



# 2000 Lifestyles

**Free**

Vol. 16 Issue 3

**March 2014**

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# The Bellevue Hospital Welcomes



## Dr. Michael Davis, *Cleveland Clinic Cardiologist*



**Education:**

Undergraduate: Wheeling Jesuit University, Wheeling, WV  
Medical School: Wright State University, Dayton, OH

**Residency:**

Internal Medicine, The Ohio State University Hospitals, Columbus, OH

**Fellowship:**

Cardiology & Interventional Cardiology, The Ohio State University Hospitals, Columbus, OH

**Certifications:**

Internal Medicine – Interventional Cardiology  
Internal Medicine (AOA)  
Internal Medicine – Cardiovascular Disease  
American Board of Vascular Medicine

## Dr. John Abboud, *Cleveland Clinic Cardiologist*



**Education:**

Medical School: Damascus University, Damascus, Syria

**Residency:**

Internal Medicine, Damascus University Hospitals, Damascus, Syria  
Internal Medicine, St. John Hospital & Medical Center, Grosse Pointe, MI

**Fellowship:**

Cardiology Transplant, University of Utah, Salt Lake City, UT  
Cardiovascular Disease, Baystate Medical Center, Springfield, MA

**Certifications:**

Internal Medicine – Cardiovascular Disease  
Internal Medicine  
Certification Board of Cardiovascular Computed Tomography –  
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# Lifestyles 2000

March 2014  
Vol. 16 • Issue 3  
[www.lifestyles2000.net](http://www.lifestyles2000.net)



## Sandusky County Relays On...

By Jody Clark

The American Cancer Society's, Relay for Life of Sandusky County is celebrating its 19th year. The Sandusky County Relay has a great reason, to celebrate, as it has raised over 2 million dollars in the fight against cancer, and it won't stop raising money, until a cure is found.

What is the Sandusky County Relay for Life? The Relay is a signature event that offers everyone in the community an opportunity to participate in the fight against cancer. Teams of people, come together, camping out at Conner Park, taking turns walking, or running around the track, Each team is asked to have a representative on the track at all times. Food, games, and activities, in a family friendly environment are just part of the Sandusky County Relay for Life's 18 hour event. The significance of the all night event is that daytime and nighttime coincides with the journey that a cancer patient goes through. A much used slogan, "Cancer doesn't sleep, and neither do we".

The American Cancer Society's "real world", Relay for Life, began in Tacoma Washington, in May of 1985. Dr. Gordon Klatt a Tacoma colorectal surgeon, decided to raise money for the American Cancer Society. He wanted to show support, to all his cancer patients, and he loved running. Dr. Klatt ran for 24 hours around the track at Baker Stadium, at the University of Puget Sound. He ran for more than 83 miles. Nearly 300 of his friends, family and patients donated \$25, to run or walk with him for 30 minutes. Dr. Klatt, raised \$27,000.00 from his efforts. And, the Relay for Life was born.

With every donation made to Relay for Life, a portion of that donation will go into research funding. Research is the heart of the mission of the American Cancer Society. For more than 65 years the American Cancer Society has been finding answers that save lives. No single non-governmental, non-profit organization in the United States has invested more to find the causes and cures for cancer.

For more information on how to get involved, or form a team, with the Sandusky County Relay for Life, or American Cancer Society, please contact Specialist, Relay for Life, Brian Gibson at 888-227-6446 ext. 5205, or e-mail [brian.gibson@cancer.org](mailto:brian.gibson@cancer.org)

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# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

419-334-3602

Email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## DISTRIBUTION

Pete McDowell

## GRAPHIC DESIGN

TC Creative Services

Email: [trcalhoun@me.com](mailto:trcalhoun@me.com)

## Advertising/General Information

For advertising and general information call, 419-334-3602, or e-mail [lifestyles2000@sbcglobal.net](mailto: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](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" Please make sure ALL info is correct before sending.

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## Publisher's Letter

Spring-yes it is on the way, hopefully Mother Nature has had enough of torturing us!

In May we will celebrate 15 years. I don't know where the time has gone, but I have enjoyed these past fifteen years and hope to continue for many more. Thank you for staying with us as faithful readers, and also a big thank you to those who continue to advertise and make Lifestyles2000 a reality each month.

We hope you enjoy the March issue. Starting this month we have an additional prize for our contest so be sure to read the instructions.

Stay safe and enjoy the warmer weather,

Joanne



Starting March we will do a drawing monthly for a pass for six to African Safari in Port Clinton. The pass is valued at \$130 and can be used any time this season. To be included in the drawing just add the words "African Safari" to your entry. Good luck!

"Find Pete" was a bit easier in February with a total of 160 correct entries, there were only several incorrect.

## Find Pete Winners

Winners are: Barry Boss, Debbie Messer, Alesha Chavarria, Clyde; Dora Graham, Attica; Myles Miller, Green Springs; Edgar Sanchez, Robert Goedicke, Ignacia Sanchez, Sabra Rakay, Charles Babione, Alissa Sharp, Carol Courtney, Ann Fought, Montana Crawford, Fremont; Carol Bradshaw, Elmore; Becky Lauer, Gibsonburg; Vernetta Vallimont, James Todd, Holly Habisen, Chris Gilbert, Bellevue.

## Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Old Fort Market, The Calico Cat, Jenesis Salon, Dairy Queen and Rallys. 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!

## Timely Treasures, Comely Collectibles & Goodies Galore" Benefit Sale for Humane Society

The Fremont Yacht Club & Carol's Tag Service have teamed up to put on a benefit tag sale benefitting the Humane Society of Sandusky County. The sale, titled "Timely Treasures, Comely Collectibles & Goodies Galore" will take place at Fremont Yacht Club, 1900 Yacht Club Drive (off Port Clinton Road in Fremont), on March 29th from 9am to 3pm and March 30th from noon to 3pm.

A "50/50" will also take place both days to raise additional funds. Both cash and local checks will be accepted for this sale with all proceeds donated to the Humane Society. Sale items will be half off on March 30th and any remaining items will be donated to another wonderful local organization, Fremont's Share and Care.

Both organizations are asking their members and followers to donate one or two items each, or as many as possible, but no clothing please. Housewares, "guy stuff", collectables, vintage items, jewelry, art, garage items, books, children's items, etc. are encouraged. If it is in good condition we'd love to find it a new home while also benefiting our community. If interested in donating any large items please call ahead at the number noted below.

Receipts for donations will also be available for multiple and cash donations for tax purposes. Donated items can be dropped off at Carol's Tag Sale events prior to the sale as well as at FYC on the following dates and times: Sun. March 16th, 11-2; Sat. March 22, 9-noon; Mon. - Wed., March 24-26, 4:30 to 6:30 daily.

For those interested in helping in other ways we will also be accepting donations for the shelter, items needed include both wet and dry cat food, scoopable cat litter, laundry detergent, Dawn dish soap, paper towels, and of course cash donations. Any of these items can also be dropped off at the donation times or brought to the sale. If you have any questions please feel free to leave a message for Tracy at (419) 307-2608.

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# On the Road Again...

By Joanne McDowell

February found me in California celebrating my youngest son's birthday. Ryan lives in Hermosa Beach, a beautiful place with great weather, but this trip we decided to take an adventure up the coast with his son, fourteen-year old Kayden. Ryan has lived in California since graduating from Ohio U back in the nineties, and has worked for Jeopardy! for fifteen of those years. In 1999, when Lifestyles began, Ryan used to do our movie reviews; some of you may remember his column.

We left Friday evening for a hundred mile drive to Santa Barbara, my first visit to one of California's most beautiful cities. Nestled along the coast, this town boasts fabulous restaurants and a downtown with twinkling white lights and fantastic shopping! On Friday evening Robert Redford was there with his film festival, so the streets were crowded. We chose a BBQ restaurant for dinner; it was good, but not as good as our local Jimmy G's.

We stayed at a quaint place called The Lemon Tree Inn, and yes there were lemon trees right off our balcony. A heated pool was tempting, but the temperatures had dropped to sixty for my arrival.

Saturday morning we headed farther north to visit the Hearst Castle. It is located forty miles northwest of San Luis Obispo, or SLO as my son calls it. We stopped once along Pacific Coast Highway to view



the beautiful ocean and find star fish. After a three hour drive we reached our destination, and a down-pour! Now as you may know, California has been in a drought, so I was thrilled to bring them rain, just not while visiting the castle!

Hearst Castle was built by Wm. Randolph Hearst with architect Julia Morgan from 1919-1947. ( I found it intriguing that a woman was an architect in 1919). Hearst died in 1951 and in 1957 the family donated the property to the state of California; today a million tourists come each year for the tours and views.

Invitations to the castle were highly coveted during its heyday in the 1920s and 1930s. Some of the Hollywood stars who were seen there often included Charlie Chaplin, Cary Grant, Joan Crawford, Clark Gable and Jimmy Stewart. Many flew in on Hearst's plane, or took his private railway. There was much for them to do once there with a theater, two pools, tennis courts and a riding stable, not to mention a zoo.

There are still zebras roaming the property as it is a huge working cattle farm. But in the twenties there were lions, bear, deer and numerous other species. When Hearst began to lose his fortune during the depression many were donated to zoos.

We chose the Grand Rooms Tour, a forty-five minute look at the Assembly Room, Refectory, Morning Room, Billiard Room and Theatre. Our guide gave us wonderful info on the priceless antiques and tapestries. We then did the outside tour, in the rain, (see photo) which was my favorite part. The Neptune Pool is spectacular, as were the grounds. Unfortunately we could not see the magnificent views with the down-pour. Tours are fairly priced at \$25 admission fee. I would like to return someday to do the upstairs tour.

On our journey back we stopped at Solvang, a Danish village. If you love wine, this is the place for you! The streets were lined with wine tasting bars for each local winery. There are also numerous boutique shops selling everything from candy to antiques. My son wanted to try Danish food, so we ate at the Mustard



Seed. Unfortunately he and my grandson did not like the red cabbage or the Danish sausage and meatballs; thankfully I stuck to American cuisine

Our last day was spent walking around the downtown area again of Santa Barbara before heading back to Los Angeles. I would definitely recommend a visit to Hearst Castle, especially if you are visiting north central California.

(The photos are of the indoor Roman Pool, the outdoor Neptune Pool and the three of us enjoying breakfast.)



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

By Grace Sidell

SNOW, SNOW, SNOW and more SNOW.....what a winter this has been! Hang in there, spring is on the way. The cold, snowy, stay inside weather of January and February gave all of us a chance to finish projects and do those "Sometime I'll get time to try, things" thus was the case for my friend LaMar and I. We both really like mincemeat pie and had talked about years ago when our farm families had made "the real thing." So, we said, "Lets not just talk about it, let's make some." He came over and we looked through my old cookbooks and found several recipes. We chose one, doubled it and divided the purchasing responsibilities. Naturally, the retired meat cutter chose the beef and suet. I went in search of a list of dried fruits and 9 pounds of apples. We had fun making the mincemeat, but the real fun was eating a slice of the pie! Good pie, good company and a cup of freshly brewed coffee. It doesn't get any better than that.

A look at the March calendar tells me that, if and when the snow melts, and we find the Old Garden House again, we will be very busy. We have a booth at the "I Do Too" Bridal Show at Terra from 1-4 p.m., March 2. Once again you will find us at The Home and Garden Show at the Fremont Rec. Center on March 7, 8, and 9. You can pick up the 2014 "Tea at Two" schedules with details about the programs.

We have a new idea. Many times people are looking for a place suitable for a photo shoot. Perhaps it's for Senior photos, wedding, engagement, family or favorite pet photos. Our yard offers a picturesque setting for all of these occasions. We have a water garden, paths with rock ledges and lined with flowers, woodland garden and a primitive area, porch railings and gingerbread. We have designed a brochure to explain this new venture. They will be available at the Bridal Show and at the Home and Garden Show. Of course, our policy continues that if the event happens here or if you are here for dinner or other events, please feel free to take pictures at no charge. Come see us, we are looking forward to visiting with you. We have a guessing game for you to play-winners receive Dinner for Two at The Old Garden House.

The first day Spring is March 20th. As you know four times a year, each day the seasons change, we celebrate with a dinner. We accept reservations for 1, 2, 3, or so on. (otherwise our minimum is 8) so, if you want to celebrate Spring with us at 5:30 p.m., Thursday March 20th, call your reservations in to Ms. Grace at 419-332-7427. Menu will be Beef Pot Roast, Homemade noodles, mashed potatoes, gravy and vegetables, as well as yeast rolls and pies. You would be wise to make reservations early as 30 is our maximum.

"Tea at Two" begins again for the 2014 season, Thurs, March 25th at 2 p.m. is the first. Tea sandwiches and sweet treats will be served along with house blend tea. Reservations can be made for one or groups of two or more. This month, the Victorian Experience to follow is "Sprigs, Sprouts and Unusual Things From Seed." Clara Kline will be the presenter. I've seen a cotton plant she grew from seed and it even produced cotton. Call reservations in to Ms. Grace at 419-332-7427.

Until next month look for those green shoots to pop up...put the snow shovel away...get the garden rake out and throw your arms out wide and twirl around while you shout LIFE IS GOOD!

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

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Please join us Tuesday, March 11th at The Bellevue Hospital Conference RM. A & B. Opens at 6 PM-closes 8 PM. Reiki Skill/Practice Sessions begin at 7. trcPractitioners have the option to stay over if needed for Q & A

If you have any questions or interested in registering for classes contact Pat Zilles at 419-355-1283



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The Bellevue Hospital (TBH) has received the 2014 Women's Choice Award® ranking among America's Best Hospitals for Patient Experience in Obstetrics. The distinction is the only award that identifies the country's best healthcare institutions based on robust criteria that consider female patient satisfaction, clinical excellence, and what women say they want from a hospital, including quality physician communications, responsiveness of nurses and support staff, cleanliness and trusted referrals from other women.

Awarded hospitals must provide comprehensive obstetric services and meet criteria for patient satisfaction and surgical excellence based on female needs and preferences.

The Women's Choice Award is the first national award based on the recommendations and preferences of women. Hospitals qualify for this highly selective annual list of America's Best Hospitals for Patient Experience in Obstetrics based on a proprietary scoring process that incorporates a national, standardized survey of patients' perspectives of hospital care reported by the U.S. Department of Health and Human Services, as well as an analysis that weighs criteria identified as the most important to women for patient satisfaction.

"We provide women seeking peace of mind for their obstetric care with a trusted third party endorsement based on hospital experiences reported by women in their community. As one of the America's Best Hospitals for Patient Experience in Obstetrics, The Bellevue Hospital meets the toughest standards of excellence set by women," states Delia Passi, CEO and founder of Women Certified, and former publisher of Working Woman and Working Mother magazines. "New moms have many choices when it comes to obstetrics. Now they can make informed decisions based on the recommendations of other moms who have experienced that hospital first hand. Most importantly, when a woman sees the Women's Choice Award at her local hospital, she'll know the hospital values her experience as a critical component of care for her and her loved ones."

For additional information on The Family Birthing Center at TBH, phone 419.483.4040, Ext. 4683.

# History Notebook

By Nan Card - Curator of Manuscripts  
Hayes Presidential Center

## John Davis Skilton, Jr.: Monuments Man

The February 7th release of the movie "The Monuments Men" brought to mind the wartime contributions of John Davis Skilton, Jr., grandson of a Monroeville, Ohio, Civil War officer. Skilton was educated at Yale and worked as a curator at the National Gallery of Art in Washington, D. C. When World War II broke out, some of the gallery's most precious artworks were moved for security purposes to the Biltmore in North Carolina. The gallery assigned Skilton to oversee their care and preservation while at the Biltmore. After D-Day, Skilton was called to serve with the Monuments Men, curators, art historians, and museum directors from 13 countries, who inspected, recovered, and repaired cultural monuments across northern France.

Skilton knew that his grandfather's papers had been donated to the Hayes Center. Because of his Ohio roots, Skilton decided to donate his personal papers as well. Among them are letters he wrote to his mother while serving in WWII as a Monuments Man.

At the city of Plougastel, he helped preserve and restore a Calvary, a 4-sided sculpture, featuring scenes of the life and death of Christ. The citizens of this German community

honored Skilton in 1959 by naming a town square after him.

He also assisted with the recovery of artworks at Neuschwantsein Castle and helped salvage an entire barge full of medieval archives discovered near the Castle Rothernfels.

In late October 1945, Skilton was the only Monuments Man present to return the artwork to the French government. He wrote that 25 train cars were needed to return all of the objects looted by the Nazis – furniture, rugs, sculptures, paintings, etc.

Due to Lt. Skilton's dedication and ingenuity, the frescoes of the Tiepelo ceiling at the Residenz Palace at Wurzburg was saved. He oversaw a team of German architects, engineers, and laborers who repaired the roof that had sustained enormous damage during bombing raids.

Skilton located a stand of hard wood trees and personally financed the construction of a sawmill. Logs were cut into boards to rebuild the ceiling. Long after Lt. Skilton returned to the United States, he remained devoted to the complete restoration of the palace. He raised funds in America and donated the proceeds from a memoir about his wartime experiences. Finally, in 1990, just two years before his death,



the palace was returned to its pre-war splendor. The West German government recognized Skilton in a special ceremony, awarding him the Verdienst Kreuz, the only federal decoration of Germany.

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Lets see March brings Daylight Savings Time on March 9th, that will brighten our days and spirits, then St. Patrick's Day with Corned Beef and Cabbage and Green Beer on the 17th, then the first day of spring on the 20th. We are hoping to be rid of this harsh weather we have had to endure these past few months.

When it comes to grilling outside in cold weather, I guess we have been spoiled the past 20 years because our winters have been on the mild side and we were able to grill out all winter long. At our house on the lake we had twenty-seven years of grilling on the back porch. After the first year after we built that house we found grilling with the high winds impossible, so my hubby built a portable barrier we could roll around the back porch to block the winds, no matter their direction. The new house has a patio and there is no protection, with the bone chilling temperatures and the snow grilling has been impossible. So it looks like the patio will be the grill spot for and spring and summer, then come fall we will move it to the garage

Since we haven't been able to grill I have been cooking a lot of casseroles, soups, and stews. Of course I will be doing Corned beef and Cabbage for St. Patrick's Day and will want recipes for leftovers. I started to look for some and I did find a couple to share with you, let me know what you think of them.

Enjoy and Happy St. Patrick's Day and Happy Spring!

Creamy Reuben Soup - this recipe I found in the Cookbook Recipes from the Heart, The Best of the Soroptimist and it was entered by Pam Hufford. It is a good one for Cabbage and Corned Beef leftovers or made using a cup of Frank's or Snow Floss Sauerkraut that's well drained. Yummy!!

One- two cups chopped leftover boiled cabbage

1/4 cup diced onion

1/4 cup diced celery

3 Tablespoons butter

1/4 cup unsifted flour

3 cups of water

4 teaspoons beef flavored bouillon or 4 beef bouillon cubes

1/2 pound corned beef chopped

3 cups half and half

12oz. package Swiss cheese, shredded

6-8 slices rye or pumpernickel bread, cubed sprayed with butter spray and toasted in oven.

In a large saucepan, cook onion and celery in butter until tender.

Stir in flour until smooth. Gradually add water and bouillon, then bring to a boil. Reduce heat and simmer uncovered for 5 minutes. Add corned beef, cabbage, half and half, and one cup of cheese. Cook 30 minutes until slightly thickened, stirring frequently. Ladle into 8 oven-proof bowls.

Top each with toasted bread cubes and the rest of the cheese. Broil until cheese melts. Then dig in and enjoy!

## Cabbage and Noodle Casserole

1 small head of cabbage, chopped into bite size pieces

Two slices ham steak, or smoked sausage, or kielbasa ( I use the smoked sausage)

1 medium onion chopped

2 apples of your choice, peeled, and sliced

1/2 stick of butter

One cup vegetable stock (or chicken if you don't have vegetable)

One pound egg noodles, cooked and drained

Salt and Pepper to taste

Optional 2 tablespoons caraway seeds

Sauté the onions, apples, and ham in butter until tender. Add all other ingredients except noodles and simmer for 15 minutes. Add hot drained noodles 5 minutes before serving. Add salt and pepper, then caraway seed if wished and salt and pepper to taste. Heat stirring till hot and serve. The only thing I would add to this is a scoop of sour cream, enjoy!

Contact me with comments, questions, suggestions, and your recipes at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com)

Sauerkraut Balls, Feb. recipe: A reader brought to my attention that there was an ingredient left out of last month's recipe for Sauerkraut Balls. Please add 6 tbsp. of flour right after the can of corned beef, one egg is used in the mixture and at the end eggs followed by the cracker crumbs. Thanks for catching that.



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## Blue Heron/How Birds stay warm/Wind Turbine Update

Hopefully, as you're reading this the temperature is warmer, the snow is gone, and the skies are blue and sunny. It's the middle of February as we are working on this month's column and it's only 6 degrees above zero (after an overnight low of minus 15). Either the woolly bear caterpillar was dead wrong or Mother Nature is playing a cruel joke on us. Winter started out cold and snowy and stayed



cold and snowy--it doesn't seem like there was a milder middle part at all. It's been one of the hardest winters we've had in a long time. Maybe it was a left-over worm from last winter.

One frosty morning Robin came back in after walking the dogs and said, "We just saw a blue heron over by the marsh!" It was the end of January and about 10 degrees outside--not exactly the kind of weather you'd expect to see a blue heron. According to the ODNr website, blue herons migrate in winter to warmer areas where the water remains unfrozen. They return to Ohio in mid February during warmer winters; otherwise they don't return until mid March. Since then, she saw it a couple more times, so it must have been able to catch enough birds and small mammals to eat because there sure wasn't much--if any--open water for it to fish in. Hopefully it can get through just a few more weeks....

Food is definitely a problem for birds in the winter, but so is the weather--not only deep snow and wind, but also frigid temperatures. We've learned a lot about birds just from watching our chickens--especially this winter. For instance, chickens fluff out their feathers to create pockets of warm air between their feathers and their skin--wild birds do this, too. At night, chickens and birds turn their head around and bury their bill in their shoulder feathers for protection. Both will stand on one leg and tuck the other up, or crouch over their legs and feet to keep them warm with their feathers.

Shelter plays a big part in keeping them warm. Our chickens would probably freeze to death if they couldn't get into their coop away from the dangerous wind chills we've been experiencing. Wild birds need protection from the elements, too, and take shelter in coniferous trees and shrubs, empty bird houses, brush piles--even buildings. Some birds are social--like chickadees, bluebirds and titmice--and roost with other birds at night to share the warmth. Our chickens are very social--they even let Keetie, our little guinea fowl, roost in between them.

So far, we haven't found any casualties in the snow--most wild birds are pretty well equipped to survive. And our spoiled chickens have their cozy heat lamp. Finally, GOOD NEWS! As of January 29, 2014, the government has halted the wind turbine project at Camp Perry--at least, temporarily and maybe even permanently--pending further studies. We haven't heard anything about the wind turbines at the Lake Erie Business Park except that they have one 285 foot turbine in place and another on the ground ready to set up. The wind energy industry is new and the government needs to step in and regulate placement sites so these turbines will not be installed in highly bird-sensitive areas--like centuries-old established migration paths.

A battle has been won but the war is still being fought--here and in other areas. If you care, you can help by going to the BSBO website and signing their petition--they are still collecting signatures to prove that there are a large number of people who really do care, and by calling or writing to your representatives and making a statement about the responsible placement of wind turbines. Below is the web address listing the names, addresses, email addresses, and phone numbers of our elected officials. <http://dnn.bsbo.org/CONSERVATION/ResponsibleWindEnergyAction.aspx>

## What is stomach flu?

I've seen a lot of patients in recent weeks with complaints of "stomach flu." Just to be clear, "stomach flu" really is not flu at all, and has nothing to do with influenza. The stomach stuff is actually called gastroenteritis, and is typically caused by a virus.

If you've been watching the news, you've no doubt heard the cruise ship (another one!) recently forced to return to port after many passengers and crew were sickened by gastroenteritis. Most patients experience vomiting, diarrhea and stomach cramps. It's pretty miserable. The most common cause of the "bug" is a virus called norovirus.

Rotavirus was previously the culprit in most cases of viral gastroenteritis, but since the rotavirus vaccine was introduced for infants, rotavirus has now been surpassed by norovirus. Viruses are really smart, sneaky and strong (or "virulent" in medical terms).

Norovirus makes you feel awful (who likes to vomit?) and is very easy to pick up. Where it takes exposure to many viral particles to get sick from some viral illnesses, a recent study in The New England Journal of Medicine found that as few as 10-100 norovirus particles may cause disease.

It's a very efficient virus and may even be acquired by breathing in the viral particles. (as a gross example, a child spews vomit while you're in the room, and you breathe in the virus).

Norovirus illness peaks in children 6-18 months old. By the age of 5, 1 in 6 children will have seen a doctor for vomiting/diarrhea caused by norovirus.

The key to combating norovirus is hydration. The virus typically sticks around several days, with vomiting usually lasting a shorter period than the diarrhea.

Treat vomiting with frequent sips of clear liquids and increase the volume of liquid over time. Once your child is tolerating liquids and the vomiting has stopped, you can let the child eat.

If your child is over the age of 1 year and diarrhea is a big problem, restrict dairy for a couple of days, as well. Probiotics may also help.

Knowing that norovirus can be transmitted by hand to mouth, as well, good hygiene is vital, especially after using the bathroom, so make sure those little hands are washed.

(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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# What Are the Benefits of an Alpha Beta Peel

By Carrie Fritz, Licensed Aesthetician

An Alpha Beta Peels involve the application of the substances applied, such as chemicals, to exfoliate damaged skin. Alpha Beta Peels can benefit the appearance of your facial skin. The peel sloughs off the top layer of the skin, revealing more youthful skin. The results you get from a peel depend on the depth of the concentration of the chemicals applied.

A superficial facial peel causes the top layer of your skin to peel off. It does not penetrate into your dermis ( or the inner layer of the skin), but rather affects only the epidermis ( or the outer layer of the skin). Superficial peels are often referred to as "lunchtime peels", because they don't take up much of your time and you can return to normal activities right after. This peel generally is performed by your aesthetician.

The Alpha Beta Peel combines the rejuvenating properties of glycolic acid with the acne fighting strength of salicylic acid. The peel boosts collagen and elastin production to preserve the skin's youthful elasticity and accelerates cell turnover for luxuriously satiny skin. It fights acne and soothes inflammation. The Alpha Beta Peel also: Diminishes the appearance of fine lines and wrinkles, shrinks pores, fades sun spots and hyperpigmentation, evens skin tone, lowers sebum production, penetrates and deep-cleans pores, fades fine lines and wrinkles and kills the bacteria that causes acne.

You can buy products in drugstores to do your own peels at home, but the products are not permitted to contain concentrations of more than 10% AHAs (Alpha Hydroxy Acids), too low to really have much effect on the skin. Also, over the counter products usually have a high pH, or acidity level, which further dampens their effectiveness.

Stronger concentrations of up to 30% can be used by trained professionals including aestheticians. These peels are often even combined with microdermabrasion for even greater results.

For questions or to schedule an appointment please contact me at (419) 680-8135 or carolynfritz123@gmail.com. Mention this article and receive 10% off your peel.

# In Your Own Backyard

**Crafting for a Cause 2014:** 9:30 a.m. - 2 p.m. Grace Lutheran Church, enter Clover Street entrance. Saturday, March 22<sup>nd</sup>. Contact Cheryl Paeth, 402-850-1581 or cheryl.a.paeth@gmail.com

**Community Bingo:** Join the Gardens at Clyde on March 25 from 2p.m. - 3 p.m. for some bingo fun. Refreshments and snacks will be provided and there will be prizes! RSVP by March 24 by calling (419) 547-7746 or email csloan@alcco.com. Gardens at Clyde is located at 700 Coulson Street, Clyde.

**PATCHING THE POTHOLES:** The Fremont Area Women's Connection invites you to come to our luncheon and program at Anjulina's Catering, 2270 W. Hayes Avenue, Fremont, on Tuesday, March 11. Luncheon and program 11 am til 12:30 pm. Cost \$12.00 (inclusive). Our Speaker and Feature will be Karen Burkhart, Columbus. Her topic will be "Breaking Up With Approval Seeking". Come and hear how Karen traveled a broken road to uncover a future paved with love and acceptance. Our Community Project will be the Humane Society of Sandusky County. Please bring an item for this wonderful cause. (cat food, litter, paper towels, laundry or dish soap; dog food is not needed at this time). For luncheon and free child care, please call by March 6th, Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com

**The Volunteer Recognition Committee would like you to save the date of April 22 for the 13th annual Celebration of Community Service event.** Various agencies honor their volunteers at this annual event to be held again at the Sandusky County Job and Family Services

Building, in the Sandusky County Office Complex at 5:30 pm. Further details will be provided next month.

**To honor the special relationship between mother and daughter, Heartbeat/Hope Medical is holding its annual God, Mom, and Me Tea for mothers and their daughters who are between 9-13 years of age.**

At the tea the daughters will have time to spend with others their age, and the moms will spend time with others who are in the same parenting stage. The Heartbeat/Hope Medical staff will share some resources and help to answer some of the questions mothers have about raising a daughter the way God designed. The daughters will also hear about God's design for them and they will have the opportunity to make a unique gift as a keepsake.

Please join us at Heartbeat/Hope Medical on Sunday, March 30, at 2 p.m. at the Fremont Pregnancy Support Center, 1209 Oak Harbor Rd., Fremont, OH 43420. Registration is \$25 and is required. Seating is limited. Please call our office at 419-334-9079 in Fremont or our Tiffin location at 567-220-7024. You may also direct any questions or reservations to events@heartfre.com

**Rich Jeanette Kidney Transplant Fundraiser,** American Legion on March 1st, 4pm-midnight. This benefit is to help Rich with medical costs incurred by a kidney and pancreas transplant. Spaghetti Dinner - 4pm - 7pm - includes, spaghetti, salad and dessert Adults \$80, Kids 12 and under \$5 Kids under 3 Free. Dinner music will be provided during this time: 4-5pm Mike Risner, 5-6pm Martin Koop, 6-7pm Eddie Molina.

Dinner and Entertainment cost - \$15, Entertainment after 7pm cost - \$10. Tickets can be purchased in advanced or at the door.

Live Entertainment - 7pm-midnight. Cash Bar, Silent Auctions, Raffles, 50/50 tickets.

Unable to make the event -Donations are being accepted at Croghan Colonial Bank - Rich Jeanette Kidney Fund

**MYRTLE BEACH/CHARLESTOWN, S.C. BUS TRIP:** April 28- May 3, cost \$699-Double, \$808-Single.

The public and all adults are welcome! 5 shows, backstage tour of Alabama Theatre, meals, harbor cruise and time in Charleston & much more. contact Barb Ward at 419-334-8383.

**Council for Developmental Disabilities, Spaghetti Dinner,** Sunday, March 9th from 10:30-1 at the School of Hope Gym. Tickets at the door, Adults \$10, Kids \$5. Special guest, Forward Motion, The Jazz Trio. For tickets call Sarah Zimmerman, at 419-332-9696, Ext.116.



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# Fremont City Schools

## ACE Mentoring Program (Assisting Children to Excel)

The National Mentoring theme for 2014 is "Be Someone Who Matters to Someone Who Matters." That is what the ACE Mentoring Program at Fremont Ross High School is all about. This school-based career mentoring program is available to any student at Ross in grades 9 – 12. Students are matched with mentors from our community who volunteer to meet with them during their study or lunch periods and share their life experiences and help guide and support them. The program serves approximately 60+ students each year. Throughout any given school day at Ross High School mentors are visiting students during their study or lunch periods. They listen, they talk, they laugh, and they encourage and build self-esteem. Mentors are unsung heroes who represent multiple ethnic and sociological backgrounds.

In this age of social media and extreme peer pressure our children are bombarded on a daily basis with information that influences them to make choices that can positively or negatively impact their lives forever. The vast technology of fast-paced social media tends to eliminate face to face contact and interaction. Students still need and benefit from the human touch of a caring adult and mentoring helps complete the circle of support that youth need during this vulnerable time. The ACE Mentoring Program has experienced many positive outcomes and successes as a result of community mentoring. Our community mentors have made a significant impact on our students and they are largely responsible for many of the positive impacts that our students have experienced as a result.

Each school year, 60 - 65 students are matched with mentors. At least 74% of the ACE students improved their grades from the past school year to the current one. The ACE Mentoring Program has partnered with the Rotary Club STRIVE Mentoring Program for 12th grade students. As a result of this collaboration over the past 4 years, 97% of the 20 – 25 seniors in the program have graduated and continued their education. Several former ACE/STRIVE students have earned their college degrees and have begun their careers. Others are in varying stages of their college experience. Most of our ACE/STRIVE seniors further their education and some have returned to share their college experience with the students to encourage them to continue their education. Many of our

mentors continue the relationship and friendship and maintain contact with their mentee. Mentoring helps to complete a circle of support and provide youth with developmental assets that they need to help them make healthy choices and succeed. Our youth benefit from the additional community support they receive through mentoring. Mentoring doesn't require special skills, but a desire to reach out to a young person and make a difference.

Mentors are professionals, educators, retirees, homemakers, law enforcement, business owners and everyday people who care enough to listen and help develop dreams. They are friends and a sounding board to listen without any judgment. This human interaction makes a positive difference. According to research by The Search Institute, mentoring provides 15 of 40 identified developmental assets that all children need to help them make healthy life choices. Mentors are people "who matter to someone who matters."

As our Nation celebrates National Mentoring Month during January, Fremont City Schools applauds and thanks our community members who take time from their busy schedule to mentor students in our district.

Funding for ACE Mentoring is provided by our local United Way and Fremont City Schools. For more information you may contact the ACE Mentoring Coordinator, Mrs. Violetta Rhea at 419-332-4453 or e-mail at Rheav@fremontschools.net.

### Clyde St. Mary's

## Fish Fry

609 Vine Street

419-547-9687

clydestmary.org

4:30-7:00PM

March 7th and March 21st

April 4th

Alaskan Walleye, Potato, Salad Bar/Drink

Adults - \$8.50

Kids 10/under \$3.00

(Carry outs available)

### St. Paddy's Night

March 15th – 5:30-10:30

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

Must be "21" to enter

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# Camp Fire News & Notes



**Camp Fire**

Light the fire within

A United Way Member Agency

Celebrate a special child in your life by participating in Camp Fire's Absolutely Incredible Kid Day on March 18th, 2014! Absolutely Incredible Kid Day is a Camp Fire sponsored national letter-writing campaign where kids receive letters of support, love and encouragement from parents and other adults, and we urge all adults everywhere to let kids know just how amazing and valuable they are. These letters cause a positive impact on kids that will be remembered and appreciated for a lifetime. Our local council will celebrate Absolutely Incredible Kid Day by sharing letters from members' parents during our Birthday Potluck being held Tues., March 18th at 6:00.

We would like to include a special Thank You to all the donors and participants for our "Uncork The Fun" fundraiser held in February.

March 17 through April 15, Camp Fire will be conducting its annual Flower and Candy Sales. Flower sales will include assorted colors of bedding plants along with hanging baskets. A number of Camp Fire youth members will be selling the World's Finest Chocolate and Mint Meltaways outside the doors of Wal-Mart on Saturday April 5th, 2014 from 10am – 6pm. They will also be soliciting door to door throughout our community. Remember to make your purchases early as the mints are always the number one selling item and are the first to sell out.

These efforts, combined with the support of local businesses and citizens, help to maintain Camp Fire which provides rich experiences for our youth. Remember, while the fundraising runs for only a short time, your support will benefit Camp Fire youth year-round!

Watch for details regarding an Easter egg decorating contest in April and summer camp dates!

For more information about any activities/programs or to place your candy/ flower order contact Camp Fire at 419-332-8641 or visit us on the web at [www.campfirefremont.org](http://www.campfirefremont.org).

Although Camp Fire may not solve all the problems of the world, we are helping to raise kids who will.



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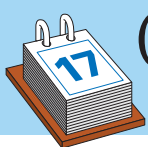
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# Calendar of Events

March 2014 – Sandusky County



## Omarr's Astrological Forecast

By Jeraldine Saunders

**March 1 thru May:** Terra Art Gallery, Building D, 2830 Napoleon Rd, Fremont. Mon – Thur 8 am – 7 pm and Fri 8 am – 2 pm

Free and open to the public. Featuring artwork from members of Firelands Area Art League.

**Mar 1-Apr 13:** Rutherford B. Hayes: Buckeye President Exhibit, Hayes Presidential Center, Fremont. Open daily, except Monday. Admission \$7.50 adults, \$6.50 seniors, \$3 kids 6-12. In his first term as Ohio governor, Rutherford B. Hayes urged the legislature to establish a land-grant college funded by the sale of public lands given to the state by the Morrill Act of 1862. His persistence resulted in creation of The Ohio Agricultural & Mechanical College - later known as the Ohio State University.

**Mar 7, 8, 9, 14, 15, 16:** Rex's Exes, Fremont Community Theatre, 1100 North St, Fri & Sat at 8pm, Sun 2pm, \$12 adults, \$10 seniors. This Southern-fried farce finds the Verdeen cousins back again. Call 419-332-0695 for tickets.

**Mar 8:** Second Annual Taste of Wine and Beer, Green Hills Golf Course Tavern, 1959 S. Main St, Clyde, 5-8pm, Pre-Sale Tickets \$15/Single or \$25/Couple. Entertainment by Dave Lester. Door prizes, 50/50, Silent auction, Food specials. Tickets at the door or contact Rick Holland at 419-332-9808.

**Mar 15-16:** 29th Annual Toy Show, Sandusky County Fairground, \$2. Over 200 tables of collectible toys, Die-cast Racing Collectibles and more.

**Mar 15:** Delta Twins, Strand Concert Theatre, 220 S. Front St, Fremont; 7pm doors open, 8pm show starts. Tickets \$10 at the door.

**Mar 15:** Beginning Genealogy Class, Hayes Presidential Center, Fremont. 9am-noon, \$10 adults, \$5 students. Learn the basics of beginning family history at this class led by experienced genealogists from the Hayes Presidential Center staff. Pre-registration is required. 419-332-2084.

**Mar 17:** Sandusky County Historic Jail Tour, 622 Croghan St, Fremont, tour times are: 5:30 pm, 6pm, 6:30pm & 7pm, admission \$2. Ever wonder what early jail life might be like? The 1 hour and 15 minute Guided Tour includes the 1892 jail with ties to President Rutherford B. Hayes, the 1840's Dungeon located underneath the Sandusky County Courthouse and the Gallows Exhibition Hall. Tickets at the SCVB, 712 North Street, Fremont or at the door.

**Mar 22:** The Wuzz Band, Strand Concert Theatre, 220 S. Front St, Fremont. 7pm doors open, 8pm show starts, tickets \$10 in advance. 419-355-8548 or visit: [www.thestrandconcert-theater.com](http://www.thestrandconcert-theater.com)

**Mar 24:** Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, 622 Croghan St, Fremont, dinner at 6pm, doors open at 5:30pm, \$20. What's better than a dinner theater? A Jailhouse Rock Dinner Theater! Following dinner, enjoy a tour of the Historic Jail, Dungeon and Gallows Exhibition Hall. Tickets can be purchased at the SCVB located at 712 North St. or purchase on-line at [www.sanduskycounty.org](http://www.sanduskycounty.org)

**Mar 29:** Steve Gornall and the Blue Collar Blues Band, Strand Concert Theatre, 220 S. Front St, Fremont, 7pm doors open, 8pm show starts, tickets \$12 in advance or \$15 at the door. 419-355-8548 or [www.thestrandconcert-theater.com](http://www.thestrandconcert-theater.com)

**Mar 29:** Progressive Agriculture Safety Day, Vanguard-Sentinel Career Center, Fremont, 8:30am. Event is from 9am to noon, free. This is a free fun-filled day of learning for children aged 8 to 13. It includes a pizza lunch, a T-shirt and a take home "goody" bag. Topics for demonstrations and discussions: Grain safety, Drug, Firearm & Roadway Safety, Fire Extinguisher Training, Slip, Trip & Fall, PTO/Tractor & Farm Equipment Safety. To pre-register call The Chamber of Commerce at 419-332-1591

**ARIES** (March 21-April 19): Unsolicited advice is sometimes as unwelcome as unsolicited criticism. You have very good intentions and may be enthusiastic about helping others. Remain sensitive, as some people must make their own decisions.

**TAURUS** (April 20-May 20): Age before beauty. Learn something valuable in the month to come from those who are older and wiser. Educational opportunities should be embraced with open arms. Remain sensitive to subtle undercurrents within the family.

**GEMINI** (May 21-June 20): One for all and all for one. Your happiness depends on the happiness of everyone. When you participate in a group effort, whether at home or at work, consider which actions will be in the best interests of everyone.

**CANCER** (June 21-July 22): When opportunity knocks, be sure to answer with a smile. You could be rewarded in material ways or with recognition. Or you can create your own rewarding circumstances by starting something significant.

**LEO** (July 23-Aug. 22): Eat the energy bar and you'll go far. Get prepared to make your mark. You may find valuable advice or the answer to your prayers. If you can't move forward with a pet project, then it wasn't meant to be.

**VIRGO** (Aug. 23-Sept. 22): Strike a balance. You may be challenged to spend your money wisely. One part of your psyche wants to add to a nest egg for the future and the other side wants to fritter away pocket cash on transitory delights.

**LIBRA** (Sept. 23-Oct. 22): Right now, you might prefer your own company. Managing your time and home could be a priority. However, you may be anxious to have someone by your side, even while tackling the most mundane jobs.

**SCORPIO** (Oct. 23-Nov. 21): Pursue the future with fleet feet. The second half of the month could be an ideal time to develop sound plans for the future. You might con-

sider adopting some new habits that boost your health and well-being.

**SAGITTARIUS** (Nov. 22-Dec. 21): Good Samaritans are celebrated. Practice putting others' interests ahead of your own. Since others respect your judgment and leadership abilities, you might receive a public pat on the back.

**CAPRICORN** (Dec. 22-Jan. 19): Take pride in discretion, not secrecy. If you are going to let the cat out of the bag, it's only fair to be kind to the cat. Your desire for personal privacy may be at odds with your need to be straightforward.

**AQUARIUS** (Jan. 20-Feb. 18): Explore your options, not just opinions. You may meet several people who introduce you to new ideas and progressive techniques. This is a good time to test a relationship without making a firm commitment.

**PISCES** (Feb. 19-March 20): Your love life may be an exercise in excitement during the month ahead. You may attract new people who are fascinated by your open-minded views and "anything goes" attitude. Your intuitions are 80 percent trustworthy.

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# Helen Marketti's Music Corner

## Eddie Money



Eddie Money is a staple in the music world. His songs are timeless and recognizable to each generation. Two Tickets to Paradise, Baby Hold On, Walk on Water, I'll Get By, Shakin' and Take Me Home are a few of the many hits in Eddie's music catalog. He will be performing at the House of Blues in Cleveland on Friday, March 28.

"I love playing in Cleveland and have many memories. Kid Leo (WMMS) was a good friend of mine. We used to hang out at Swingos; those were the days. Cleveland is a great place," said Eddie.

"My early influences were R and B music, James Brown, Otis Redding, Mitch Ryder and The Detroit Wheels and The Young Rascals. I remember attending the University of Berkeley when I performed for 'Sounds of the City', which was like amateur night in the San Francisco Bay area. That was around 1975 or '76. The legendary promoter, Bill Graham was involved with the event. Bill was a great guy, gave me chance, and got my career going. We actually received a record deal from a video tape recording when we did 'Sounds of the City'. I had already written Two Tickets to Paradise and Baby

Hold On. I was looking for a record deal so it was perfect timing."

"I believe I was the first rock star to be on the Merv Griffin Show and be part of day time television. I have to say Merv Griffin helped me in the early stages of my career. He gave me my first big shot to be on television and get my career going further. I also did the Mike Douglas Show, he was a great guy too," remembers Eddie.

"I have a new song, One More Soldier Coming Home and all proceeds are going towards the Intrepid Fallen Heros Fund which is a nonprofit charitable organization which has two facilities. There is one located in San Antonio and the other is located in Maryland. The organization serves veterans returning home from Afghanistan that have had trauma injuries whether it's mental or physical."

Eddie has a rockin' band that has been with him for years. Tommy Girvin (lead guitar), Glenn Symmonds (drums), Lee Beverly (bass) and Chris Grove (keyboard). "These guys are great. They have been with me for years and we rock every show."

"I'm doing what I love. People will often share stories with me about when they first met their spouse that one of my songs was playing on the radio. I think it's great to hear those stories. I still love singing. I still

play the saxophone, too. It's a motivator to keep my weight down, not to smoke cigarettes and not drink. If you do it right, I think rock and roll keeps you young," said Eddie. "Parents who grew up with me now bring their kids to my shows. It amazes me how the young kids who are seven years old know the words to my songs. I think the internet has helped my career tremendously. You need to be sharp; keep your mind clear. You need to be on your game when you are doing shows because everything you do will be all over you-tube the next day." (laughs) "I've got two tickets to paradise but I'm taking everybody. I'll see you in Cleveland! It's going to be a great show. Come on down to the House of Blues and do some shakin' with the Money man."



For more information on Eddie Money: [www.eddiemoney.com](http://www.eddiemoney.com)  
For ticket information: [www.houseofblues.com/cleveland](http://www.houseofblues.com/cleveland)



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## Complaints, concerns build over potentially tainted dog treats from China

**Q:** Why do American's have such short memories? When we went through the case of toxic melamine - which the Chinese intentionally put in pet foods in 1997 - animals (in the U.S.) died by the thousands. Now, according to the FDA, over 500 dogs have died over the past three years as a result of tainted chicken jerky treats from China. Are our investigators just not talking? Were they not smart enough to find a problem (with the treats)? Or are the Chinese not cooperating, but for political reasons we say they are? After all, why should they respond when we continue to buy their products? - D.K.

**A:** I've received many inquiries similar to yours. You're right that reports (as of Dec. 17, 2012) of dead dogs linked to chicken jerky treats imported from China exceeded 500, tallied over three years. According to the U.S. Food and Drug Administration Center for Veterinary Medicine (FDA CVM), over 2,600 dogs have become sick from eating imported chicken jerky treats.

Del Monte's Milo's Chicken Jerky and Chicken Grillers treat brands; Waggin' Train and Canyon Creek chicken jerky treats made by Nestle Purina PetCare Company and Cadet brand chicken jerky treats were voluntarily recalled this month. Oddly enough, the recalls were not sparked by three years of consumer complaints about dogs allegedly getting sick or dying after eating the treats. Instead, they were prompted by a finding by the New York State Department of Agriculture in early January of trace levels of antibiotics in some chicken jerky brands from China.

No one is certain, but according to the FDA CVM, it's not likely that the discovery of trace antibiotics has caused some dogs eating the imported snacks to get sick or die.

Regarding your questions concerning criminal activity - as in the instance of adding melamine and cyanuric acid to pet foods in 1997 - FDA CVM spokesperson Tamara Ward revealed a hint of potential wrongdoing for the first time in an email to this reporter.

"The FDA did identify that one (Chinese) firm falsified receiving documents for glycerin, which is an ingredient in the jerky pet treats," Ward states. "As a result of the inspection, the Chinese authority, the Administration of Quality Supervision, Inspection and Quarantine informed the FDA that it has seized products at that firm and suspended exports of its products until corrective actions were taken by the firm." When I asked exactly what all of this means, Ward didn't respond, except

to point out that the investigation was ongoing.

The FDA-CVM did send independent investigators to China, who found nothing else significant. There have been reports that the not all Chinese facilities were cooperative, but the FDA CVM doesn't confirm or deny this.

In the only public response so far, the Chinese responded to an inquiry made by U.S. Rep. Jerry McNerney (D-CA) by blaming the FDA and the U.S., whether that makes sense or not.

Because of its ongoing investigation, the FDA CVM has had no additional comment concerning the future of chicken jerky treats imported from China. Meanwhile, most experts concur, it's best to avoid chicken jerky treats from China.

As to why we continue to import products from China, since problems with food safety seem to be persistent for both pet and human foods, I don't honestly know. That's a valid question to ask your U.S. senator or representative.

**Q:** Our lovable cat has started to charge me when I'm in bed watching TV, biting my arms, then calmly turning away. How can I break this habit? - M.N.

**A:** "If this is a fairly new behavior, first see your veterinarian to rule out a possible physical explanation," says certified cat behavior consultant Darlene Arden, author of "The Complete Cat's Meow" (Wiley Publishing, New York NY, 2011; \$19.99). "If you're screaming or reprimanding the cat, it's possible your cat is seeking attention - even if it is negative attention. Closing the bedroom door can work, but you might hear loud protests on the other side."

Arden, of Framingham, MA, says to offer your cat exercise and an outlet before you hit the sack. Take an interactive toy (fishing pole-type toy with feathers) and play for about 10 minutes. Then offer a before-bedtime snack. Also, when you're not home or can't pay attention to your pet, make sure the cat has lots of activates and toys for amusement.

*(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve dale.tv. Include your name, city and state.)*

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## Sandusky County Park District Activities for March:

For reservations 419-334-4495

**Puddle Jumpers:** Skunks! Thurs, March 6, 10am, White Star Trail by the Tracks, 4899 C.R. 65, Gibsonburg. Ages 5 and younger should dress for walking the trails and learn everything you ever wanted to know about this woodland creature. Registration required.

**Bird Feeder Banding,** March 8 & March 22, 8 am, Park Office, 1970 Countryside Place, Fremont. Join Park District researcher, Tom Kashmer, in observing frequent bird feeder visitors in the winter. Travel to private property around the marshes of Sandusky Bay. In indoor comfort, view a 'window on wildlife' and learn about bird banding research as you watch the process up close. The facility is accessible and all ages are welcome. Time may vary based on weather conditions. Registration required by calling 419-638-1027.

**HIKE for the Health of It:** Sat, March 8, 9am, Doug Haubert Wetland at White Star, 1330 C.R.66, Gibsonburg. No registration needed.

**Meet Me at the Cabin:** Pioneer Toys, Tues, March 18, 5pm, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. Spend some time in the 1850's cabin learning about toys of that era & make one to take home. Registration required.

**Endangered Species,** Fri, March 21, 9:30-11:30am, North Coast Inland Trail, 240 S. Main, Lindsey. Gather at the picnic shelter for a short discussion of Ohio's endangered species. We'll hike the trail as we continue a Q & A about additional species, habitats, and how-to-help. No registration required.



## The Humane Society of Sandusky County Spaghetti Dinner

Sunday, March 9th (snow date March 16th)

11:30am-1:30pm

American Legion, Buckland Avenue, Fremont

Door: Adults \$10, kids 5-10 \$5, Under 5 eat free!

Pre sale: Adults \$9 & Kids 5-10 \$4

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For Sale: 5th wheel slider, \$550; new rust colored Loveseat, 4 pillows, \$250; dark wood hutch, \$150; Curio sliding glass, \$25; old square oak table, \$100; solid oak dresser w/mirror, Amish built, \$300. Call 419-332-1738.

In the future, treatment for resistant hypertension without drugs may be an option. For example, the kidneys play a key role in controlling blood pressure, and blood flow to the kidneys is an important part of the process. Researchers are examining whether making changes in how kidney arteries function - for example, by destroying certain nerves that serve the arteries- can help control blood pressure. This research is still in the early stages, but it holds promise.

Also important is that lifestyle choices you make can significantly affect your blood pressure. Eating a healthy diet that includes lots of fruits and vegetables and limits salt can often help control blood pressure. Staying at a healthy weight, exercising, not smoking and limiting the amount of alcohol you drink are important self-care steps. Sometimes, people with high blood pressure go through several medications and changes in medication dosages before their blood pressure is well controlled. You may need to monitor your blood pressure at home for some time to determine if a new medication is working. In most cases, a combination of medications and healthy lifestyle changes can keep blood pressure in check. - Michael Hogan, M.D., Consultative Medicine, Mayo Clinic, Scottsdale, Ariz.

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**DEAR MAYO CLINIC:** I was recently told I have resistant hypertension. What exactly is it, and what could cause it? How can I treat my high blood pressure, since medications haven't worked?

**ANSWER:** Hypertension is considered resistant when a person is taking a diuretic plus two other blood pressure medications, and their blood pressure is still too high. Diuretics lower blood pressure by helping your kidneys get rid of extra salt and water in your body. Resistant hypertension has several possible causes, including another underlying medical condition. Treatment typically involves a change in your medications.

A variety of drugs are available to treat high blood pressure. If you are taking a diuretic and your blood pressure remains high, your doctor may recommend adding additional medications, such as angiotensin-converting enzyme (ACE) inhibitors, beta blockers, calcium channel blockers or others that can help lower blood pressure.

When resistant hypertension is discovered, the first step is usually a thorough review of all your current medications, including those for blood pressure control and any other medications you take. In many cases, a change in the amount of blood pressure medication a person is taking - often an increase in the diuretic - can effectively treat resistant hypertension. For blood pressure medications to work best, the directions for taking them should be carefully followed.

If medication adjustments don't work, doctors usually start looking for other medical problems. Those may include an abnormality in the hormones that control blood pressure, or a narrowing in one or more of the arteries leading to your kidneys. If another problem is uncovered, treating that condition in addition to treating the high blood pressure usually works to bring blood pressure down.

Certain sleep problems, including sleep apnea, may also contribute as some people with high blood pressure, particularly those who are overweight, can have disturbed breathing during sleep, and that may lead to resistant hypertension. .

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