st grade. www.campfire-sc.org or call 419-332-8641.

22 – Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main Street, Clyde. 10:30 a.m. -11:30 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks. For more information, call 419-483-4040, EXT. 6610.

22 – Sandusky County Historic Jail Tour, 622 Croghan St., Fremont. 5:30 p.m. and 6:30 p.m. 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 at the door or at the Sandusky County Convention and Visitors Bureau. www.sanduskycounty.org.

22-23– Gibsonburg Homecoming Festival, Williams Park. Come party with us while supporting your local volunteer fire department! Starts off Thursday, June 22nd with Hayden James taking the stage at 7 pm until 10 pm. Friday night the entertainment continues when Stranger Than Fiction takes the stage for your entertainment pleasure at 8pm until 12am! Saturday's entertainment will be a 2 for 1 show!! From 7:30pm to 9:15pm, The TJ Gabet Band will be on the stage. Following, at 9:30pm, you are NOT going to want to miss The Sean Williams band until 12am! 3 day rolling 50/50! GIBSONBURG HOMECOMING 5K RUN – Friday June 23rd, 7pm.

24 – Woodville's Farmers Market, Main Street, 9 a.m. - noon. FREE. 419-307-0914.

24– GroveFest: Nature at the Grove, Rutherford B. Hayes Presidential Library. 10a.m. – 2p.m. Free. Bring the kids to Spiegel Grove for GroveFest. Nature vendors have booths with crafts and games and some live animals.

26 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, Bellevue, 8– 10 a.m. Free BP and Fasting Glucose Checks. 419-483-4040, EXT. 6610.

26 - 30 – Traditional Camp #1, Camp Fire Sandusky County, 2100 Baker Road, Fremont. This camp includes all the fun things about going to day camp.

This camp is for camper in 1st - 6th grade. www.campfire-sc.org or call 419-332-8641.

27 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road. Noon – 1 p.m. Free BP and Fasting Glucose Checks.

28 – Verandah Concert Fostoria Community Band, Rutherford B. Hayes Presidential Library. 6:30 p.m. - 8:00 p.m. Free. Old-fashioned ice cream social is at 6:30 p.m.; concert begins at 7 p.m. The 80-foot long verandah 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. If there are thunderstorms on concert night, the event is canceled.

29 - July 1– The Woodville 4th of July Celebration, Trail Marker Park. The Celebration includes a festival, games, midway rides and fireworks. On July 1 fireworks are scheduled at 10 p.m. at Trail Marker Park. http://homes.amplex.net/fourth

29 – Jailhouse Rock Dinner Theater, Sandusky County Jail. Dinner at 5:30 p.m. This unique tour allows you to enjoy dinner in the Historical Sandusky County Jail. You are greeted at the door and "booked" into jail before standing in the chow line for a delicious meal. Costumed staff provide jailhouse-style entertainment! Following dinner, receive a guided tour of the Historic Jail, Dungeon and Gallows Exhibition Hall. Cost: \$25. Tickets can be purchased at the SCVB, 712 North Street, or: www.sanduskycounty.org.

My Mother's Recipes

By Joanne McDowell

As we age we realize the importance of eating right. Of course that hasn't stopped me from visiting Dairy Queen, but I try!

Here is a healthy recipe I received in the mail that looks delicious, I will get around to making it, enjoy!

Lemon Parsley Salmon-for 2

2 cloves garlic, minced

4 Tbsp. olive oil

1 tsp. dried basil

1/4 tsp. salt (optional)

1 tsp. ground black pepper

1 Tbsp. lemon juice

1 Tbsp. fresh parsley, chopped

2 (6 oz.) salmon filets

In a medium bowl, make the marinade by mixing garlic, olive oil, basil, salt, pepper, lemon juice and parsley.

Place salmon in a medium glass baking dish and cover with the marinade. Let stand in refrigerator on an hour, turning occasionally.

Preheat oven to 375 F. Place the filets on aluminum foil with the marinade and seal. Place in a glass dish and bake for 35-45 minutes, until easily flaked with a fork.

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3/17

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In Your Own Backyard

KID'S LOVE ART 2 June 17th at 10:00 a.m. Painting class for kids or adults. We will be painting the American Flag on a 11 x 14 canvas with lightening bugs that glow in the dark. Would make a great Father's Day gift, or make and give to someone who has served in the military. Location Pontifex 416 West State Street in Fremont, Ohio. To register call Body Lines at 419-332-9792 Cost \$20. Please bring a hair dryer with you to speed up the drying process. Also glue gun and glue sticks.

The Tiffin Art Guild is pleased to announce a GRAND OPENING Celebration to be held at their NEW location at 130 S Washington Street on Saturday, June 3 from 4 to 6 pm. Featured at this event will be the artwork of the THREE ARTISANS, Elaine Bast, Jill Groves, & Fran Jackson. These local glass artists will display their latest glass creations. The exhibit will continue through June 30.

Happy Summer from Camp Fire Sandusky County. Can you believe that it is finally here? There is definitely buzz around the grounds that says summer is here. Come check it out.

We have many people and groups to thank. Thank you to all who participated to our product sale, by buying candy, beef sticks and flowers. Key Bank came out to help clean up our grounds, thank you! There were many volunteers that came out to help sell 50/50 tickets at the Fremont Speed Way. Thank you to Fremont Speedway for allowing us to sale 50/50 tickets. We at Camp Fire could not do what we do for the children of Sandusky County without people and groups

like you. If you would ever like to volunteer for Camp Fire please give our office a call. 419-332-8641.

Fremont Area Women's Connection: HOMETOWN ROADSHOW, Anjulina's Catering, 2270 W. Hayes Ave., Fremont, Tuesday, June 13, Luncheon 11 am – 1:00 pm, Cost \$12 (incl). **FEATURE:** Carol Klohn of Carol's Tag Sale . . . Trash or Treasure? You may bring one item to be appraised . **SPEAKER:** Weslie Hintz, Perrysburg, "Riding the roller coaster of life with hands held high" . For Reservation, call by June 8, – Donna 419-680-2251 or email Carol at fawcluncheon@gmail.com.

Clyde Museum, "2nd Tuesday" event, The Female Soldier: Vivandieres. Presented by Shirley Miller, Tuesday, June 13th at 7:00 PM, Hurd Room @ the Clyde Museum, Admission: Free.

The Life Scholars at Terra State Community College will be venturing from Fremont to New York October 2- October 7, visiting many historic landmarks along the Hudson River Valley. People age 50 and over interested in this exciting trip are welcome to join us as we explore West Point, Hyde Park, the home of Franklin D. Roosevelt, the Eleanor Roosevelt Museum, the Vanderbilt House, Ft. Stanwix, the Women's Rights Nation History Park, and ending with a night in Buffalo. This is a 6 day, 5 night trip. The cost is \$1,150 for Life Scholars Members and \$1,250 for non members. The cost of this trip includes hotel stay, travel


expense and entrance fee into museums and landmarks. This cost is subject to change, final cost will be available on July 10, Initial \$100 deposit due July 1, 2017. Please contact 419-559-2255 or learn@terra.edu to reserve your spot!

The Fremont Tree and Beautification Commission is now taking nominations for their June Lawn Judging Awards. Please call Rick at 419 307 8924, or Bev, at 419 334 9981 with any nominations or questions. You may even nominate yourself! Judging will take place June 18. As always, we are looking for new members We meet the first Tuesday of the month at 6pm- February - November, at the Fremont Rec Center. Our next meeting will be held July 11.

June 4th & June 5th, 10 AM - 5 PM: "Fill the Truck" fundraising event: Riders Unlimited, Inc. will be accepting donations of old clothes, shoes, belts, purses, linens, bedding, and towels. The truck will be located at 3140 Behlman Road, Oak Harbor..

June 10th, 4 - 10 PM: Triple Crown Infield Party - Riders Unlimited, Inc. will be hosting their 2nd Annual Infield Party. Come enjoy live coverage of the Belmont Stakes, win/place/show auction, games, silent auction, horse apple bingo from 4 PM - 7 PM. After the race, Jerry Wittman will be providing music for our barn dance, including square dancing and stick horse races. Cover charge is \$10 for adults, \$5 for children. Pre-purchase dinner tickets are also available for \$15, but must be purchased by June 2nd. Please call 419-898-6164 for info.

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By Kelsey Nevius

As I sat by my fireplace on the cold winter months this year, I happened to look out the big glass doors into my backyard, and noticed that we had a pair of Cardinals. As I love birds (my favorite animal is a Barn Owl, in fact) I simply had to creep up to my door to watch them. Males have the brightest red feathers with females being a downy brown color, and I figured out that we didn't have just one pair: we had three of them. The males would scope out their surroundings, chirp to the females, and all six of them would be happily pecking at the ground as the cold snow fell around them. Obviously, I was absolutely overjoyed by this. Having a variety of birds and other animals around my house always makes me happy: the hummingbirds coming down at the end of May, the Cardinals flying around in pairs, our

newest addition of a woodpecker hammering away at the seed block in the backyard. By no means am I a birder or would classify myself as such, but there is something special about birds and a certain calm in watching them. Since the warm months are beginning, and birders flock to Northwest Ohio during mid-May to see all of the birds that come here, it can only mean one thing: The Biggest Week in American Birding has begun.

I was only recently informed that we even had a biggest week in birding here, and it's kind of crazy to think a ton of people flock here to our cozy spot of the



world for birding. However, it is a huge event that draws thousands. We have The Biggest Week in Birding because we're a central hub: we're also known as the Warbler Capital of the World! Usually, the biggest places that see the influx of people include the Maumee Bay Lodge and Conference Center, the Black Swamp Bird Observatory, and other Lake Erie shores and islands. If you decide you want to try your hand at birding, nothing special is really needed except a desire to go out and do it. You may want to use a field guide, which features pictures and descriptions of the birds you may see, and a pair of binoculars to get a closer look. Picking a place to go is also crucial: places near water tend to have more of a variety, as well as places where habitats merge. Plus, even though the biggest week happens in May, you can go birding at any time. Simply set up in your backyard and take it from there.

I think being a part of the Biggest Week in American Birding is awesome,

but at the same time, I take just as much joy from watching them in my backyard. The great thing about birding is that it's probably

something you can actively do or not do: you could go out in search of birds or you could simply watch them in your backyard. There is no right or wrong way. Seeing all of the people come out and see what birds stop in Northwest Ohio is something spectacular: it always boggles my mind when people from other states want to come here for something they can't get anywhere else. Since we live here, we get to take advantage of both the week and it all year round, and I think that's something truly special.



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"Grate" Treats & Eats

By: Chris Timko-Grate

Summer officially begins June 21 this year, but we sure have had a head start on warmer weather already. It has given us a jump on the yard and landscaping work. As I write this we have had our hanging baskets up for about two weeks and have a couple more coming from a neighbor's grandson's school flower sale that we get every year. We also have some landscapers coming to plant some small trees and bushes, and that will complete the planting! All we have to do is water and feed enjoy!

We now have the chance to start thinking of the summer holidays and with the help of Colleen DeLagrange I have a great dessert recipe to share with you for the 4th of July that would be perfect for any party. She made it for a group of us and no one had a bad word to say about it. The only thing anyone could say was my I have another piece of that! I asked if she would share the recipe with me and if she would mind if I put it in my column, and she said sure she would love to share with everyone. There is a crust and five layers of red white and blue, but it isn't as labor intensive as you would think, so don't be afraid to try this, it is easy. Dazzle your Holiday party with this dessert! Enjoy!

Raspberry Blueberry White Chocolate Lasagna

1 – 36 count pack Golden Oreo cookies
¼ tbsp. butter

8oz cream cheese – softened

1 cup powdered sugar

2 containers of Cool Whip 8oz

3 cups cold milk

1 cup blueberries fresh or thawed

½ cup frozen blueberries

½ cup frozen raspberries

For the Crust

36 Golden Oreo cookies (whole cookie with filling) chop in food chopper until fine like for a gram cracker crust

6 tablespoons butter melted

Mix together and press into a 9x13 glass baking dish

For Cream Cheese Layer

8oz cream cheese-softened

½ cup butter-softened

1 cup powdered sugar

1 ¼ cup Cool Whip

1 cup blueberries fresh or thawed

Beat all ingredients except the blueberries together until smooth. Then stir in blueberries. Spread on top of the crust.

For Raspberry pudding layer

1 3.9 ounce White Chocolate Instant Pudding

1 ½ cup cold milk

½ cup frozen raspberries (chop in food chopper until fine)

Beat together until thickened then pour over the cream cheese layer. Chill in refrigerator for 15 minutes before topping with the cool whip layer

Layer of Cool Whip

1 to 1 ½ cups of Cool Whip

Spread over the raspberry pudding layer. Refrigerate while you mix up the blueberry pudding layer

For Blueberry layer

1 – 3.9 ounce White Chocolate Instant Pudding

1 ½ cup cold milk

½ cup frozen blueberries (chop in food chopper until fine)

Beat together until thickened then pour over the cool whip layer

Top with another 1 to 1½ cups of Cool Whip

Topping – White chocolate bar to make curls or sprinkle with 1 cup of white chocolate chips. Refrigerate for several hours before serving.

Tip – put dessert in the fridge to keep cold while fixing the next layer. It will help to keep layers from bleeding into each other.

**Quote for the Month: Biscuits and speeches are improved by shortening! Author Unknown*

Questions, Comments, and your Recipes contact me at ChrisTimkoGrate@road-runner.com

Kudos to the 2017 high school graduates... and to their parents

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

Congratulations to the 2017 high school graduates. Many of you can give thanks to your parents who played a key role in your success. They planted a seed early on in your infancy and early childhood and it is now blossoming. The roots of your current success began in your helplessness, clinging years when your parents gave you encouragement every step of the way. You discovered you could overcome gravity and put one unsteady foot in front of the other and wobble across the living room carpet. Your parents, with outstretched arms, smiled and shouted words of encouragement, "You can do it!" When you fell, they picked you up to try again.

During your preschool years, your parents encouraged you to be successful at new tasks. They taught you to ride a bike, blend recipe ingredients to make simple meals, catch a baseball, to tell the truth and know the difference between what's right and wrong.

Just twelve years ago, your parents walked you through the schoolhouse door, the first institution you experienced outside of home. They waved goodbye, then exited quickly so you couldn't see the tears in their eyes.

So, I not only congratulate the students for a job well done, but I pay tribute to the moms, dads, and caretakers for planting the seed and raising confident and successful teens. Parenting is one of the hardest jobs in today's world. It's a job with many ups and downs, but you can't quit and send out resumes in search of better employment.

A bonus or merit pay increase for your on-the-job excellence wasn't included in the job description and no parent-training manual was handed to you. No vacations, sick days, time-off, or extra pay for working weekends or double shifts.

And now, your children are about to fledge the nest and fly away with the sturdy wings you gave them. You will receive no sweet, tear-jerking retirement party. But, chances are, you will receive something better, something priceless. You are proven caretakers who lived for your sons and daughters and you will receive a lifetime of rewards for the difficult job you have done.

You were a key player in building their self-esteem and confidence. Children learn mostly through observation and they watched you throughout this most difficult pursuit called parenting. As they reap the life-long benefits of your Herculean efforts, they will carry the wisdom and perseverance you instilled in them. They will be modeling you into the future.

Kudos to the high school graduates...and to their caretakers, as well!


Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He is author of the book "Finding Happiness in America" (Amazon.com books).

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Camp Fearless: Helping Bereaved Kids Cope

When a child experiences a death or a loss, their needs are very complex. Children are often our “forgotten grievers.” They grieve differently than adults, which can lead some adults to believe that the child isn’t experiencing grief. In reality, nothing could be further from the truth. The question isn’t if they grieve, but rather how they grieve. How children express their grief is directly impacted by the developmental stage they are in when a loss occurs.

This gap in understanding children’s grief led ProMedica Hospice to offer Camp Fearless, a free 4-day camp specifically designed for bereaved children ages 6-16 and led by a team of hospice professionals and trained volunteers.

Through the utilization of fun therapeutic activities, arts and crafts and team building exercises, we’ll help children express their grief and facilitate the healing process in a safe and caring environment. Campers will also develop healthy coping skills to deal with the trauma of loss.

Camp Fearless will also offer the opportunity for parents and guardians to meet individually with camp leaders to discuss individual needs of the children and family following loss. Hospice staff can provide information and connect families with additional resources to help children continue to grow and progress in their grief journey beyond the scope of the camp.

ProMedica Hospice will hold Camp Fearless in Clyde at Clyde Elementary School, June 20 – 23 and in Fremont at Grace Community Church, July 11 – 14. Camps meet daily from 9 a.m. – 3 p.m.

Registration is required. For more information or to register, visit promedica.org/campfearless or contact ProMedica Hospice at 419-547-6419.

12 Acres in Ohio

By Robin Arnold / Gena Husman

Good Week/Bad Week/“The Biggest Week”

It was the best of weeks; it was the worst of weeks...and, it was “The Biggest Week in American Birding,” an event that began Friday, May 5th and ended Sunday, May 14th. For the past seven years it has been an annual event in Northwest Ohio, drawing thousands of serious birders and bird watchers from all over the United States--and even some from other countries. It brings about 40 million tourist dollars into the area. This year, we hosted five birding groups on our property as part of the “Private Lands of the Little Portage Area” tours.

The first tour group was scheduled to visit us on Saturday morning May 6. By Friday morning, in the midst of the soaking rain and cold east wind, we realized the next day’s tour group would never be able to cross the ditch and get up on the dike around the marsh without waders. At the last minute, we came up with the idea of pumping the water from the ditch back into the marsh; but, by then, Robin, who had saved up her vacation time for this event (after working a whole year without taking any time off) was getting sick with either the flu or a severe cold. So, since I was still reasonably healthy just then, it was up to me to find and hook up our small electric pump and garden hose, and pump out the ditch. By Saturday morning the ditch was nearly dry. In spite of the rain that made some paths impassable--not just here, but at several of the other birding spots--and chilly east winds that slowed bird migration to the whole area,



“The Biggest Week” dawned bright and sunny--if a bit chilly.

It was during the second tour group that Scruffy, the chickadee, decided to make an appearance. He announced his presence by popping up on a nearby branch and singing loudly until someone looked up and noticed him. “Oh, look! There’s a black-capped chickadee!” one of the birders behind me exclaimed. Well, I knew right away who THAT was. I stuck my hand in my jacket pocket and turned around with a handful of black oil sunflower seeds. “Scruffy,” I said holding my hand out, “where have you been?” He hopped off his branch onto my hand and began looking through the seeds. For the moment, warblers were forgotten as people pulled out cameras and smart phones and started taking pictures. Scruffy knows how to play to a crowd and he doesn’t care who feeds him, so pretty soon I was passing seeds around to almost everyone in the group. He brought a smile to even the most serious birders’ faces. After all, who can resist a cute little chickadee looking them right in the eye while standing in

their hand picking through seeds? And what chickadee can resist a group of humans offering him his favorite treats? He managed to hit four of the five groups--even following one group all the way around the property (we checked their van when they left to make sure he hadn’t joined them). By the time they left, almost everyone had seeds rattling around in one of their pockets (wonder if they’ll think of Scruffy when they get home and unpack?).

Robin was finally able to join the last couple of groups. We didn’t have any movie stars this time, but we were pleasantly surprised by a visit from our local celebrity, Kenn Kaufman, noted bird expert and author of the Kaufman Field Guides, and his long-time friend, Jeff Cox, who was going to lead one of the tour groups later in the week. Our five tour groups included birders from Washington state, Texas, Utah, Alaska, Hawaii, Oklahoma, Georgia, Tennessee, Minnesota, Oregon, California and of course, Ohio, to name a few. A couple who had driven from Oregon told a horror story of driving through almost blizzard-like snowstorms, and torrential rain and wondering what they were going to find when they arrived here.

These crazy bird people are a dedicated lot--neither rain, nor east winds, nor lack of birds dampened their spirits for long. It’s amazing what they won’t go through to follow these beautiful little feathered creatures around the country--even the world!

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You may find yourself plagued by uncertainty or pressured by your peers. Focus on necessary tasks and do not be distracted by your own inner feelings of insecurity. Your perseverance will be rewarded.

TAURUS (April 20-May 20): Don't back down. In the upcoming month you may find yourself in a situation where someone wants you to cater to his or her selfish needs. Trust that you have shown others will be reciprocated in full.

GEMINI (May 21-June 20): You can't please everyone, but you can please yourself. The ambition on your mind is entirely achievable. There are plenty of people, in your own home or nearby, eager to help you achieve your goals.

CANCER (June 21-July 22): New people or contacts in your life may be fascinating. You may be enamored by a new flame but need to wait to see if this latest passion lasts longer than the TV show you are watching this evening.

LEO (July 23-Aug. 22): Take the right turn on your career path. In the month ahead you might experience improved working conditions or find satisfaction in a special job. Promises should be kept and obligations should be honored.

VIRGO (Aug. 23-Sept. 22): Every quid comes with a quo. The attitude of give and take always has to begin with giving on both sides. You can exercise your enormous charm in the week ahead to smooth ruffled feathers and set the record straight.

LIBRA (Sept. 23-Oct. 22): Your passion can become a pendulum. Your emotions may swing to furthest extremes when challenged to prove your affection. Keep a tight grip on your piggy bank and don't put your pennies in peril.

SCORPIO (Oct. 23-Nov. 21): Don't sell yourself short! Fostering a positive attitude can uplift the members of your household and help them make dreams come true. Be firm and stand up for yourself and loved ones.

SAGITTARIUS (Nov. 22-Dec. 21): Be mindful of your manners. Your careful consideration of others will give you the advantage when you are involved in delicate discussions. Ask questions rather than being told what to think.

CAPRICORN (Dec. 22-Jan. 19): Build bridges that connect your goals with those of others. This week you can use your charm to impress people and may even seem more skilled than usual. Be sure to remain discreet if a new lover enters the picture.

AQUARIUS (Jan. 20-Feb. 18): Overcome bashfulness and be direct. Warmth and enthusiasm are tools best used to take charge of the social scene or even business activities. A new face may be just the one you want to see.

PISCES (Feb. 19-March 20): It may be tempting to bring down the hammer on someone who is in error. However, if you show leniency your kindnesses will be repaid in kind. Double check your addition and subtraction.

8th Annual Fremont's Got Talent Set for August 13, 2017

The Exchange Club of Fremont, Ohio will again host the 8th Annual Fremont's Got Talent show at Birchard Park on August 13th 2017. The Fremont's Got Talent competition is open to any amateur talent from Sandusky County as well as Wood, Seneca, Ottawa, and Erie, Counties. We encourage anyone who has a unique and entertaining talent to register for our competition, this is not just a singing contest and we strive to get more non-traditional talent this year. Each year has proven to be bigger and better and we are proud to be able to offer this fine family event to our community. First place winner of the event will take home \$1000.00 followed by a \$600.00 second place, \$400.00 third place and a \$300.00 Youth Award. There will also be a people's choice contest that is determined by donations in jars labeled for each contestant.

Fremont's Got Talent is and always has been a fundraiser for various non-profits in Sandusky County and this year we are pleased to announce we have chosen for the proceeds of our event to go to Fight for Recovery, a 501c3 that specializes in opiate and drug rehabilitation programs.

Our show has always been generously supported by the community and we are asking for sponsorships currently and will be offering multiple donation levels for donors to choose from with the following categories being available: Platinum Donor - \$1000 or more, Gold Donor - \$600 - \$999, Silver Donor - \$251 - \$599, Bronze Donor - \$100 - \$250 or a Friends of Exchange Donor - Under \$100.

All sponsors will be listed in the program and mentioned throughout the course of the show.

Platinum, Gold, Silver sponsors will get special recognition in a professionally produced video that will include their name and logo shown several weeks before and will be posted on a highlights video after the event. Videos will appear on the Exchange website, Exchange Club Facebook pages, and will be promoted in a paid Facebook ad campaign that will impression on over 60,000 users news feeds.

Anyone looking to find more information about this year's event including sponsorship and contestant information may visit our website at: www.exchangecluboffremontoh.org or find us on Facebook @ FremontsGotTalent, see you at the show!

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Neck Size one risk for sleep apnea; with shapewear, moderation is key

DEAR MAYO CLINIC: Recently, I was evaluated for sleep apnea. As part of the exam, my neck circumference was measured. Why is this important?

ANSWER: Having a neck circumference greater than 16 inches if you're a woman, or greater than 17 inches if you're a man, is one of numerous risk factors associated with obstructive sleep apnea (OSA). OSA occurs when muscles at the back of your throat relax and temporarily restrict or block airflow as you sleep. This may lead to disrupted sleep and daytime tiredness. Sudden drops in blood oxygen levels that occur during sleep apnea increase blood pressure and put a strain on your cardiovascular system, raising your risk of developing problems such as high blood pressure (hypertension) and heart failure.

In most people, a neck size greater than 16 or 17 inches is a sign of excess fat in the neck area. This may contribute to crowding and narrowing of your breathing tube, making obstruction or blockage of your airway while you sleep all the more likely.

Doctors use neck circumference and other indicators to evaluate your overall risk of OSA. You may be asked questions about how you sleep, whether you snore and how you feel when you're awake. You also may be assessed for other risk factors such as obesity, high blood pressure, whether you smoke or drink alcohol, or have throat anatomy that crowds your breathing tube.

Your doctor may first recommend an overnight study at home that tests to see if there are periods when your oxygen is low. Depending on the results of that test, your doctor may decide it's worthwhile for you to spend a night in a sleep lab or to do a home sleep study to definitively diagnose your OSA, determine its severity and assess treatment options. (Adapted from Mayo Clinic Health Letter) - Kannan Ramar, M.B.B.S., M.D., Center for Sleep Medicine, Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC:

I was considering wearing some shapewear under my outfit for an upcoming class reunion. Then I heard a report

saying these garments can be risky. Is this true?

ANSWER: With shapewear - as with most things in life - moderation is key. While most people can't imagine wearing something as restricting as an old-fashioned corset, the concept behind it continues, using contemporary materials and newer styles. Shapewear can target a particular area, such as your waist or thighs, or help contour your body from bust to knee.

The main issue with shapewear is simple discomfort. However, if you push yourself into sizes that are too small or wear them too long or too often, the discomfort may manifest in different ways. Here's how:

Acid reflux: Wearing tightfitting clothing around the waist can increase reflux and heartburn.

Bloating and gas: If you frequently experience these signs of irritable bowel syndrome (IBS), a food intolerance or other gastrointestinal issue, you may find that constricting clothing compounds the discomfort.

Thigh pain or numbness: Pressure on nerves that run to the thighs can cause a condition called meralgia paresthetica. Commonly caused by tight clothing, it causes tingling, numbness and burning pain in the outer thigh.

Varicose veins: Wearing tight clothing for long periods can worsen these swollen veins.

Rash or infection: Tight, synthetic fabric can trap moisture. The sweating caused by extended wear can cause skin irritation. Yeast and bacterial infections also are a possibility.

When sized correctly and used for limited periods, there's little risk in using shapewear. You may want to try on different types of shapewear in the store to make sure you're comfortable and can move freely - and you're able to manage using the restroom - when wearing them. (Adapted from Mayo Clinic Health Letter) - Stephanie Faubion, M.D., Women's Health Clinic, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT SIGN)mayo.edu. For more information, visit www.mayoclinic.org.)

Shelter Tails

By Joanne McDowell

Her name is Pepper



In April our humane agent rescued Pepper, believing the massive tumor, yes that is a tumor, around her neck would be fatal. After a visit with the vet it was decided the tumor could be safely removed, but at a cost of \$500.00. Because she was such a sweet dog, and only three years old, we made the surgery appointment to save her life. She survived surgery with only a scar and a great attitude.

Now a month later she is ready to be adopted to a forever home. You can meet her at the shelter.



If you would like to donate to help us pay for her surgery, please send a donation to: HSSC, 1315 N. River Road, Fremont, 43420. You can call the shelter at 419-334-4517 to make a donation by credit card also. All donations are tax deductible.

Thanks for helping us save Pepper!

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Strut Your Mutt: Humane Society Dog Walk



The event is now scheduled for Sunday, June 4th at Walsh Park in Fremont. There will be a petting zoo by Sunshine Farms, face painting, food and dog contests. Bring your mutt and help us raise money for the animal shelter's dog run.

Entry fee is \$20 for the first dog and \$15 for additional. Every dog gets a gift bag and scarf. Pre-registration begins at 11 a.m. with the walk at noon.

Those who raised money for the event will be awarded prizes including; two passes to Cedar Point, a trip for six to African Safari and a bowling day with pizza at Plaza Lanes.

For information call the shelter at 419-334 4517.

Bethesda's Car & Motorcycle Show Wednesday, June 14



**Hog Roast with
Baked Beans, Potato
Salad, Dinner Rolls &
Drink Included**

Starts at 5pm \$9.00

Elvis



Performs at 6:00pm

Car Show Entries
park in back parking
lot by the tent. \$5.00
registration fee.

Extra Parking at
Otis School next to
Bethesda

If you have any questions,
call the Activities Dept. at
419-334-9521.

Bethesda Care Center
600 N. Brush Street, Fremont, OH

Dear Cathy,

I adopted a lab/pug mix from a local shelter, and we just love her. Unfortunately, she's a digger. She is digging our tree and lilac roots, which she pulls out and chews up. I'm hoping it might be a vitamin deficiency that we can fix with nutrition, otherwise any suggestions? I have put her poop in the holes, filled the holes with dirt, and dragged her to the holes after the fact and told her no. I have heard mouse traps work, but that seems mean. I have a dog door to the backyard, so I don't have complete control of when she's going outside. I also have a Shih Tzu, so I don't want to block them from going outside altogether. - Jayne Miller, Aurora, IL

Dear Jayne,

While supervising your dog and catching her in the act is the best way to correct unwanted behaviors, there

are some things you can do to discourage or reward - yes, reward - the behavior when you're not home.

There are many reasons why dogs dig that all require different solutions. Based on your letter, I think your dog developed the habit to entertain herself, so let's talk about ways to discourage the behavior first.

You can put a small metal garden fence around the areas where she likes to dig. If she steps over the fencing too easily, then crisscross rows of twine in a grid pattern a few inches off the ground or put potted plants or heavy rocks where she likes to dig. The idea is to set up road blocks to keep her from digging in this area.

You mentioned using mouse traps to startle her into staying away. I don't think they are safe around pets, but there is a product called Snappy Trainer that is similar and safe to use.

Place it in the yard where you don't want her to dig. If she touches or bumps it, the device will snap and flip into the air, which may discourage her from going near your trees and lilacs.

If she loves to dig, however, she may just find another place in the yard to have fun. That's why I think it might be easier to reward her habit by making her a digging pit - a 3-by-6 foot sandbox where you can hide toys and treats that she can uncover and discover every day.

To train her to use it, let her see you bury a few hot dog pieces in the sand, then use show and tell to teach her how to "dig in the box." When she uncovers a treat, give her another treat as a reward. If she knows there are buried treats, she will likely stop digging elsewhere and focus her energies on her new "treat" pit.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)

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Westview Veterinary Hospital welcomes Dr. Adrienne Garrett to our Staff

Adrienne "Annie" Garrett DVM, earned her degree from The Ohio State University College of Veterinary Medicine in 2017. Dr. Garrett grew up in a small township named Hinckley located in Medina County. While in Hinckley, Dr. Garrett owned a menagerie of animals, but spent most of her time with horses. She was an active member of Bath Pony Club for 20 years and graduated as an HA. In 2012, she earned her Bachelors of Science degree from Otterbein University. While there, she participated on the Intercollegiate Dressage, Huntseat, and Eventing Teams, and was an active member of the Pre-Veterinary Club.

While at Ohio State, Dr. Garrett was the Vice President of the AAEP Student Chapter and an active member of the Food Animal and Theriogenology clubs. Along with club participation, Dr. Garrett spent time on the Colic Team, Dystocia team, foal sitting and volunteering in the Equine Intensive Care. Along with attending veterinary school, Dr. Garrett participated in many externships at some top equine hospitals including Hagyard, Peterson and Smith, and Tennessee Equine Hospital.

Dr. Garrett is an active member of the American Veterinary Medical Association and the American Association of Equine Practitioners. Her veterinary interests are varied and include reproductive and neonatal care, small animal surgery, equine lameness, general and emergency medicine. She enjoys a variety of mixed animal practice, focusing on horses, dogs, and cats.

Dr. Garrett is excited to be living in Fremont, Ohio and experiencing what the area has to offer. In her free time, she enjoys riding horses, boating, watching the Buckeyes play, biking and going hiking with her English Springer Spaniel, Mayzie.



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

Mon. 8 a.m.-7 p.m., Tue.-Thurs. 8 a.m.-6 p.m., Friday 8am-5pm
Sat. 8 a.m. - 12:00 p.m., Closed Sun.

"8 Things You Can Do Right Now to Be Healthier, Happier, and Look Better Than You've Ever Been." (or at least in a long time!)

By Dr. Paul Silcox

1. Exercise 20 minutes, 3 times a week. Break a sweat. It exercises the heart and the smaller muscles of the arteries; and helps detoxify the body.
2. Drink a half-gallon of water a day. Many body functions such as in the liver and kidneys need this resource to be replenished frequently and regularly. The body and the structures such as the muscles, brain, blood, skin in it are made up of nearly 70% water. When we don't get enough, muscles and joints get stiffer, brain function can be compromised in more severe cases, blood is thicker and more difficult to push through the blood vessels, and skin will get dry and easier to sag.
3. Take a good quality, well rounded, multiple vitamin supplement daily. DON'T GET CHEAP VITAMINS. Cheap price (not always I know) but often means cheap quality which leads to cheap results. The problem is the cheap results are reflected in YOUR HEALTH!!! If you're not sure, I invite you to stop by the office to consider the ones I take for the last 15 years. \$40 and will last 2 months for one person.
4. Do an herbal colon cleanse program at least twice a year to minimize the buildup of toxic byproducts from food additives, water, medications and air pollution in our digestive system that ultimately poisons our bodies but usually manifests itself as other disease processes.
5. Decrease the quantity of food you eat and increase the quality. Organic is best. However price for organic can be limiting for many. Get fresh. The least processing and preservatives the better. Get colorful vegetables. Increase food with higher fiber content.
6. Have your spine checked for spinal misalignments and to see if your leg length is within a ¼ in. Misalignments in the spine can effect body framework and some body functions, nerve function and/or speed up spinal arthritis.
7. For healthy joints. I recommend you to begin taking Glucosamine Sulfate, Chondroitin Sulfate and MSM at an early age to protect joint surfaces and slow down or stop the degenerative joint disease that inhibits mobility later in life.
8. Acknowledge our Spirituality. There was a study done at Duke University in that it was theorized that people who attended worship services lived longer and healthier than people who didn't. This was researched for 2 years and at the conclusion of the study, it was recorded that this was true and was an official recommendation of the study. Now, this might take a while to have a cumulative effect to impact your health, however, it was a convincing study and one in which I feel is well worthwhile to consider. When this is coupled with an attitude of gratitude, miracles can begin to happen.

Relay for Life of Sandusky County, June 10th

This year's Relay for Life will be kicking off at noon. There will be fun events for your whole family all afternoon and evening. This year's theme is Relaying Through the Holidays!! Some of the highlights that you won't want to miss include:

- 12:00: Opening Ceremony – Please come out and support area cancer survivors on the survivor lap. Bring some money to enjoy lunch from the various tents!
- 2:00: Christmas Themed Live Auction – Christmas trees and wreaths will be auctioned off
- 3:00: Easter Egg Hunt
- 4:00: Trick R' Treat
- 5:00: Lip Sync Battle
- 6:00: Jazzercise

Dinner will be available at numerous locations throughout the park!

8:00 Brian's Bad Joke Tournament

9:30: Luminaria Ceremony - If you've never been to one, you will want to stay. This emotional ceremony is really what Relay for Life is all about (Remembering those we have lost due to cancer, supporting those that are fighting currently, and Rejoicing with those who have won the battle!)

For more information on the event, please visit our website at www.relayforlife.org.

REIKI CIRCLE

Tuesday, June 13th at The Bellevue Hospital Conference Room A&B-Begins: 6 PM - Dismiss: 8 PM

8-9 PM Practitioners Reiki sessions

Open to the public. If you are a Reiki Practitioner please join us in providing our visitors with Reiki as well as share your experiences in Reiki.

There is never a disconnection between us as people and our spirits, but we can sometimes feel estranged from who we are deep down. Reconnecting with this part of ourselves and identifying with the spirit that dwells within can help us find our balance and our strength. Additionally, it gives us the inspiration to create and work at higher standards. There is much more to life than our physical activities. The work of Spirit is the single most important part of healing.

Please join us as we continue with the discussion of self-healing, balancing our chakras and meridians, we will also be doing EFT (Emotional Freedom Tapping) to focus on what blocks we may have.

If you have any questions please feel free to call Patricia Zilles at 419-355-1283 or e-mail at teetazilles@gmail.com

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Dust Free Cleaning: Get ready for the summer with us! References, insured, four hour minimum, \$15 per hour. Call 419-603-6667 to get started.

Donna's Sewing: Alterations: Including pants at \$6 per pair, zippers, curtains, dresses, wedding dresses, re-enactment clothing, tailoring. Quick turnaround. Call 419-332- 1654

COMMUNITY SALE

Gibsonburg Community Sales: Indoor garage sale and bake sale, 300 S. Main St., Gibsonburg American Legion Hall. Thursday, June 22 and Friday, June 23rd. 8-4 Multiple vendors with loads of good stuff- priced to sell!

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Four admission prizes of \$25 given nightly

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- Handicap Accessible
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- Lucky numbers
- All PAPER - Lots of instants



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Others by Appt.

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Team Building Events

Chris Earnhart/ Owner

See us on Facebook



Dr. D. Ross Irons Centennial 5K Memorial Run/Walk



June 23, 2017 ~ 7:00 p.m.

Course: Flat, out and back
Pre-Entry Fee: \$25 (Includes long-sleeve shirt); \$15 (no shirt)
Pre-Entry Deadline: June 10, 2017
Race Day Fee: \$30 (Does not include shirt)

**Bellevue High School Track
200 Oakland Avenue
Bellevue, Ohio**

Register Online: www.tbhfoundation.com

10th Annual

Dr. Elbert D. Lawrence Classic Car, Truck & Motorcycle Show

June 24, 2017 ~ 10 a.m. - 2 p.m.

**Early Bird Registration - \$10
Day of Show - \$20**

- Dash plaques for the first 50 registered vehicles.
- Plaques for Best of Show in car, truck, and motorcycle categories
- Bike Decorating Contest

**Bellevue High School
200 Oakland Avenue
Bellevue, Ohio**

Register Online: www.tbhfoundation.com



**37th Annual Foundation Golf Outing
July 19, 2017**

**Green Hills Golf Course
Clyde, Ohio**

Register Online: www.tbhfoundation.com

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Or call: 419.483.4040, Ext. 4319