

# 2000 lifestyles



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**Vol. 15 Issue 3**

**March 2013**



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# Lifestyles 2000

March 2013

Vol. 15 • Issue 3

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*Lifestyles is available at local Subways in Fremont & Clyde.*

## TBH Foundation Gives Away New Corvette!

The Bellevue Hospital Foundation (TBHF) made Valentine's Day a memorable experience for Dean Brandenburg of Potterville, MI, as his name was drawn as the grand prize winner in the "Is Your Heart Set on a Vette" raffle.

As the grand prize winner, Brandenburg had his choice of a brand new 2013 Corvette Convertible 1LT or \$50,000 in cash. He chose the cash option and then made a sizeable contribution back to the Foundation from his winnings!

Four runner-up winners each received cash prizes, including Mike Bleke, Franklin, IN, \$2,000 cash; David Meier, Milton, WI, \$1,500 cash; James Bratton II, Roanoke, VA, \$1,000 cash; and Andrew Freeman, Belleville, MI, \$500 cash.

"We wish to congratulate Dean and the other four winners," said Michael K. Winthrop, President and CEO of The Bellevue Hospital (TBH). "We kicked-off this raffle in September of 2012 and our goal was to sell all 1,500 tickets at \$100 each, a goal that we accomplished!"

Continued Winthrop, "For us, that made the raffle highly successful. It was important for us to sell and run this raffle in the right way and it was a great effort from our Foundation, Accounting Department, Marketing Department, and numerous volunteers."

Tickets were sold to people in 40 different U.S. states, including Hawaii, and also in Canada, noted Kate Herring, TBH Foundation Director. "I would like to personally thank Gary Steinle of Steinle Chevrolet-Buick in Clyde. They were the co-sponsor of this event. Also, thanks to the Bellevue Beverage Center, the Fremont Steinle location, Hogue's IGA in Bellevue, the hospital Gift Shop staff, and the Foundation Board members for all the support. We could



Michael K. Winthrop, President and CEO of The Bellevue Hospital (left), presents a check to Dean Brandenburg of Potterville, MI, the winner of the 2013 "Is Your Heart Set On A Vette" Corvette Raffle. Brandenburg chose the \$50,000 cash option, then donated a sizeable amount of his winnings back to The Bellevue Hospital Foundation.

not have accomplished this massive project without all their help."

Herring noted that all proceeds will benefit Foundation women's and children's projects, including the Women's Mammography Fund, which will help supply screening mammograms for underinsured or uninsured women.

"And we especially thank Dean for his generous contribution back to the Foundation," finalized Herring.



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# Lifestyles 2000

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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](mailto: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" ..

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

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

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

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

It is hard to believe that we celebrate both St. Pat's Day and Easter in the same month this year.



We also celebrate our two daughter's birthdays on March 20th, the first day of spring, and St. Pat's Day. What a great month this is going to be, now all we need is some warmer weather!

Have a great month and please remember to support our advertisers, they are the reason that we will soon be celebrating fourteen years! I cannot believe we printed our first issue in May of 1999, it doesn't seem that long ago. I do know that many of you have been readers this entire time, and for that, we are so grateful.

God bless,  
*Joanne*



"Pete" was apparently pretty easy to find in February as we had almost 160 correct entries, only a few of you had it wrong. For those still looking, he was in the Holland CPA ad.

## Find Pete Winners

Winners are: Thomas Aldrich, Sandy French, Pam Aldrich, Clyde; Richard Gray, Suzie Fay, Iris Meggitt, Cayden Adams, Bellevue; Kathy Lowe, Woodville; Kathy Yoder, Vickery; "Birdie" Laurer, Rob Hill, Karen Westgate, Cy Connors, Brenda Butzier, Jon Brough, Robert Williams, Fremont; Lynn Fox, Rita Claypool, Gibsonburg; Carolyn Lipstraw, Lindsey.

## Find Pete Prizes

"Find Pete" prizes for Feb. include gift certificates from The Perfect Ten, Jenesis Salon, Dairy Queen West, Rally's, Old Fort Market, Calico Cat and Legends.

You may request a specific prize.

## Find Pete Contest Rules

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

## Fundraiser for Claire Gabel Bohn at Dairy Queen on March 2nd

Family and friends are rallying to support Claire Gabel Bohn, daughter of local residents Herb and Mary Gabel, and sister of Joanne Kosta. Claire is fighting breast cancer and needs assistance paying for treatments at the James Center at Ohio State, although her insurance will cover her surgery, it will not cover lost months of wages as she battles this disease.



Claire is the mother of two teenaged daughters, shown in the photo, and her husband is Dave Bohn. Claire has been a hair dresser in Findlay these past twenty years.

Dairy Queen West in Fremont, courtesy of owner Joanne Darr Wagner, will be hosting a lunch on Saturday, March 2 from noon to 9pm. Root's Poultry is donating towards the lunch with their famous Root's Chicken, along with Ballreich Potato Chips and Dairy Queen's new Orange Julius, with an apple for dessert courtesy of Eshleman's Orchard. You may dine in or carry-out.

Mark your calendars for May 18th, a "Care for Claire" benefit Dinner-Dance with the Sleek Brothers from 5-9pm at St. Joseph's Central Catholic. Please call the Gabel's to make a donation or for more information at 419-332-8725.

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## Hawthorn...A Thorny Subject

It seems like we've had more of a variety of birds at our feeders this winter—some of it's probably because of the cold temperatures and the amount of snow, and some of it might be because the habitat here is constantly changing. The existing trees are maturing, and new ones are starting. Scrubby growth is taking over what was once a bean field. We've seen red-bellied woodpeckers, downy woodpeckers and white-breasted nuthatches at the feeders or eating suet and peanut butter that we smear on the bark of nearby trees. Even the chickadees are coming up to the feeders near the house to eat; usually they hang out at the feeder near the back of the pond. Robin has been trying to get a chickadee to eat out of her hand—it will sit in the branch just above her head and talk to her, but it has yet to land on her hand.



Last year at this time there were lots of bright red berries on our Hawthorn tree—this year hungry birds picked it clean. Robin's grandfather planted the tree in the 1960s, so it's almost 50 years old; even so, it's still quite young—its normal life expectancy is about 400 years.

If you're not familiar with the Hawthorn tree, it's deciduous and a member of the rose family. The Pilgrims were thought to have borrowed the name "Mayflower" from the Hawthorn, whose nickname is "Mayflower" because of the spectacular white blossoms which cover the tree in spring. In the fall, the flower produces a little red berry. Birds and wildlife love the berries, which also make good jellies, sauces and jams—if you can get to them before the birds. The leaves and berries have been used in herbal medicine for centuries. Hawthorns are used frequently in landscaping because of their eye-catching spring blossoms and attractive fall berries.

There are several different species of Hawthorn trees, and most come with pretty nasty thorns—some measuring up to five inches long—on their branches. (The name Hawthorn means "thorny hedge.") Planted close together in a row they make a painful, impenetrable natural fence.

We thought we'd pass along this interesting fact we discovered while researching Hawthorns: the shrike, a small bird that resembles a miniature mockingbird with a hawk-like bill, is known to use the Hawthorn thorns as a "larder" for storing its prey. It impales dead insects, amphibians, reptiles, small mammals and even other birds which it has caught and killed but doesn't need for immediate consumption on the thorns. (Incidentally, this cute little bird is also known as "the butcher bird.") We've never seen any of the "larders" here, although we have seen shrikes; but others have reported finding these caches. Guess we'll keep a closer eye on our Hawthorn.

Finally, "spring is in the air!" The first pair of Canada geese slid to a stop on our ice-covered pond on Saturday, February 16. They walked over to the spot where we usually put cracked corn out for our ducks and the wildlife, but didn't wait for me to run and get it—I wasn't expecting them to show up yet. They stayed on the ice for a little while longer so Robin could take their picture, and then they flew over into our marsh. Maybe they're planning to nest over there soon....

To contact us or to see more of Robin's photos, go to [www.robinarnoldphotography.com](http://www.robinarnoldphotography.com)

## Historic Jail and Dungeon Tours



The next group of tours at the Historic Sandusky County Jail and Dungeons, are all set for MONDAY, FEBRUARY 11. Don't miss this fascinating history as your tour guides bring it to life. P.S. Better bring your camera! The tour schedule will be as follows: 5, 5:30, 6, 6:30 and 7pm. Each tour lasts approximately 1 hour and staff will be available to answer questions during the tour times.

Because the space is limited on each tour, pre-sale tickets are now available at the Sandusky County Convention & Visitors Bureau for

\$2.00 each. Tours will be limited to 20 people per tour and tickets will be sold on a first-come-first-serve basis. The Visitors Bureau is open Monday Through Friday from 8am until 4:30pm. Tours will also be held on the following dates in 2013:

March 11  
April 15  
May 13  
June 10  
July 15  
August 12  
September 16  
October 14  
November 11  
December 16

If you have questions, please contact Katherine at 419-332-4470. The Visitors Bureau is located at 712 North Street in Fremont.

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**Super Saturday Savers**  
Every Sat. in March will be a different item featured.

**Saturday March 2 – Cooked Ham**  
\$1.99lb. save \$1.40lb.

**Saturday March 9 – Boneless Pork Western Ribs** \$1.69lb. save \$1.00lb.

**Saturday March 16 – Homemade Macaroni or Potato Salad** \$2.79lb. save .70lb. (3lb. limit please)

**Saturday March 23 – Homemade Bulk Pork Sausage** \$1.99lb. save .90lb. (limit 5lbs. please)

**Saturday March 30 – Cojack Cheese** \$3.59lb. save \$1.00lb.



# In your own back yard

**Class of Fremont Ross Class of '78 35th Year Class Reunion**, August 17th, The Elks - Fremont, 6:00 PM - ? \$25.00 per person. Contact Alison Minnich to RSVP and make payment arrangements. aminnich@woh.rr.com

**March 23: Craft Show** 9am-3pm at Mt. Carmel UMC, 4997, CR 183, Clyde. Call Sharon Baxter @ 419-547-0106 for more info.

**Sunday, March 10: HSSC Spaghetti Dinner**, Fremont American Legion, 11:30-2pm, Silent auction and great food. All proceeds benefit the animal shelter.

**School of Hope Winter Thaw Community Garage Sale**, Saturday, March 23 from 9 am -noon, School of Hope Gym (1001 Castalia Street in Fremont)

Admission is \$1.00 per shopper, RENT A TABLE TO SELL YOUR ITEMS by contacting Susan at 419-680-2728 or ImpactSchoolofHope@hotmail.com.

**Firelands Symphony presents traditional Irish band FullSet**, March 16, at 7:30pm, Sandusky State Theatre Take an Emerald Isle journey in true Celtic style with music and dancing by this award-winning Irish band. Six accomplished young musicians create a stunning and unique sound full of energy and innovation, while remaining true to their traditional roots. Call the Sandusky State Theatre Box Office for tickets at 419-626-1950. www.FirelandsSymphony.com

**Saturday March 9th, 11am-3pm at United Church of Christ 1500 Tiffin Rd. Fremont. Bake sale, Vendor and Craft Show;** admission is \$1 or a canned food item, all donations will go to

our Sandusky Co Food Pantry. Food is available to purchase and eat while you shop. The Easter bunny will be there to take photographs with the kids!

**The Fremont Area Women's Connection invites all women to our St. Patrick's Day Luncheon at Anjulina's Catering**, 2270 W. Hayes Ave., Fremont, Tuesday, March 12. Luncheon 11am - 12:30 pm. Cost \$12.00 inclusive. (A complimentary nursery is available by reservation). The Feature will be Kathleen Darr, freelance artist at Heirloom Artistry. The Speaker will be Debbie Potts, Rochester Hills, MI telling us "What to do when your bubble bursts". For luncheon and free child care, please call by March 7th-Donna at 419-680-2251, or email - Carrol at fawcluncheon@gmail.com

**Fremont Elks Easter Craft & Bake Sale**, March 29th, beginning at 3pm until everything is gone. Please help out with baked items, crafts or monetary gifts. Please deliver by Thurs. evening or 2:30pm on Friday. Proceeds will be used for community activities.

**Sandusky County Senior Center:** The Made in Ohio...in Columbus Trip scheduled for Thursday June 13, is completely booked. Another bus is scheduled on Wednesday June 12, if we get enough reservations! Cost: \$79. Gettysburg PA/ Washington D.C. May 2-5, cost: \$515 double occupancy. Deadline for reservations is: April 1st. Memphis/Tunica/ Graceland, Sept. 16-20, Cost: \$ 575 double occupancy/\$ 670 single occupancy. Call Barb at the Sandusky County Senior Center Mon. - Fri. 9:00-2:30 for more info at 419-334-8383



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

Kennel cleaner: Part-time, some weekends, minimum wage position. Must love dogs and cats and be willing to work hard. Applications taken on Monday-Tues. only through March at HSSC, 2520 Port Clinton Road, Fremont. No phone calls please.

**Call 419-334-3602 to book your classified, up to 4 lines for \$25 for the month. Advertise your garage sale, sell your mobile home or just unwanted junk!**

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# Helen Marketti's Music Corner



## Baron Wolman

Baron Wolman was the first chief photographer at Rolling Stone Magazine in 1967. His photographs have captured classic rock history for those who were there first hand and for those who are fascinated by an era that made a difference. Baron will be giving a free lecture at

Owens Community College Center (Toledo campus) for Fine & Performing Arts on Thursday, March 21 to discuss his current photo exhibit on display until March 28 at Walter E. Terhune Art Gallery on the campus.

Originally, from Columbus, Baron shares how his interest in photography brought him to the concert arena and beyond with many of rock's pinnacle pioneers. "My cousin had a camera and showed it to me. I remember thinking how cool it looked because I am such a gadget freak. The moment I got my own camera and started using it, it felt like the most natural thing in the world. It was the same feeling that musicians get when they play their instruments. I felt the same way when I started taking pictures," said Baron.

"I also noticed that by having a camera, you had a license so to speak of crossing over the security tape lines to where the action was at events and that was a very attractive idea to me."

"I started working for the school newspaper in high school," said Baron. "I graduated from high school in Columbus and then went on to Northwestern (Illinois) for college. My first major was engineering because my dad had a factory and really wanted me to work with him but it just didn't work for me so I switched to

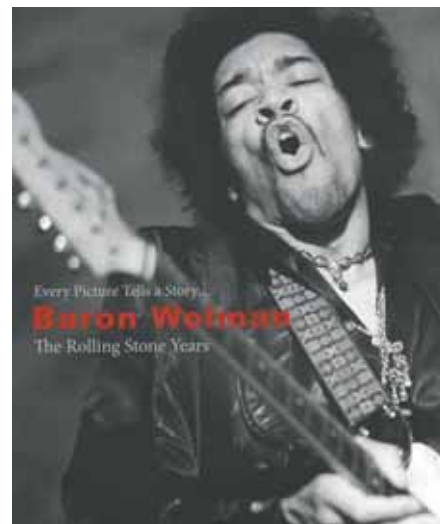
Liberal Arts and became involved with campus politics."

"While I was at Northwestern, I had a friend tell me that I should consider visiting California. She was from there and so I went to visit her in San Francisco after we graduated. I fell in love with the area immediately and decided one way or the other I was going to get back there," recalls Baron. "After I got out of the military, I moved to Los Angeles where I met my then wife who was a professional ballet dancer. She wanted to dance in the San Francisco Ballet and I couldn't stand the air in LA so we moved. When we arrived in San Francisco, we were trying to decide where to live so we kept driving around until we found people who looked like us, which happened to be the Haight-Ashbury district. Those were the days when concerts were free at Golden Gate Park. I started photographing the concerts because I liked the music. The musicians were so colorful and so were the people who attended. I was photographing everyone," said Baron. "During that time I was working as a freelance photojournalist. One of my clients was Mills College, which was a women's school in Oakland. It had a very advanced music department and it was announced that they were going to hold a conference on rock and roll. They saw rock and roll becoming bigger and bigger especially in the Bay area. I decided to cover it as a photographer and thought a writer should cover it with me. Well, the writer turned out to be Jann Wenner (who would later become one of the original cofounders of Rolling Stone Magazine). Jann and I started talking after the conference and he was outlining his ideas about putting together a music publication. At the time, there was nothing for music fans except for trade magazines. I thought Jann had a good idea and he asked me if I wanted to be the photographer for the magazine and that's how it all got started." Baron worked at Rolling Stone for three years before moving on to pursue other interests. "Metaphorically speaking, I believe life can be seen as a buffet," said Baron. "The buffet table has a lot to offer but if you stop at the appetizer table and do not go any further then you're missing out on the salads, soups, main course, desserts, everything. I had a great time at Rolling Stone but also wanted to see what else was out there." Baron went on to publish a fashion magazine, RAGS that was the Rolling Stone of fashion. He earned his license to fly and started taking

aerial photos. He has also worked as a photographer for the Oakland Raiders.

"Right now I'm on the downside of my creativity (laughs). I feel I have given my contribution and now I travel to maintain it. I give lectures, sign books, sell prints and always share stories behind the pictures. I feel extraordinarily privileged to have had this opportunity and since I had this chance, it was my responsibility to take pictures that would give an insight to people about their favorite musicians. I don't even know whom to thank. It's been a great trip and a great experience."

Baron's book, "Every Picture Tells a Story, The Rolling Stone Years" is available through: [www.therollingstoneyears.com](http://www.therollingstoneyears.com)



For more information about Baron Wolman: [www.fotobaron.com](http://www.fotobaron.com)

Baron is on Facebook: The Fotobaron  
For information on the exhibit at Owens College: 1-567-661-2712  
<http://www.owens.edu/arts/gallery.html>



### Clyde St. Mary's Fish Fry

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4:30-7:00PM

March 1st & March 15th

Alaskan Walleye, Potato, Salad Bar/Drink

Adults - \$8.50

Kids 10/under \$3.00

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### St. Paddy's Night

March 9th - 5:30-10:30

\$10.00 - Includes soup, salad, sandwiches and 2 drink tickets.

Must be "21" to enter

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### "Toast to Linda Key"



**Location:** Our Lady of Pines Retreat Center

**Where:** 1250 Tiffin Street in Fremont

**Date:** Thursday, April 18th from 6-9pm

\$25 Tickets to Sandusky County Cancer Care

Tickets can be purchased at United Way or call:

Joyce Garvey 419-334-8938 or  
Donna Durst 419-334-3402

*Come join us to celebrate  
Linda's Life!*





# Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Well, Winter Project 2013 is done! Thanks to my daughter, Angie and a heaven-sent gift of extra patience and energy for both of us, the dining room hardwood floor has been sanded, re-stained a golden oak and double coated with polyurethane. It looks really nice and should last for a very long time.

The Old Garden House will again be at the Home and Garden Show. Come see what's new for your home and gardens while you enjoy a hint of spring in the air. At our booth, we will be giving out packets of "Teddy Bear" sunflower seeds. They are easily grown and are different from other sunflowers, in that they have a full flower head (resembles a half ball) and they only grow about 1 1/2 feet to 2 feet tall. We also will have our 2013 Tea at Two schedules ready or you to pick up. While you're there, you can try your luck at winning two places at the table for one of our "Boarding House Dinners" to celebrate the day the seasons change. (Choose from Spring, March 20; Summer, June 21; Autumn, Sept. 22; and Winter, Dec. 21) So stop by, we're looking forward to seeing you. Speaking of "Boarding House Dinners", we only have 5 spaces left for the spring event. Call Ms. Grace at 419-332-7427 to make reservations.

Yesterday the temperature got up to 40 degrees outside and this gardener just couldn't resist putting the boots and jacket on and heading out the door to see if there was anything green coming up. Before I got very far, I was met by Pete and Patsy, our resident peacock pair. I'm sure they were anxious to look for signs of spring too. Although breeding season for them isn't until June, July and August, Pete was

very willing to spread his beautiful tail and practice his strutting steps. Patsy, on the other hand, gave him one look and immediately went back to hunting for seeds. His new tail feathers are truly beautiful with many "eyes". When opened, it probably measures about 6 feet wide and 3 feet high. At full maturity, it will likely be a foot wider and a foot higher. Wow, is all I can say! They continue to stay home, are quiet and are friendly, gentle birds who add color and interest to The Old Garden House. Did I find any signs of spring on my garden walk? Only one, the daffodils are up about 4 inches in a protected corner with a southeast exposure, yeah! The azaleas are green and other evergreen type shrubs have made it through the winter, so far, so good. Not sure about the roses, but another 6 weeks should tell us.

Until next month; Enjoy March with its promise of spring, count your many blessings, bring your children to the Hayes Presidential Center for the traditional Easter Egg Roll on Saturday the 30th, attend Easter services at the church of your choice, plant some seeds indoors and splash in a big puddle and get your jeans all wet just for the fun of it. It's all these things that keep us young and fill our hearts and souls with truth in the words, LIFE IS GOOD.

Ms. Grace

*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.*

# Retire Smart

By Jill Schlesinger

## LESSONS FROM THE FILM "AMOUR"

The Academy Award-nominated movie "Amour" is sparking much-needed conversations about aging, illness of a longtime companion and dying with dignity. In the film, we follow an elderly French couple struggling with common end of life questions, like: Can we care for our loved ones on our own? Will our children be of assistance or be a hindrance? When is it time to ask for help? Even if you can afford care, will the provider be what the patient and primary caretaker need?

An increasing number of Americans are asking these important and sobering questions. The reason is clear: There's about to be a population boom in the over-65 age group, fueled by the baby boomer generation. According to the U.S. Department of Health and Human Services' Administration on Aging, the 65-and-over population increased by 15 percent to over 40 million in 2010. Over the next two decades, it will swell to over 72 million. Breaking down the numbers further, those who are 85 and older will see the fastest population growth, going from 5.5 million in 2010 to 6.6 million in 2020 - a 19 percent increase for that decade alone.

While you or your loved ones may be lucky enough to be healthy today, the U.S. Department of Health and Human Services says that about 70 percent of those over age 65 will require some type of long-term care services during their lifetime. When you think of long-term care, you may conjure up the worst-case scenario, but you don't have to be diagnosed with a terrible disease to need assistance with basic activities (dressing, shopping, cooking, doing laundry, managing medications). Still, many are embarrassed to ask for help or fear that relatives might want to remove them from their homes.

This requires friends and family members to be on the lookout for specific warning signs that might indicate a change in needs. Caring.com, a website that provides information and resources to help caregivers, recommends keeping a close eye on seniors who have had a recent accident or close call, who are mak-

*Retire Smart, cont'd on page 10*

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## Memorial Hospital welcomes new president

Pam Jensen started as president at Memorial Hospital in January 2013. She replaces Wes Oswald, who had served as interim CEO since April 2011. Jensen is an experienced health care leader; she has worked in the ProMedica system for 15 years. Jensen brings a passion for quality and safety to the post; she also believes the hospital is well positioned for success.

"Memorial Hospital is a community gem," she said. "It has an engaged workforce, a team of passionate physicians, and board members dedicated to enhancing hospital services."

Coming to Memorial Hospital from ProMedica Flower Hospital, where she served as senior vice president for operations, Jensen has also served as executive director at the ProMedica Cancer Institute. Her previous leadership experience has prepared her well for her new role at Memorial Hospital.

"I've always led by example, and believe that utilizing quality data is essential to making successful strategic decisions," said Jensen. "As we begin to plan for the future at Memorial, I'm excited to be part of the team that pushes the hospital to the next level of excellence."

Excellence in health care is an expression that Jensen has become more familiar with in recent years. While at Flower Hospital, Jensen was part of the team that wrote The Partnership for Excellence (TPE) application, which won (the hospital) platinum level recognition for performance excellence, innovation and visionary leadership in health care. Flower Hospital was the only hospital in Ohio, Indiana and West Virginia, which is where this honor is awarded, to earn the platinum-level recognition.



According to Jensen, "Being part of the team at Flower that earned the TPE distinction was truly an honor. At Memorial, there is no reason that we can't earn similar recognitions."

Jensen was born at Memorial Hospital. She is the youngest of nine children, and has lived in the Oak Harbor/Port Clinton area for most of her life. Jensen started her career in health care when she was 17 as a nursing assistant at a long-term care facility.

"The job I had working in long-term care cemented my health care career," added Jensen. "It taught me a lot about life, and I think every young adult could benefit from spending some time in that type of facility."

Memorial Hospital is a non-profit, community-based health care provider that has served the Sandusky County area since 1918. The hospital is a state-of-the-art medical center with more than 150 physicians and nearly 500 employees. The hospital provides a comprehensive range of services, including the surgery, obstetrics/pediatrics and intensive care, as well as hospice and occupational and mental health services. For more information, visit [memorialhcs.org](http://memorialhcs.org).

## Campfire News and Notes

Grace Sidell, affectionately known as "Miss Grace", received a fifty year tenure award at Camp Fire's annual meeting held this past January. Miss Grace began her Camp Fire experience as a club leader. In the 1970's she became the Executive Director and served in that capacity until she retired in 2002. Miss Grace still volunteers at Camp Fire and is a wonderful supporter of all our activities. We want to congratulate her on this outstanding achievement.

March 19th is the kick-off date for our spring product sale. Members will offer area residents the opportunity to support Camp Fire with the sale of World's Finest Chocolate candy bars and Mint Meltaways, and we are also selling bedding and hanging plants. The sale will run through April 12th. If anyone would like to place an order, contact the Camp Fire office at 419-332-8641.

The cold winter weather in January created major problems in our building. Broken water pipes caused extensive damage to ceilings and walls in the Meeting Room and the Assembly Hall ceiling and office. Thanks to insurance, the majority of the work will be covered. As with any new construction, we feel that this is the opportunity to raise money and install new lights in both areas. If repairs stay on track, our next big fundraiser will be March 22nd.

"Uncork the Fun" will be held Friday, March 22nd. Camp Fire will host a wine and fundraising event, from 7 to 9:00 p.m. where an array of unique items will be raffled off in ticket type drawings and a silent auction. The ticket price of \$15.00 includes light refreshments and bottled water or soda. Tickets are avail-



able for purchase at Wendt Key Team Realty or Camp Fire. Ticket sales end March 14th.

We want to say a huge "THANK YOU" to Cheryl Renfro who retired as Administrative Assistant at Camp Fire. Cheryl was the cheery voice on the phone when you called, served as a club and program leader, and wrote wonderful articles for Lifestyles. Her husband, Nolan, is retiring too. We wish them much happiness in this next step in life.

**Bob says....**  
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# Mayo Clinic

## Take steps to help sharpen your memory as you age

**DEAR MAYO CLINIC:** Is it true that there are things I can do to prevent memory loss as I age? I'm 48 and feel like my memory is very poor compared to just a few years ago.

**ANSWER:** Commonly, memory becomes less efficient as we age. Although there's no surefire way to prevent memory loss, you can take steps that may help. If memory loss begins to interfere with your day-to-day activities, though, or if changes in memory concern you, talk to your doctor.

As people get older, the number of cells, or neurons, in the brain decreases. That decrease can make it harder to learn new things or remember familiar words or names. You may have difficulty recalling names of acquaintances, for example, or trouble finding your reading glasses or car keys. Some people become concerned that those memory lapses could signal the beginning of Alzheimer's disease or dementia. That's rarely the case.

A number of lifestyle changes can often help sharpen your memory. First, stay active physically and mentally. Physical activity increases blood flow to your body, including your brain, and that can help your memory. So, take a brisk walk, or go biking, swimming or skiing. Do whatever you enjoy to stay active on a regular basis.

Physical activity helps keep your body in shape, and intellectual activity can do likewise for your brain.

Reading, writing, attending movies or plays, playing games or discussing current events can be mentally engaging activities. Again, find the activities you like, and stick with them.

Second, stay or get involved in a social network. As you get older, avoid the tendency some people have to withdraw from others. Interact with your family and friends, civic organizations, a faith or other community. Being with others can help lower your risk of depression and reduce stress. Both may have a role in memory loss.

Third, eat a healthy diet. In general, a diet that keeps your heart healthy can do the same for your brain. Such a diet typically includes whole grains; lean meat, poultry and fish; and at least five servings of fruits and vegetables a day. Also, drink plenty of water and limit the amount of alcohol you drink, as dehydration and too much alcohol can both lead to confusion and possibly memory loss.

Fourth, stay organized. You can structure daily activities to decrease the likelihood that you will forget what you need to do or where something is located. Making lists, putting items away where they belong and getting rid of unneeded clutter can help. Finally, as much as possible, focus on one thing at a time. Multitasking may feel efficient but can become stressful and distracting. Neither is good for your memory.

If you try these lifestyle changes and memory still seems to be a significant problem, or if you're worried about recent memory changes, make an appointment to see your primary care doctor. The doctor can discuss your symptoms with you and review your family medical history and medications or dietary supplements you're taking. In some cases, memory loss can be a side effect of certain drugs. Your doctor may also talk with you about your stress level or any major life changes you've experienced.

Together, you and your doctor can sort through the issues that may be contributing to memory loss and decide on the best course of action.

- Ronald C. Petersen, M.D., Ph.D., Alzheimer's Disease Research Center, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN.mayo.edu](mailto:medicaledge(AT)SIGN.mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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*Retire Smart, cont'd from page 8*  
ing a slow recovery from a recent illness, or who have trouble doing tasks that were previously not a problem.

But there are less obvious signs that small changes might be necessary to improve quality of life. For example, if your aging relative stops socializing, abandons hobbies or club memberships, or spends days at a time housebound, it may be time for action. That could mean establishing a rotating schedule with your siblings or hiring a driver. In either case, the goal is to provide regular outings that can increase activity and engagement. If one parent is ailing and the other is relatively healthy, it is also important to give the primary caregiver a break.

As the needs become more acute, it may be time to consider professional assistance. Even in the movie "Amour," there comes a time when the caretaking spouse recognizes that his wife's condition has spiraled out of his control. And while the couple has quick, general conversations about what should happen next, there was likely no larger, written plan that detailed their wishes.

Given the outpouring of emails I received after a recent article about estate planning, it is clear that many are thinking long and hard about how to plan for unforeseen events and to ensure that they can live independently for as long as possible. Several New York-based estate attorneys reminded me that "living wills" provide more direction than "health care proxies" when it comes to important end-of-life decisions.

Tough conversations, open communication and smart planning will not prevent difficult situations, but they can make them a little more bearable.

(Jill Schlesinger, CFP, is the Editor-at-Large for [www.CBSMoneyWatch.com](http://www.CBSMoneyWatch.com). She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, Jill on Money, as well as on television and radio. She welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com).)

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## The Bellevue Hospital Welcomes Dr. Hala Bunni

**Hala Bunni, M.D.** has joined the Family of The Bellevue Hospital as an obstetrician/gynecologist. Dr. Bunni was born in Great Britain and raised in Canada. She now resides locally and in her spare time enjoys cooking, entertaining guests, trying new foods, traveling, snorkeling, and most of all, shopping!

### Education:

University of Western Ontario, London, Ontario, Canada • American University of the Caribbean School of Medicine, St. Marten, Netherlands Antilles

### Residency:

OB/GYN Residency • Franklin Square Hospital, Baltimore, MD

**Hala Bunni, M.D., OB/GYN**

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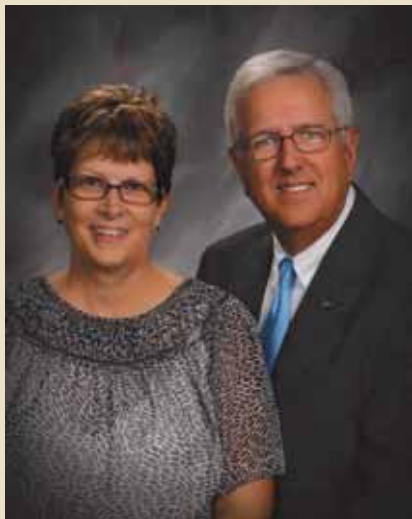
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Dr. Bunni is a member of The Bellevue Hospital's Medical Staff.



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## SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR MARCH:

Call 419-334-4495 for reservations

**Tree Huggers:** Spring Thaw, Sat, March 2, 10:30am-1:30pm, Blue Heron Reserve, 2134 C.R. 260, Vickery. Ages 6-12 are invited to spend some time looking for the signs of spring. Wear boots for getting wet, cold & muddy. A light lunch provided. Please bring your own mug and a snack to share. Registration required.

**Track & Trail:** Spring Clean-Up, Sat, March 2, 2:30-6:00pm, Blue Heron Reserve, 2134 C.R. 260, Vickery  
Ages 12-17 can help us get the park spruced up from the winter rest. Bring work gloves, boots to get wet & muddy, a snack to share and your own mug. A light lunch provided. Registration required by calling 419-334-4495 or toll free 1-888-200-5577.

**Yo-Yo Quilting,** Sat, March 9, 10:30am-12:30pm, Creek Bend Farm, 665 S. Main, Lindsey. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

**Puddle Jumpers:** Tracks, Scat & Other Facts, Tues, March 12, 10 am, Wolf Creek Campground, 2701 S. State Rte. 53, Fremont. Ages 5 and under should dress for the weather as we search for animal tracks, animal droppings, and other animal signs. Registration required.

**HIKE for the Health of It,** Tues, March 12, 1:00pm, Ringneck Ridge, 1818 C. R. 74, Gibsonburg, no registration needed.

**Nature Discoveries,** Tues, March 12, 11am-1pm, Creek Bend Farm, 654 S. Main (S.R.590), Lindsey, bring a hand lens and discover the small signs of spring. We'll look under logs, rocks and small pools of water for the green plants and wiggly creatures. Designed for ages 10 to adult. Dress for the weather. Registration required.

**Meet Me at the Cabin:** Journaling, Mon, March 18, 3pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Learn some journaling tips as we read sections of a pioneer journal to see how life was in the early days. Journal supplies provided. Dress in layers as cabin can be chilly or cozy warm. Registration required.

**Yo-Yo Quilting,** Tues, March 19, 2-4pm, White Star Cabin, 5013 C. R. 65, Gibsonburg. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

**Bald Eagle Tour,** Sat, March 23, 11:30am-2:30pm, Park Office, 1970 Countryside Place, Fremont. Learn more about our national symbol and observe their behavior in the wild. Open to ages 12 to adult. We will caravan around the eastern half of the county to find bald eagles and their nests. Registration required.

**Yo-Yo Quilting,** Mon, March 25, 4:30-6:30pm, Park Office, 1970 Countryside Place, Fremont. Bring your yellow and green colored scrap fabric to help us make a corn-themed fundraising quilt. Please bring one yard of fabric, matching thread, and scissors. Fabric can be plain or print. No previous quilting experience needed! Registration required.

**Bald Eagle Tour,** Sat, March 30, 12-3pm, Park Office, 1970 Countryside Place, Fremont. Learn more about our national symbol and observe their behavior in the wild. Open to ages 12 to adult. We will caravan around the eastern half of the county to find bald eagles and their nests. Registration required..

## My Mother's Recipes

By Joanne McDowell

The recipes this month come to us from Lynn Fox of Gibsonburg. If you have some good recipes to share you can either email to me at [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) or mail them. My only concern with mailed recipes is that if I cannot read your writing they sometimes end up wrong!

While putting this column together I thought back to the eighties and raising kids while being on the road all day in sales. Most of our dinners consisted of crock pot meals; chili, spaghetti, stew, or anything that could cook all day. Thankfully that worked, as a single mom arriving home after 5:00pm each day cooking was the last thing on my mind. In fact, I have to admit, I have never enjoyed cooking, unless it was for a family holiday event. My daughter and I loved baking together though, especially brownies and cookies, which the boys quickly ate!

These two recipes look really good and quite simple, and the first one uses a crock pot!

### Johnsville Brats

1 jar spaghetti sauce  
1/4 green peppers, chopped  
1/4 cup onion, chopped  
1/4 cup salsa, mild or hot works  
Put in crock pot for 2-3 hours, brown brats first

### Chicken Ranch Jack

2 tbs. butter  
2 chicken breasts, fully cooked  
1/4 cup Ranch dressing  
1/4 bacon cooked and crumbled, or ham chunks  
1/2 c. shredded cheese  
1/4 c. chopped onions  
Mix ingredients together, put over chicken and bake for 20 minutes

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*By John Fehl*

### The February 2013 news:

•**Sat. Feb. 16**, earthquakes in Italy, Philippines, and New Zealand indicate natural disasters increased.

•**Thursday, Feb. 14,** a strategic alliance was signed between Iran (Gog) and Russia (Magog). Students of Bible prophecy will find all this particularly interesting. The Hebrew prophet Ezekiel wrote 2,500 years ago that a dictator (Gog) from the territory we now call Russia (Magog) would form an alliance in the “last days” with Persia (what we now call Iran) and a group of other Middle Eastern countries. The alliance goal will threaten and then attack a prosperous and secure Israel since Israel’s prophetic rebirth in 1948. A growing number of Jewish and Christian Bible scholars and teachers believe geopolitical trends suggest the “War of Gog and Magog” prophecy fulfillment might not be far off.

**•Friday Feb. 15,** a meteorite hit Russia resulting in 725 people seeking medical attention. God was showing how He will supernaturally protect His people in Israel.

**•Monday, Feb. 11, The Pope Resigned.** 900 years ago, Pope Innocent II listened to Saint Malachy describe his “vision” of 112 popes beginning with Pope Innocent II to the final pope, Pope Petrus Romanus. Current Pope Benedict XVI, is number 111, meaning there may only be one more pope. You cannot always count on prophecies outside of the Bible but, St. Malachy’s prophecies have uncanny accuracy. The next pope could be in the Tribulation government religious system office. You decide!

Revelation 4:1 introduces Tribulation and Antichrist. Jesus said the last days would be preceded by false Christs who deceive, wars, rumors of wars, increased famines, pestilences, and earthquakes (Matthew 24:5-8) as was in February's news. Tribulation period events are predicted in Revelation 6:1-8.

February 2013 events are preludes for trails ahead. St Paul warned “Some will abandon the faith and follow deceiving spirits and things taught by demons” (1 Timothy 4:1). The last days are described as “perilous times” because of increasing evil characters of people who “oppose the truth” (2 Timothy 3:1–9 and 2 Thessalonians 2:3). Christ’s return should be a motivation how to live. In 1 Corinthians 15:58, Paul sums it up, “Be steadfast, unmovable, and always excelling in the work of the Lord...” (ISV)

1Thessalonians 5:6 is a lesson on Christ's coming: "Therefore, let's not fall asleep like others do, but let's stay awake and be sober." (ISV) The apostles understood Jesus' return and kept doing His work. They lived as if every day were their last. Psalm 107:2 says: "Let the redeemed of the LORD say so!" Faith is personal, but it should not be private! Every day is a gift! So 'Today is the BEST DAY of YOUR LIFE!'

Condensed from the Prophecy Update website by John Fehl, electrical engineer and Sunday School teacher at Fremont Alliance Church, 936 Brush St, Fremont, OH 43420 [jbfehl@hotmail.com](mailto:jbfehl@hotmail.com)

  
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March 31st



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**905 E. State-Fremont**  
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# JUMBLE

Unscramble these four Jumbles,  
one letter to each square,  
to form four ordinary words.



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RALUR		
○	○	

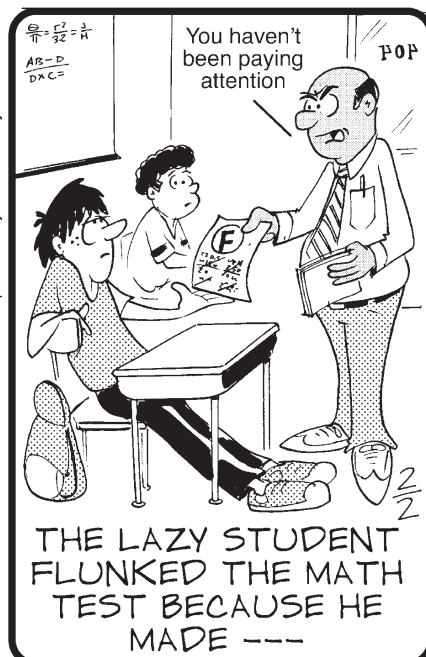
SHOOT					
○	○				

USEBUD				
○	○			○

**Answer:** “”

## THAT SCRAMBLED WORD GAME

by Mike Argirion and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

# Looking for **more** this Easter?

enjoy easter breakfast  
with the family

**palm sunday, march 24**  
10:45 am - **more hope**

**good friday, march 29**  
6:30 pm - **more love**

**easter sunday, march 31**  
9:30 am - free breakfast  
& "the journey" (kids)  
10:45 am - **more life**

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[www.fremontalliance.net](http://www.fremontalliance.net)

kids experience easter  
on "the journey"



## Heads Up On Booking Your Vacation Getaway

(NAPSI)-Booking a flight can be frustrating, time consuming, and even intimidating. Here are some “insider” tips from the experts at FlightCenter.com:

**Tip #1—The More Flexible You Are, the More You Can Save**

Wednesday is typically the least expensive day for domestic travel by plane, followed by Tuesday and Saturday. Flying on the actual holiday can often help you save and get the seat you want.

**Tip #2—Don’t Wait for the Perfect Price**

If you wait in hopes that the price will drop a bit lower, chances are you might wind

up paying more than you wanted to. Also, don’t forget to compare the entire cost of the flight. According to travel expert Aaron Reid, “A \$20 ticket savings from one airline to another won’t do you much good if that second airline charges \$25 to check your first bag.”

**Tip #3—Stay Up Late To Purchase Airline Tickets**

The best time to purchase is between midnight and 1 a.m. on Wednesdays. An alternative is after 3 p.m. on Tuesdays.

For more insight, visit FlightCenter.com.

## Card Shower for Taylor

Taylor Norman is a senior at Clyde High School, she is in Cleveland Clinic and will be for many months. She is not able to come home. We would like for her to receive get well cards from as many schools, classes, churches, sport teams, groups, clubs, scouts, 4-H, friends, family and community members.

Her mom has given permission to ask for the cards and prayers. Homemade cards, banners, posters - whatever you can mail hopefully will make her smile.

Send to: Taylor Norman, Cleveland Clinic, 9500 Euclid Avenue, Room M5003, 5th Floor, Cleveland, Ohio 44195-0002

### No One Has a Lease on Life... or on Good Health

This concept restates the obvious. Many people who think they are immortal need to come to grips with reality. Not everyone realizes this simple fact. There is a 100% probability of death. If you don’t die before age 65, you’ll die after age 65. You’re not immortal. Your doctor could pronounce you fit today, and you could die tomorrow. No one ever dies at the right time.

Name	Date of Birth	Age at Death	Cause of Death
Jenni Rivera Singer-songwriter	July 2, 1969	43	Plane crash.
Whitney Houston Recording Artist, Actress	August 9, 1963	48	Drowning combined with the effects of atherosclerotic heart disease and cocaine use.
Junior Seau Pro Football Linebacker	January 19, 1969	43	Suicide. Possibly related to concussions from football.
Thomas Kinkade American Painter	January 19, 1958	54	Accidental overdose of alcohol and Valium.
Norman Schwarzkopf, Jr. Army General	August 22, 1934	78	Complications from pneumonia.

Sometimes we need to be reminded that no one has a lease on life...or on good health. Life insurance is like a parachute. You have to get it before you need it. By the time you know you need it, it may be too late.

How much are your tomorrows worth? How long do you expect to live? What is your life worth to your family? How long do you expect to be dead? Do you want your life insurance to be in force when you die?

*Each of us has a limited number of heartbeats. Don’t waste them.*

**Laurie (Miller) Sistrunk, CLU**  
Financial Advisor

**(419) 262-1518**

[Lsistrunk@financialguide.com](mailto:Lsistrunk@financialguide.com)

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# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): Make friends with yourself and you will never feel alone. You may be your own worst critic, work at being the very best you can be and concentrate on what is good about yourself.

**TAURUS** (April 20-May 20): Handle money with businesslike precision and remain formal in social situations. You will receive better acceptance from others if your actions are above reproach. Display professionalism.

**GEMINI** (May 21-June 20): Be a friend indeed. Feeling gratitude but not expressing it is like buying a present and wrapping it, but not giving it. Give credit where credit is due - even if you think someone has ulterior motives.

**CANCER** (June 21-July 22): Live long and prosper. Some money must come and go, but some money can be used as seed for a future harvest. Don’t make permanent decisions based on temporary feelings.

**LEO** (July 23-Aug. 22): Consider making headway with your health. Dump the junk foods and begin eating more nourishing fruits and vegetables. You only have one body and must find ways to make it last.

**VIRGO** (Aug. 23-Sept. 22): Sometimes it pays to mix business and pleasure. If you develop a strong sense of compassion and sharp wits, you won’t fall for cheap tricks. Romantic and business ties can grow stronger.

**LIBRA** (Sept. 23-Oct. 22): The notion that opposites attract is a fallacy unless

you are discussing magnets. It’s best to seek companionship from those who are like you in their tastes, opinions and lifestyles.

**SCORPIO** (Oct. 23-Nov. 21): Distance yourself from problems. Develop a more objective perspective by finding other activities to occupy your time. Seek relief from pressure so you can improve your attitude.

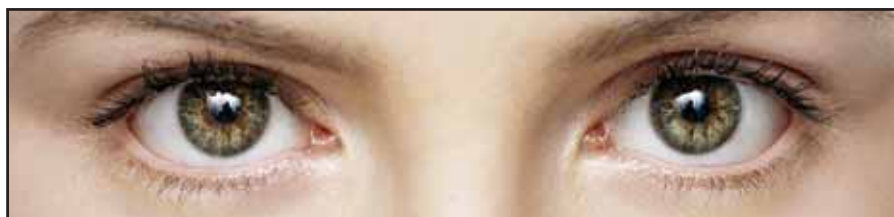
**SAGITTARIUS** (Nov. 22-Dec. 21): In fairy tales, fantasies can come true. Bottle up woeful wisdoms. You might be right, but you don’t need to spread doom and gloom when someone else is delighted with new plans and ideas.

**CAPRICORN** (Dec. 22-Jan. 19): Break out of a rut and make a brave stand. The time may be ripe to apologize to someone for not listening to wise advice sooner. read inspiring literature and think about long-term results.

**AQUARIUS** (Jan. 20-Feb. 18): Look and listen for lasting values. Someone behind the scenes may give you the opportunity to lead - but if you fail to perform, they’ll take control back in their own hands.

**PISCES** (Feb. 19-March 20): Life doesn’t come with an instruction manual. Sometimes you must ask others for help and assistance. This is a month when you must feel your way around, think things through and rely upon intuition.

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# Video View

By Jay Bobbin

**“ARGO”**: A major factor in the current film-awards season, director and star Ben Affleck’s superbly staged drama is the true story of a CIA effort to get several American diplomats out of Iran during the late-1970s hostage crisis. Affleck plays the agent who poses as a producer scouting locations for a supposed monster movie - “Argo” - and races the clock to retrieve the would-be captives by having them pretend to be his crew. The first-rate cast also includes Alan Arkin, John Goodman (as “Planet of the Apes”) makeup master John Chambers), Bryan Cranston (“Breaking Bad”), Victor Garber and Kyle Chandler (“Friday Night Lights”). \*\*\* (R: AS, P, V) (Also on Blu-ray)

**“MONSTERS, INC. 3D”**: As with “Finding Nemo” recently, and “Beauty and the Beast” and “The Lion King” before that, another animated Disney classic gets a home-video relaunch in the three-dimensional refitting it received for theaters first. The entertaining co-venture with Pixar offers Billy Crystal and John Goodman as the voices of fearsome creatures who soften under the influence of a youngster (voice of Mary Gibbs). The monsters’ mission becomes to return the child home. Steve Buscemi, John Ratzenberger and the late James Coburn also are heard. DVD extra: audio commentary by cast and crew members. \*\*\* (G) (Also on Blu-ray)

**“ANNA KARENINA”**: To call the latest screen version of the classic Leo Tolstoy novel a “staging” is literal, since director Joe Wright and screenwriter Tom Stoppard present it as an actual production on a stage. Keira Knightley reteams with “Pride and Prejudice” filmmaker Wright to play the title character, a diplomat’s (Jude Law) wife who tries to help her brother (Matthew Macfadyen) with his marital problems ... only to run into some of her own when she becomes involved with a military man (Aaron Taylor-Johnson). Kelly Macdonald (“Boardwalk Empire”) and Olivia Williams also appear. \*\*\* (R: AS, V) (Also on Blu-ray and On Demand)

**“SINISTER”**: Have you heard the one about the writer who moves to the scene of a crime to research a book on it? A familiar premise gets another

workout in this melodrama, which benefits from the committed acting of a cast led by Ethan Hawke and the genre experience of director and co-writer Scott Derrickson. Hawke plays the novelist in question, who brings his family members along as he goes about his business ... and risks losing them when the curse that has claimed others resurfaces. Co-stars include Vincent D’Onofrio, Clare Foley, Fred Dalton Thompson and Juliet Rylance. \*\*\* (R: AS, V) (Also on Blu-ray and On Demand)

**“CHASING MAVERICKS”** (Feb. 26): A young surfer (Jonny Weston) tackles the challenge posed by an enormous wave, with help from a surfing veteran (Gerard Butler). (PG: P)

**“THE MASTER”** (Feb. 26): Philip Seymour Hoffman plays a spiritual guru who targets a troubled war veteran (Joaquin Phoenix) as an intended convert. Amy Adams also stars for writer-director Paul Thomas Anderson. (R: AS, N, P)

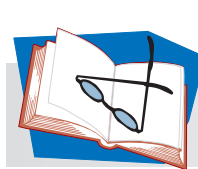
**“THE TWILIGHT SAGA: BREAKING DAWN, PART 2”** (March 2): The saga concludes as Bella and Edward (Kristen Stewart, Robert Pattinson) try to protect their imperiled daughter. (PG-13: AS, N, P, V)

**“WRECK-IT RALPH”** (March 5): The villain in a video game (voice of John C. Reilly) escapes from it, in a bid to prove he’s not such a bad guy after all, in this animated Disney fantasy. (PG: V)

**“SMASHED”** (March 12): Mary Elizabeth Winstead and Aaron Paul (“Breaking Bad”) play a couple whose drinking binges become dangerous. (R: AS, P, V)

**“WHO FRAMED ROGER RABBIT? 25TH ANNIVERSARY EDITION”** (March 12): A detective (Bob Hoskins) tackles an infidelity case that becomes murder in the Disney mix of live action and animation. (PG: AS, V)

**FAMILY-VIEWING GUIDE KEY:** AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence. (c)2013 TRIBUNE MEDIA SERVICES, INC.



# History Notebook

By Nan Card - Curator of Manuscripts Hayes Presidential Center

## Jack Day’s Bay View Hotel

Like so many before and after, John “Jack” Day, Jr. came to South Bass Island never intending to stay, but he soon made it his home. His father, John, Sr., was the son of Irish immigrants. He worked as a builder and contractor near Poughkeepsie, New York. Eventually, the Day family settled in Detroit, where Jack learned to build organs. But in 1887, at the age of 20, Jack came with his father to South Bass Island to work on the new town hall. When the hall was finished, Jack stayed on to manage a restaurant and later the Oak Point House. He helped with the construction of the Victory Hotel and leased the Gibbons property before moving to Ballast Island. There, for seven years, Day managed a club.

Jack was persuaded to return to South Bass Island and purchase the Gibbons property that he had leased earlier. There were 5 acres of fruit trees and a 15-room house on the property. Day soon moved the structure forward on the lot and added a third floor, verandahs, and an “outside dining room.” Jack Day’s Bay View Hotel grew to 50 rooms. Like other South Bass Island hotels, it became a respite for city dwellers hoping to escape the summer heat and ever-present smoke and dirt.

Day’s careful management brought hundreds of vacationers back to Bay View year after year. It became a focal point for many



Jack Day’s Bay View Hotel

Lake Erie yacht gatherings. According to the “History of Northwest Ohio,” Day credited much of his success to his wife, May Belle Millen of Norwalk. In addition to their hotel business, the Days raised Mildred Welch, who later married Bernard McCann.

Jack took part in Put-in-Bay’s civic life. He served as chairman of the park board and street commission, on the town council and school board, and as mayor for several terms. After his wife’s death, he continued to manage the Bay View with the help of a cook, and in his later years, the Jack Day Tourist Home. In the spring of 1958, Jack fell ill shortly after returning from Florida. He was flown to the mainland, where he passed away a short time later at Magruder Hospital. Jack Day, 91 years old, was buried at Maple Leaf Cemetery on the island he had loved for a lifetime.

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# "Grate" Treats & Eats

By: Chris Timko-Grate

March brings St Patrick's Day and Easter, could this mean that spring is near? We really haven't had too bad of a winter this year, cold yes, but not a lot of snow where we can't get around for a day or two. When I was off in January I wouldn't have minded lots of snow. If I do not have to go anywhere it can snow all it wants! Now that I am back to work full time I am glad to have the cold and no snow. Even though I live closer I still do not like to drive in a lot of snow, 10 miles vs. 32 miles makes no difference to me, I'll stay off the roads.

We have St. Patrick's and Easter coming up in March. When we think of St. Patrick's we think of Corned Beef, and with Easter it is ham. So this month's two recipes have Corned Beef in one and Ham in the other. These are good recipes for leftovers; though you just might want to serve the dip for your St. Patty's Day celebration, in that case do buy the deli-corned beef. With food processors it is easy to grind up your leftover ham for the Ham Loaf.

The dip recipe I found in the Soroptimist Club's Cookbook, it is Judy Overmyers recipe. I have found so many good recipes in it and had fun trying them this past January while home. I even tried them for the first time on company! Plates were cleared so they must have enjoyed them! The Club still has Cookbooks available if anyone is interested.

The Ham Loaf recipe came from a 1982 Danbury Young at Heart Cookbook I got years ago. Danbury meaning Township where I use to live, my husband and I still call it "up Home" and probably always will, even though I feel right at home in our new house.

## Corned Beef Bagel Dip

¾ cup mayonnaise  
¾ cup sour cream  
2 packages (5oz) thinly sliced deli corned beef diced  
¼ cup chopped onion  
1 tablespoon minced fresh parsley  
½ teaspoon season salt  
1 to 2 teaspoons prepared horseradish (or if preferred, Worcestershire sauce).

3 to 4 bagels cut into bite-size pieces (you can also use bagel chips, or those real thin flat pretzel chips too)

In a bowl combine mayonnaise and sour cream. Stir in the corned beef, onion, parsley, season salt, and horseradish, or Worcestershire. Serve with bagel pieces or chips. Yields about two cups.

## Upside Down Ham Loaf

Two pounds ground smoked ham  
One and one-half pounds fresh pork  
Two Eggs  
One-cup milk  
One-cup cracker crumbs  
One tsp dry mustard  
One-half teaspoon salt  
One-eight teaspoon pepper  
Six slices pineapple  
10 maraschino cherries  
Three-fourths cup brown sugar  
One-half cup cider vinegar

Thoroughly mix meat, slightly beaten eggs, milk, salt, and pepper. Mix brown sugar, mustard, and vinegar into a well-blended sauce and pour into a generously greased 9x13 rectangular pan. Onto brown sugar mixture, press pineapple with cherry in center and between each slice. Spread meat mixture over this and bake at 325 degrees for one and a half to two hours. Carefully pour off excess liquid and turn out serving plate. Serves 8 to 10

Comments, questions, suggestions and your recipes contact me at [ctimkograte@midohio.twcbc.com](mailto:ctimkograte@midohio.twcbc.com) or [chris-timkograte@roadrunner.com](mailto:chris-timkograte@roadrunner.com)



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# Out to Lunch

By Lynn Urban



## Hot Dog Tony's

This isn't your ordinary Hot Dog stand. Hot Dog Tony's is on Water St. next to the pier in a renovated old building in downtown Sandusky. Open for about a year, this fun bar/restaurant has many TV's, beer and food specials every day of the week and football Sunday specials. I've had lunch here twice, and have not been disappointed.

The menu has a large variety to choose from. Their specialty, of course, is Hot Dogs. The Jersey Dog is deep fried with a crust to hold in the juices and tenderness of the dog. They also serve the New York Push Cart style which are boiled and grilled Guinness Brats. All come with fresh cut French Fries, \$5.99 and \$6.49, also with over a dozen different toppings.

If burgers are your thing, you'd be happy with hand pressed Angus Beef quarter pounders. That was our waiter's favorite. Their sides include Cole slaw, beer battered onion rings, pasta salad, homemade potato salad, and Garlic Parmesan Fresh Green Beans, for \$9.99.

Another interesting thing on the menu, were the build your own deli sandwiches, consisting of several different deli meats, cheeses, and toppings on a pretzel bun. I was torn between these and several other wonderful sandwich choices, so I opted for the Grilled Chicken Salad. It had seasoned grilled chicken on a bed of spring greens with dried cranberries, red onion and glazed walnuts, topped with Balsamic dressing. \$8.49. All salads are served with a Pretzel Breadstick, perfect for lunch. I also ordered a cup of their thick Cheesy Brat soup, filled with big chunks of potatoes and flavored with onion and peppers. It was very good.

A few things that I thought sounded good and different on the appetizer menu, were Fried Asparagus, Pulled Pork Nachos, Yuengling Breaded Scallops, and Rueben Dip.

I'd like to go back for an evening meal and make a dinner out appetizers.

And of course, in the summer time, here's another great waterfront restaurant.

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**DEAR MAYO CLINIC:** I'm a 42-year-old woman, and lately I've noticed more wrinkles starting to show on my face. Ads for "amazing" anti-wrinkle potions are everywhere. Is there anything that will really work to lessen the wrinkles I have and prevent new ones from appearing?

**ANSWER:** Wrinkles are a normal part of aging. Although you can't eliminate wrinkles completely, you can take steps to make them less noticeable.

Two big risk factors for developing wrinkles are aging and ultraviolet light. You cannot control the aging process, but you can reduce your exposure to ultraviolet light. The best thing you can do for your skin is to habitually use sunscreen on all exposed body parts. On days you're not out in the sun for long periods, use sunscreen with a sun protection factor (SPF) of 15 to 30. When you spend time outdoors on a sunny day, use sunscreen with an SPF of 30 to 50.

Smoking is a significant risk factor for developing wrinkles, in addition to being bad for your health in many other dangerous ways. Smoking has by-products that break down the collagen and elastin that help support the tissue in your skin. That can speed up the aging process and make your skin more wrinkled. If you are worried about how your skin looks and you smoke, you should stop.

Another key step to reducing wrinkles is to keep your skin well moisturized. Dry skin creates wrinkles. Use a high-quality moisturizer on your skin twice a day, once in the morning and once at night before you go to bed.

Picking a good moisturizer can be challenging because there are so many choices. Keep it simple. Avoid lotions that contain perfume, dye or glitter, or that have a lot of preservatives, as these can irritate your skin. A higher price is not always a sign of higher quality. Most basic ingredients in moisturizing lotions are the same across brands. If you're buying a moisturizer for your face, get a product designed for that purpose. A body moisturizer usually will not work well on facial skin. Finally, buy one that has SPF included, so you don't have to apply sunscreen in addition to your moisturizer.

Anti-wrinkle creams that are available without a prescription usually have only a modest effect on wrinkles. If you try one, make sure it contains vitamins C and E. These ingredients may help reduce wrinkles somewhat, but they depend on one another to work. If a cream has only one, it won't be as effective.

If you want an anti-wrinkle cream that has been shown to reduce wrinkles and prevent new ones, you will need to see your doctor. Prescription anti-wrinkle creams derived from vitamin A, called retinoids, can reduce fine

wrinkles, splotchy pigmentation and skin roughness. This type of cream is applied once a day, just before you go to bed. Although some over-the-counter creams contain another derivative of Vitamin A called retinol, those are different from the prescription form. Over-the-counter retinol-containing creams may moisturize your skin, but they won't reduce or prevent wrinkles the way prescription retinoids can.

In addition to creams and lotions, some procedures may help reduce wrinkles. They include chemical peels, dermabrasion, laser resurfacing, botulinum toxin type A (Botox) and soft tissue fillers. None is a permanent solution for wrinkles, and all have potential side effects. If you're interested in one of these procedures, talk to your primary care doctor or a dermatologist to discuss what is right for you.

Keep in mind that the three most important things all people - old and young, men and women - can do for their skin

to decrease the signs of aging are to moisturize frequently, wear sunscreen and, please, don't smoke. - Dawn Davis, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN.mayo.edu](mailto:medicaledge(AT)SIGN.mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit [www.mayo-clinic.org](http://www.mayo-clinic.org).)

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### The Humane Society of Sandusky County Spaghetti Dinner

**Sunday, March 10th (snow date March 17th)  
11:30am-2pm**

**American Legion, Buckland Avenue, Fremont**

Door: Adults \$10, kids 10 & under \$5, kids under age 5 are free

Pre sale: Adults \$9 & Kids \$4

Dine in or carryout

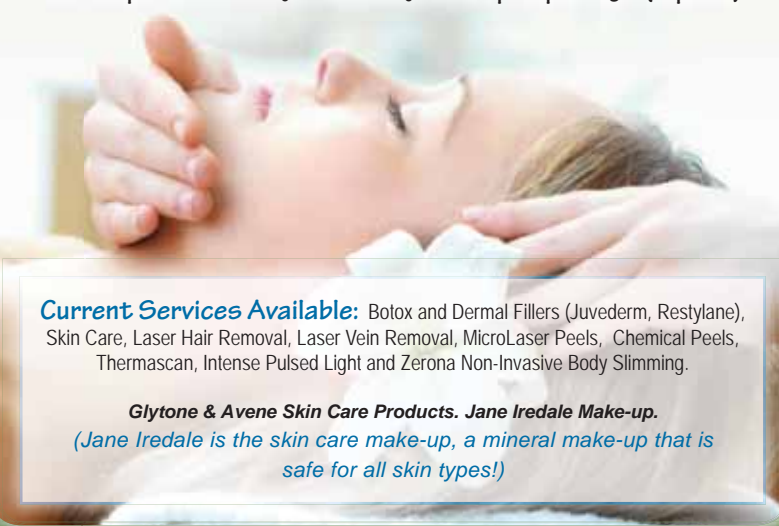
**Spaghetti, salad, bread, drink & desserts!**

Ticket locations: HSSC animal shelter, Jenesis Salon, Mint Condition, Wendt-Key Team Realty

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First of all, thank you to our readers that sent in memberships and donated to help pay for Sapphire's surgery.

Sapphire is a beautiful Husky that was found in Clyde with a bad leg injury. After two hours of intensive surgery by Dr. Reineck, he called to tell us the leg could not be fixed and we had to make the decision to put her down or remove the leg. Since she was a young dog we went with her losing her leg. As it turned out, she was adopted to a great home and is doing well. We so appreciate your support in saving her life!

We also want to thank those of you that bought trash bags, nuts, coffee and more from our December and January telephone fundraiser. The shelter received over a \$1,000! Due to these extra fundraising efforts we have been able to continue to rescue neglected and abused pets.

This month is our spring spaghetti dinner, last year the shelter made \$7,000 on two of these dinners! Please consider coming, the food is great, and the dessert bar is worth it. We will be serving from 11am until 2pm. If you do come, please introduce yourselves to me, I will be at the ticket table.

Remember, the Humane Society continues to sell "Limit the Litters" vouchers to spay and neuter your pet at a very affordable rate. Just come to the shelter to purchase your voucher. Spring is coming and there is always a cat explosion once the weather turns warm, please, be responsible, too many cats die each year because of overpopulation. A male cat can be neutered for \$35 and a female for \$63, so there is no excuse for any unwanted litters.



# Pet World

By Steve Dale

**Q:** I know my dog is overweight and I resolve to take him on more walks. I can use the exercise, too. That's my resolution. Every year, you announce your own resolutions. Will you do that for 2013? - S.J.

**Q:** I recall that you were instrumental in beginning a national movement to pay attention to cats, so more are adopted from shelters and so cats get proper veterinary care. Do you have a resolution in this vein for 2013? - P.K.

**A:** I do, indeed. In 2013, I'll encourage pet owners to see veterinarians for preventive care. Sadly, according to a study conducted by Bayer Animal Health, a quarter of owners don't understand the importance of preventive care for their pets. The number of households not seeing the veterinarian at all in the course of a year increased by 8% for dogs and a confounding 24% for cats compared to five years ago, according to the 2012 American Veterinary Medical Association U.S. Pet Ownership and Demographics Sourcebook. Our pets deserve better.

Skipping preventive care veterinary has consequences. A long list of preventive illnesses is on the rise, leading to higher costs for pet owners. And most importantly, pets are suffering, even dying when they shouldn't be. This alarming trend needs to be reversed and I'll work (with others) to help make that happen 2013.

Here are additional topics I'll focus on this year:

**1. Breed-specific legislation:** Breed bans have been instituted by communities, even states and entire nations. Dogs referred to as pit bulls lead the list of forbidden pets. The reality is, breed bans have had no impact on the frequency of dog bites. Instead, I support enforcing sensible dangerous dog laws, which apply to all breeds or mixes. I also support education, so dog owners understand the importance of early socialization.

**2. Senior pets:** The good news is, with appropriate preventive care, proper nutrition, exercise and a little luck, overall, our pets are living longer than ever. But longevity has the same drawbacks for

pets as people - physical and cognitive ailments related to aging. Fortunately, a rapidly growing list of products can improve quality of life for elderly pets. I'll be writing about these in 2013.

**3. Tubby tabbies, plump puppies:** TV's "Biggest Loser" could create a spin-off show about overweight and obese pets, since the problem is downright epidemic. Diet can pre-empt the problem. Research confirms that there's a correlation between spaying/neutering pets and subsequent changes in energy and metabolism. New Royal Canin spayed/neutered diets address this issue (cat formulas are available in the U.S. now and dog formulas will be released later this year). Certainly, exercise is important; without it, pets can grow huge. I resolve to encourage pet owners to understand that overweight and obese pets are likely to suffer changes in their quality of life, and their chances increase for diabetes, arthritis, some types of cancer and behavioral problems.

**4. Shoot 'em up:** For reasons inexplicable to me, police are increasingly shooting innocent dogs. You read that right. And I plan to shed further light on this issue in 2013.

**Q:** Is it possible to get a cat to tolerate nail clipping? - S.V.

**A:** Absolutely, and it all begins with the clipper. I really like the new Purrfect Claw Clipper (also great for small dogs, ferrets, Guinea pigs, and larger parrots). Learn more at [www.purrfect.co/](http://www.purrfect.co/).

Ideally, it's also a great idea to begin with a new clipper the pet hasn't seen before and set up a positive association. Take the clipper out and show it to your cat as you offer treats. Repeat this several times until your cat simply doesn't care that you're holding a nail clipper.

Next, hold kitty in your lap, gently push out a nail and confidently clip. If you're nervous, your cat is likely to pick up on your anxiety. If possible, enlist someone to offer the cat a treat as you cut. It's a good idea to clip one paw at a time at first, and to quit before your cat gets 'freaky.' Avoid cutting too close to a blood vessel called the quick.

*Pet World, cont'd on page 19*

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Dr. Sophia Yin has a wonderful video on her website about nail clipping for dogs, and the technique is much the same for cats. Check [www.drSophiaYin.com](http://www.drSophiaYin.com) (click Resources tab). She also addresses the topic in her book, "Low Stress Handling, Restraint and Behavior Modification of Dogs and Cats (CattleDog Publishing, 2009; \$149). The 480-page book, including 1,600 color photos, comes with a DVD.

**Q:** Many shelters encourage adopting pets to seniors. I want to get a pet, but I'm afraid the animal would outlive me, only to be left homeless again. Also, I know many shelters have you sign a contract indicating that if something happens to you, the animal will be returned to the shelter, instead of going to a family member who may also be bonded to the pet. Can you comment? - J.E.

**A:** If you're in generally good health, you're never too old to adopt a pet. What's imperative is choosing the right pet for your lifestyle. Your best bet might be an older animal. You'll be saving a life and you won't have to deal with the crazy antics of a kitten or house training a frolicking puppy.

You're right that responsible shelters and rescue organizations mandate contracts such as you describe. The intent is to prevent pets from landing in another shelter, and perhaps being euthanized. However, if you became incapacitated and a responsible family member was willing to care for your pet, there's not a shelter or rescue I know of that would argue. If you are concerned, a legal will could supersede a shelter or rescue contract.

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

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# Interpersonal Edge: Find your leverage at work

By Dr. Daneen Skube

**Q.** I try very hard to be a perfectionist at work. I work long hours, double check everything I do, and stress out to make sure any project I do is top notch. I'm still getting passed over for promotions and not getting much of a raise each year. How can I get rewarded for my hard work?

**A.** The workplace doesn't reward hard work. The workplace rewards smart work. If you want to get the goodies at work, you've got to stop working hard and start working smart.

Smart work is the work that accomplishes two objectives:

- 1) Fix the icebergs sinking the ship of your organization. A lot of employees spend all their time obsessing about arranging the deck furniture and no time fixing problems sinking productivity and profitability in their company.
- 2) Contribute to the emotional agenda of your boss and management.

Companies will hire employees who can remember what they are told, but companies only promote the people who can see key problems and think creatively about how to fix them. Ask and your boss will tell you that he or she adores the employee that doesn't just bring a problem but brings them the solution instead.

Your boss is the person directly responsible for whether you get rewarded at work. If you do not know his or her emotional goals, and do not help achieve them, you can work like a dog and get very little.

Emotional goals for your manager are irrational objectives that he or she may be unconscious about wanting or would never admit to. Emotional needs of managers can include avoiding being seen as stupid, being admired, or getting to be right. If you can help your manager get these goals, you'll be rewarded. If you interfere with your boss getting these goals, you'll get nothing.

As loyal readers of my column have learned, the heart will win over the head nine times out of 10 in the workplace. If you want leverage at work, you have to learn the skills to identify and support the emotional goals of your manager.

Many clients I work with over Skype get so upset about their manager's irrationality that I can barely follow their body language. These clients feel it is wrong and unfair that they have to know and support their boss's emotional agenda. You can be in a constant war against the power of emotions, or you can work with emotions in your workplace and achieve your personal goals.

There is no sign the workplace is going to become a less complicated environment to navigate. If you can learn how to keep your eyes on the dual lighthouses of fixing pivotal problems and appealing to the heart, you will thrive during these intensely stressful times.

Last word(s)

**Q.** My manager keeps bringing up my past mistakes. Will he ever get over it, move on and give me a clean slate.

**A.** Yes, but it is up to you to show him that your history will not repeat.

(Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)

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