

*2000* lifestyles



**Free**

**Vol. 16 Issue 3**  
**March 2015**

**[www.lifestyles2000.net](http://www.lifestyles2000.net)**

# "Everything we do is

## FOCUSED ON THE BEST POSSIBLE CARE

# for our patients."

**KAREN, RN**

COMMUNITY HEALTH  
SERVICES NURSE

### Patient Experience Survey Results 2014

At Community Health Services, our entire team is dedicated to one goal, to provide the best possible care for our patients.

One way we monitor our success and identify ways to improve is through input from our patients. Throughout the year, CHS encourages our patients to complete a survey to let us know how well we are meeting their needs and expectations.

### Summary of the Patient Experience Survey Results for 2014.

*Percentage reflects the total number scoring a top rating of either Very Good or Good.*

Facilities (Comfortable and clean): . . . . . 98.6%  
Front Desk staff (Friendly and Helpful): . . . . . 98.5%

#### NURSES AND MEDICAL ASSISTANTS

- Listens to patients . . . . . 99%
- Friendly and helpful . . . . . 99%
- Answers questions . . . . . 98.8%

#### PROVIDERS

- Listens . . . . . 98.2%
- Friendly and helpful . . . . . 98.6%
- Spends enough time . . . . . 97.9%
- Answers questions . . . . . 97.9%
- Gives good advice and treatment . . . . . 97.9%

Would you send your family and friends to us: . . . . . 98.5% yes

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# Lifestyles 2000

March 15



Vol. 17 • Issue 3

www.lifestyles2000.net

## Sandusky County Share and Care 25 years-1990 to present

Why do we do what we do? These are the reasons-one for each of our twenty-five years!



1.) We are blessed to be a United Way Member agency.

2.) The best part of our day is when we can help a "neighbor" find something they need.

3.) We have the best volunteers in the world-their dedication, determination and desire to keep our shelves full is amazing.

4.) We are a "safe" place-a place to talk with others or get a friendly smile.

5.) One Dollar (100 pennies) buys an entire bag of items! That could be six shirts, two pairs of pants, a stuffed toy, socks, mittens and some shoes(or lots of other combinations!).

6.) We pray for our community, customers, clients and volunteers every day prior to opening our doors!

7.) We are supported by an amazing group of churches that love our community!

8.) We love children and want each child to start their new school year with nice uniforms and new tennis shoes.

9.) Our Lord is at work within our walls, hearts and within us!

10.) We want to help others help themselves.

11.) Managing money and finances is tough; we all need help at different times.

12.) We love to have fun. There are some interesting and very amusing things that get donated to our center.

13.) We love others!

14.) We want to give others nice things-we check zippers, buttons and pockets to be sure an item is in good working condition.

15.) If we can't help you, we will try to find a resource for you.

16.) We love to share food-soup on Saturdays, cookies in December, and snacks when donated.

17.) We never want anyone to be cold or hungry.

18.) We like to fellowship with other "neighbors".

19.) We love to play store! The joy of shopping is a gift!

20.) We get to see all kinds of shoes-men's, women's, children's, high heeled, flats, fancy and fun!

21.) It is a blessing from God to serve others!

22.) We go to sleep tired but happy that we could help another.

23.) We love to help "neighbors" celebrate getting a GED, quitting smoking, getting a job, getting married, having a new baby, etc.

24.) We LOVE helping others!

25.) Our neighbors are more of a blessing to us than we are to them. Thank you, Sandusky County for twenty-five years of helping others. Here is hoping a new building with more space and more options to help others will bring another twenty-five years!

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## Publisher's Letter

So happy we are in March, that has to mean spring is around the corner!

Hope you enjoy our recipes this month, the Cabbage Patch Soup sounds so good to celebrate St. Patty's Day. Years ago I visited Ireland and found the food to be so lacking in taste, however I have been told it has greatly improved.

Enjoy your month, see you in April.

Joanne



There were more entries this month, so we made it too easy! Most of the 200 people had it correct, but a few got it wrong. The correct answer was Dairy Queen.

## Find Pete Winners

Congrats to our winners: Debbie Messer, Sandy French, Doris Runion, Donna Lloyd, Vickie Rowe, Clyde; Becky McElfresh, Linda Gegorski, Tom Wadsworth, Joy Ferkel, Ruth Ann Luc, Jim Bennison, Benett Ebert, Cyrus Connors, Tina Kidd, Faye Wingate, Fremont; Lynn Fox, Bessie Runion, Gibsonburg; Stephan Hartenstein, Tiffin; Linda Gladieux, Oak Harbor; Linda Kern, Bradner; Larry Hirt, Bellevue

## Find Pete Prizes

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

## 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)

## March is National Developmental Disabilities Awareness Month

March is designated as National Developmental Disabilities Awareness Month. The month is dedicated to focusing on people's abilities and similarities rather than differences and encourages everyone within the community to welcome people with developmental disabilities. Sandusky County Board of Developmental Disabilities is proud to announce the 2015 theme - "Can Do! Like You."

Recently celebrating 50 years of service for the School of Hope and Sandco Industries, SCBDD is embracing the many new and exciting opportunities and changes being brought into effect through Person Centered Planning, Self-Advocacy and Governor John Kasich's Employment First initiatives. The theme "Can Do, Like You!" reflects the emerging spirit throughout the state of Ohio to expand community based employment options, residential choice options and new service initiatives to fully integrate people with disabilities into our neighborhoods and social circles.

"Can Do! Like You." hopes to bring awareness to the contributions and abilities of our friends, neighbors and family members who are living with a developmental disability. It also strives to give recognition to the many individuals throughout our county who receive services that help to maximize their abilities, promoting possibilities and potential.

Sandusky County Board of Developmental Disabilities offers individuals with developmental disabilities and their families, access to services and supports that will enhance the quality of their everyday lives. This year, SCBDD has revamped its logo but continues to provide the same amazing services. Many of you may know SCBDD for the School of Hope and Sandco Industries, but it has grown to offer many other services. Early Intervention Services begins at birth and are performed in the natural environment of the child. The Rob Lytle Meaningful Activity & Caring Center (established in 2010), provides daily meaningful activities for eligible adults, including community activities, skill building and exciting trips. The Clyde Life Enrichment Center (established in 2004) offers services for adults 55 or older with a variety of daily activities including art, fitness, comradery and much more. Supportive Home Services are available for eligible adults whom may require such services. Organizations and Teams, such as Special Olympics, Project STIR (Steps Towards Independence & Responsibility), Aktion Club and People First Advocacy among other groups are available to those interested in participating.

SCBDD serves for a lifetime. You are encouraged to go to the agency's Facebook page (Sandusky County Board of Developmental Disabilities), to see the many exciting events and activities that a person with a disability "CAN DO! LIKE YOU."

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## Disney measles outbreak could have been prevented

At the entrance to Disneyland, a sign reads, "The Happiest Place on Earth." It does not also say, "Beware of Infectious Diseases." But, if you think about it, what better place to contract any infectious disease than a theme park, where many visitors are under the age of 12?

Also, based on my own experience as a parent taking children to Disneyland, even if youngsters are not feeling well, nothing stops them when fun beckons -- not even a fever. Other parents have reported the same thing to me after such trips: Tylenol, then off to the park.

So far, there have been 52 cases (and counting) of measles contracted by children while visiting Disneyland in December. Not all confirmed cases have been in California; others are in Utah, Washington, Colorado and Mexico. With continued new cases and our mobile population, unintentional exposures will occur, but unfortunately, more cases can be expected to crop up.

Alas, whenever you hear about an outbreak of measles, it's important to remember that measles is a vaccine-preventable disease! However, this means your child needs to be vaccinated at 1 year old, and again between the ages of 4 and 5. About 3/4 of the new measles patients were unvaccinated - by parental choice.

Several children were too young to receive the vaccine, so they were unprotected for that reason, but Orange County, Calif. (home of Disneyland) has one of the highest rates of vaccine refusers. Pediatrician Robert "Bob" Sears (author of "The Vaccine Book: Making the Right Decision for Your Child"), who practices there, admits that "many/most" of his patients refuse some vaccines.

In my humble opinion, Sears has had a big impact with families making vaccine choices. He has proposed an "alternative vaccine schedule," which has not been scientifically proven to work. Dr. Paul Offit a pre-eminent scientist, doctor and vaccine proponent, has some good articles

on the topic of alternative vaccine schedules; check them out online.

This outbreak should be yet another wake-up call that many of the diseases younger parents think have disappeared are now showing a resurgence. Measles cases are now at the highest level they've been for over 20 years in the U.S.

Pertussis (whooping cough) rates are on the rise here, as well. Polio continues to be a problem in other parts of the world despite huge efforts to vaccinate people and eradicate this disease.

Fortunately, there have been no deaths in the latest measles outbreak, but some victims have been hospitalized. I can only hope more parents will have their children vaccinated; there's no other way to stop this. Vaccinating not only makes sense, but it's also simple, as there are so many places to get a vaccine.

(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.) (c) 2015 KIDSDR.COM

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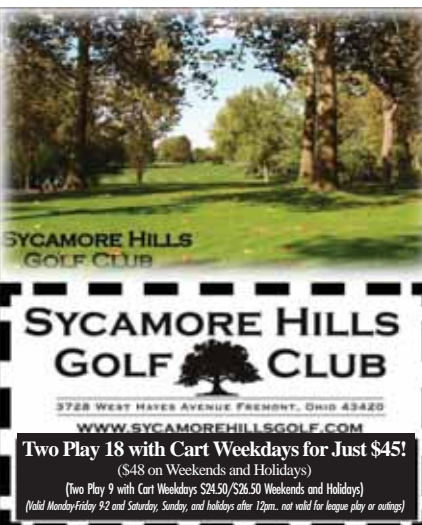
## BISHOP HOFFMAN CATHOLIC SCHOOL DINNER AUCTION

The 21st Annual Dinner Auction will be held Friday, April 17th and Saturday, April 18th. The preview and dinner auction will take place at the "Margo Reilly Athletic and Performing Arts Center" at 702 Croghan Street with this years theme, "Wizard of Oz".

The Friday Night Preview is open for donors, sponsors and guests from 7-9pm. As you browse the items you can enjoy a glass of wine or beer and hors d'oeuvres catered by Angelinas. There will also be door prizes and raffles.

On Saturday the doors will open at 5pm at which time the silent auctions and Traveling Auction will begin. Cocktails and hors d'oeuvres will be available. Dinner will be catered by Ole Zims and served at 6:45pm. The Grand Auction will start at 7:45 with Baker and Bonnigson Auctioneers. Raffle tickets will be available for a drawing for a trip to New York City valued at \$3,500.00 with accommodations at "W New York" and tickets to see the Broadway show "Wicked".

The cost for two great nights of fun is \$75.00 for an individual and \$150.00 for a couple. You must be 21 to attend. If you would like to donate or receive an invitation, please contact Marty Dudley at 419-680-2187.



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## SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR MARCH:

All programs require registration at 419-334-4495.

**Hike the Bike** (North Coast Inland Trail); Mondays; 4:30pm-6pm; March 9: Bellevue; March 23: Clyde; April 13: Clyde; April 27: Biggs Kettner Park. Calling all hikers, our goal is to hike all 26 miles of the North Coast Inland Trail! It's a lot of hiking and a lot more fun as a group. We have incentives & free gifts to keep you motivated. Bring your favorite device for journaling so we can chronicle each mile!

**Babies in the Parks:** Spring, March 2; 5pm-6pm, Wolf Creek Park: Campground Entrance. For ages birth to 12 months with adult companion. Walk the trail in a back pack, front pack or all terrain stroller as we look for signs of spring and explore some puppets too.

**Hands-On Science:** Bird Banding Research; Saturdays/Sundays, March 7, 15, 21, 29; 7:30a.m. Green Creek Hunt Club

Meet at Countryside Park: Main Office, join Tom Kashmer and participate in ongoing research.

**Puddle Jumpers:** Backyard Birds, March 12; 10-11am, Creek Bend Farm: Wilson Nature Center. For ages 5 and younger with adult companion. Learn about the birds in your backyard and then watch them in the window on wildlife. A short hike will be included, dress for the outdoors.

**Health Hike:** March 16; 6-7pm: White Star Park: Doug Haubert Wetland, Kids In Nature: Eagles: March 17; 5-6pm, Wendell Miller Village Park, Lindsey. For ages 6-12, bring binoculars if you have them as we hike a short distance to watch an eagle nest.

**Snakes!** March 18; 5-6:30pm, White Star Park: Barn. We'll talk about snakes in Ohio, around the world, and their many adaptations for survival. All ages are welcome.

Meet Me at the Cabin: Chickadees, March 23; 6pm-7pm, White Star Park: Log Cabins. Learn about chickadees, their habits and lives through a chapter in The Sand County Almanac. then take a short walk to see if we can locate a few of these wonderful little birds.

**Webelos Wednesday: Forester Wednesday,** March 25; 6:30pm-8:00pm  
Creek Bend Farm: Wilson Nature Center  
Explore trees from the inside out and get all the requirements for your badge. Leaders are responsible for acquiring the actual badges.

**Teen Track & Trail: Marsh Muck,** March 28; 11:30am-2pm  
Shelley Wetland. For teens ages 12-17 years old. Meet at the Tea Kaufman Homestead parking lot for a lesson on wetlands. Be dressed for walking in water & muck. Learn to identify plants, animals and the key species of a wetland habitats. A light lunch & beverages provided. Please bring a snack to share.



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**DEAR MAYO CLINIC:** Every year after I have a mammogram, I am told that I have dense breasts. What does this mean? I have heard that a new test for women with dense breasts - MBI - might be better for me. What exactly is this? Would it be covered by insurance?

**ANSWER:** Mammogram screening plays a vital role in detecting breast cancer. But in women with dense breasts, it can be difficult to distinguish normal breast tissue from tumor tissue. It's because of this that a team of scientists from Mayo Clinic developed a tool - molecular breast imaging (MBI) - for looking at dense breast tissue.

MBI isn't a replacement for mammography, which remains the standard tool for screening for breast cancer regardless of breast density. However, MBI can be an important supplemental tool for finding tumors that are not visible on mammography because of the surrounding breast density.

Breasts are a mixture of fatty and dense tissue. Younger women tend to have more dense tissue, and older women have more fatty tissue. Mammography of breasts with more fatty tissue typically produces images in which the breast tissue appears fairly dark. In contrast, tumors generally appear white.

Dense breast tissue also looks white on a mammogram. Some describe viewing mammograms of dense tissue as being similar to looking through a frosted glass window. A tumor can easily hide in a dense tissue mammogram.

About half of women younger than 50 have breasts that are considered dense on mammogram images. The same

problem is seen in one-third of women older than 50.

Most commonly, breast density is classified using a four-category system that's based on the appearance of the breast tissue on a mammogram. To find out how dense your breasts are, ask for and read the details of your most recent mammography report. When the breast is 25 percent or less dense, the radiologist's mammography report describes the breast pattern as "predominantly fatty." The next category is described as "scattered fibroglandular densities," followed by "heterogeneously dense" and finally "extremely dense." Breasts are considered dense when they fall into these last two categories.

MBI is designed to see beyond dense breast tissue. Instead of using low-energy X-ray, as in mammography, MBI relies on gamma radiation. This type of radiation has the advantage of being unaffected by breast tissue density.

Before the MBI images are made, a short-lived radioactive agent (radioisotope) is injected into an arm vein. The patient is then seated in front of the gamma camera, and the breast is positioned between two plates with light compression - only about one-third the pressure used in a mammogram. Two 10-minute images are taken of each breast. If breast tumor cells are present, they absorb this substance like a sponge and show up as hot spots on the resulting image.

Recent advances in the MBI gamma camera have made it possible to significantly reduce the radiation dose, making the reduced MBI radiation levels com-

parable to the dose that's delivered during one to two digital screening mammograms.

Images generated from MBI provide physiological information about the breast similar to that of magnetic resonance imaging (MRI). And while MRI is radiation-free, can provide detailed images of the breast and is highly sensitive in detecting small breast cancers, the cost for this test can exceed thousands of dollars. MBI generally runs about \$600. Although the MBI unit was approved by the Food and Drug Administration in 2010, most insurance companies don't currently cover the cost of MBI as a screening test.

While not a substitute for mammography, MBI may aid in breast cancer detection in women with dense breasts. Although the tool isn't yet widely available, it's anticipated that this will change over the next few years. - Deborah Rhodes, M.D., Breast Diagnostic Clinic, and Amy Conners, M.D., Radiology, 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\(AT\)SIGNmayo.edu](mailto:medicaledge(AT)SIGNmayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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Spring is coming! Not that that means the weather will improve much, but at least we know the snow will soon be ending. Wait, I do recall having snow in April, so I take that comment back!

I am finally sharing this recipe that I have been thinking about making since 2013...I know, I am just not the baker my mother was, enjoy!

### Cherry Pie Bars

#### Ingredients:

- 1 cup butter, softened
- 2 cups sugar
- 4 eggs
- 1 tsp vanilla extract
- 1/4 tsp almond extract
- 3 cups all-purpose flour
- 1 tsp salt
- 1 (21 ounce) cherry pie filling 2 if you like cherries (highly recommend)

#### Glaze

- 1 cup powdered sugar
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- 2 Tbs milk

1. Cream together butter and sugar. Add eggs and beat well, beat in extracts.
2. In a separate bowl combine flour and salt. Add to the creamed mixture. Mix until combined.
3. Grease a 15x10x1 pan or 9x13, whichever one you decide to use. Spread 3 cups batter in a 15x10x1 (Also works with 9x13- baking time will at least be 35 minutes) Spread with pie filling. Drop remaining batter on top of pie filling.
4. Bake at 350 for 30-35 minutes or until toothpick comes clean. Cool on wire rack. Combine glaze ingredients and drizzle over the bars.

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# "Grate" Treats & Eats

By: Chris Timko-Grate

March is here, I hope to feel those warmer days ahead soon. It also brings us Daylight Savings Time which brings us the extra daylight we can all use! We also have St Patrick's Day and the first day of spring. I like the sound of the first day of spring because that means summer isn't far off! I think I am ahead of myself and wishing time to move a bit faster, which really isn't what I want.

With St Patty's Day being this month I'm going to share making Red Cabbage plus a Cabbage Soup Recipe that just might surprise you. If you try these recipes let me know how they turned out for you and any changes you made.

Enjoy the beginning of spring and the warmer days it will bring, here are a couple Irish sayings to start March off right.

\* A light heart lives long.

\* St Patricks Day is an enchanted time - a day to begin transforming winters dreams into summers magic!

## Sweet and Sour Red Cabbage

- 2 ½ pounds red cabbage, shredded
- 3 large cooking apples, peeled, cored, and sliced
- 2 large onions, sliced
- ¾ cup boiling water
- ½ cup red currant jelly
- ¼ cup firmly packed brown sugar
- 1 tablespoon butter
- 1 bay leaf
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ cup vinegar
- 1 ½ tablespoons all-purpose flour

Combine cabbage and cold water to cover in a Dutch oven. Let stand 15 minutes; drain. Add apple and next eight ingredients; bring to a boil over medium heat. Combine vinegar and flour, stirring until smooth; gradually stir into cabbage mixture. Cook stirring constantly. Until slightly thickened. Reduce heat, and simmer, uncovered, 2 hours. Remove bay leaf. 8 to 10 servings

\*I cut this recipe in half to make for us and thought one and a half apples was to much but by the time it all cooked down the apples all break down and it was good! And even though I cut it in half I used the the whole amount of vinegar and flour to thicken it to the consistency I wanted, but I like sour dishes even though this wasn't overly sour, so do what you like to your tastes!

## Cabbage Patch Soup

- 1 pound ground beef
- 3 slices bacon, chopped
- 1 (16oz) can diced tomatoes
- 1 (16oz) can red kidney beans, rinsed, drained
- 2 cups shredded cabbage
- 1 ½ cups water
- 1 onion, peeled, halved and thinly sliced then halved again
- ½ cup chopped celery
- ¼ cup butter
- 1 teaspoon chili powder
- Salt, pepper to taste

Brown ground beef with bacon in large saucepan, or soup pot, stirring until ground beef is crumbly; drain. Stir in undrained tomatoes, beans, cabbage, water, onion, celery, butter, chili powder, salt and pepper. Simmer for 1 ½ hours, stirring occasionally. You may vary amounts of bacon, water, and cabbage as desired.

Any comments, suggestions, questions and the recipes you would like to share contact me at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com)

## Clyde St. Mary's Fish Fry



609 Vine Street  
419-547-9687  
[clydestmary.org](http://clydestmary.org)



4:30-7:00PM  
March 6th  
March 20th

Alaskan Walleye, Potato, Salad Bar/Drink  
Adults - \$9.00  
Kids 10/under \$4.00  
(Carry outs available)

## St. Paddy's Night

March 14th - 5:30-10:30  
\$10.00 - Includes soup, salad,  
sandwich bar.

Drink ticket sold separately  
Must be "21" to enter

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## Campfire News and Notes

Celebrate a special child in your life by participating in Camp Fire's Absolutely Incredible Kid Day on March 19th, 2015! 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 17th 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 on February 27th, 2015. This event was a success with many great prizes.

March 9 through April 6, Camp Fire will be conducting its annual Flower and Candy Sales. Flower sales will include assorted colors of bedding plants along with hanging baskets. These flowers will be delivered in time for Mother's Day and make a great gift for any Mom. A number of Camp Fire youth members will be selling the World's Finest Chocolate and Mint Meltaways along with the flowers. 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 summer camp dates which will be coming soon!

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

By Grace Sidell

For a long time, many readers of this column and my friends and family, have encouraged me to write a book. They tell me they read my column every month and wouldn't miss it. Others say, "Ms. Grace, you ought to write a book." I have always thanked them for their kind remarks and promised to think about it. I have, and in the spirit of adventure and trust, I will try. Many questions remain, beginning with, do I have enough talent to write a book? What about publishing? What would it cost? And what will I write about? So far I've decided to write about the only thing I really know enough about—my life. Many interesting and unusual things have happened to me. I will include my adventures in the early years, later on a crash landing in a passenger plane, an out of the body experience from a lightning strike and other interesting, but less dramatic life experiences. I'll share my failures, successes and the life lessons I have learned along the way. I'll write about the people, places and things that have touched my life and made me who I am.

We have a "Sidell Tradition" at our house, "If you name it you have to keep (or do) it." I don't know how it got started. All I remember is that over the years, especially when the children were young, it was responsible for our having a multitude of stray cats and dogs with unusual names! So, in keeping with tradition, I named my book;

Heartbeats and Footprints, a Memoir of 30,000 Sunrises

Now I have to write it. There's no turning back.

Thanks, everyone for your encouragement, I would not have attempted this without your gentle (and sometimes not so gentle) persuasion.

An interesting foot note—the day after I had made the decision to go-for-it, I picked up the newspaper. Even though I am not a horoscope reader, I found myself checking out the information for Leo, my sign. It said, "Ready or not, start investing your effort in the direction of your big goal. It's going to take hundreds of hours, and for many of those hours, you will have no idea what you're doing. You may as well start learning now." Can you believe it! I trust the correctness in the part where it says "and for many of those hours, you will have no idea what you're doing." They sure got that right!

So, until next month; stay warm, make one more snowman with the kids, take someone special out to dinner, be careful what you name—you night have to keep it and I'll see you at the Home and Garden Show, where we'll celebrate the truth in the words LIFE IS GOOD, even for budding authors.

*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.*

## Senior Bingo Bunch

March 20th  
1:30-3:30 pm

Lunch will be provided and cash prizes will be awarded.

RSVP is required to Christina by March 13th at 419-547-7746.

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## TBH FOUNDATION GIVES AWAY NEW CORVETTE!

The Bellevue Hospital Foundation (TBHF) made President's Day a memorable experience for Gerard Skowronski of St. Clair Shores, MI, as his name was drawn as the grand prize winner in the 5th annual "Is Your Heart Set on a Vette" raffle. The winning ticket number was 0514.

As the grand prize winner, Skowronski has his choice of a brand new 2015 Corvette or \$50,000 in cash.

Four runner-up winners each received cash prizes, including John Wyszczelski, Lambertville, MI, \$2,000 cash; James Reinicker, Bellevue, OH, \$1,500 cash; Joe Amodeo Jr., Buffalo, NY, \$1,000 cash; and Jeff Vaught, Oldenburg, IN, \$500 cash.

"We wish to congratulate Gerard 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 2014 and our goal was to sell all 1,553 tickets at \$100 each, a goal that we accomplished on December 15, 2014!"

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 46 different U.S. states (only Vermont, Maine, North Dakota, and Utah were not on the list this year), 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 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.

The 2016 Corvette Raffle will kick-off with Early Bird specials in September, 2015.



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# History Notebook

By Nan Card - Curator of Manuscripts  
Hayes Presidential Center

## Mouse Island and the Hayes Family

"There is something romantic in that idea of having an island all to one's self. Ex-President Hayes felt it years ago when his children were young, for he bought a mile or so off the [Catawba] Peninsula, a small island " .... so wrote Henry Howe in his history of Ohio. Howe further described the island as "a very small affair, so small one might someday take a fancy to pick it up, slip it in his vest pocket as he would his watch and walk off with it."



Mouse Island Cabin ca. 1912

In 1874, then Governor Hayes purchased Lake Erie's Mouse Island jointly with Fremont attorney Ralph Buckland and Dr. L. Q. Rawson. The private island, sometimes called Hat Island in early records, was acquired from Ira Dutcher of Catawba.

Hayes believed it would be a great spot for his family to camp, boat, swim, and especially fish (Lucy's favorite past time). When Hayes returned to Ohio during his presidency, the family spent time on the island. In 1879, Hayes purchased Dr. Rawson's portion of the island. And at the turn of the century, the Bucklands exchanged their portion of Mouse for land Hayes and the Bucklands had purchased together in Omaha, Nebraska.

Through the years, Hayes had numerous opportunities to sell the island, but his children and their friends continued to enjoy time spent each summer on the heavily wooded island. President Hayes' son Birchard and his children Webb, Scott, and Walter, built two cabins, a boat house, dock, ice house, tennis court, and a hand ferry to shore. They also supplied the island with water.

The brothers worked each summer to repair damage brought on by the previous winter's storms. But time and weather continued to take a toll on the island's structures. With Scott's move to Los Angeles and Admiral Webb Hayes away much of the time, there were fewer opportunities for the Hayes grandchildren to visit the island. Even though time spent at Mouse became rare, it was not until 1966 that they finally decided it was time to part with the "emerald isle" the family had enjoyed for more than 90 years!

## "Timely Treasures, Comely Collectibles, & Goodies Galore"

The Fremont Yacht Club and Carol's Tag Service are once again teaming up for a benefit tag sale benefitting the Humane Society. The second annual sale, titled "Timely Treasures, Comely Collectibles & Goodies Galore... Take II!" will take place at the club on March 28h from 9-3 and March 29th from noon to 3pm.

Both cash and local checks will be accepted for this sale where all proceeds will be donated to the Humane Society. Sale items will be half off on March 29th and any remaining items after the sale will be donated to Fremont's Share and Care, as well as to those in financial need as identified by local Job and Family Services agencies. Members and followers are asked to donate one or two items each, or as many as able, but no clothing please. Housewares, "guy stuff", collectables, vintage items, jewelry, art, garage items, books, children's items, etc. If it's in good condition we'd love to find it a new home while also befitting our community. If interested in donating any large items please call ahead at the number noted below. Receipts for donations will 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 the Fremont Yacht Club on the following dates: Sunday March 15th, 11-2 (downstairs drop off); Sat. March 21, 9-noon; Mon-Wed., March 23 - 25, 4:30-6:30 each day.

We will be accepting donations for the shelter, items routinely needed include wet & dry cat food, scoopable cat litter, laundry detergent, paper towels, any size trash bags, and of course cash donations. Any of these items can also be dropped off at the donation times or brought to the sale. For questions or info please feel free to leave a message for Tracy at 419-307-2608.

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### Bus Trip



Bethesda Care Center is hosting a bus trip to **New York City**. We will depart Bethesda at 9:00 p.m. on Friday, April 10th, and return on Sunday, April 12th in the morning. We will be making visits to Ground Zero, China Town, and Times Square. We will leave Times Square at approximately 9:00 p.m. and be heading back for Fremont. The cost is \$125 per person and spots are limited.

If you have any questions or interested in the trip, please contact Holly Dagg at 419-334-9521 ext. 513



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# Helen Marketti's Music Corner

## Denny Laine



Denny Laine Photo credit: Jay Gilbert.

The British Invasion Tour will be coming to The Kent Stage on March 4. It's a rockin' line up with Denny Laine (Moody Blues, Wings), Peter Asher, Billy J. Kramer, Chad & Jeremy, Mike Pender (The Searchers) and Terry Sylvester (The Hollies).

The British are coming! They first landed on American shores in February of 1964 when The Beatles woke up the youth with a new sound and look. Shortly after, the tidal wave of the British Invasion started coming across the pond. The Moody Blues, The Rolling Stones, The Hollies, The Animals, Peter & Gordon, The Who, The Kinks and the list continues. If you were around for the first wave, you were fortunate. Some of these classic artists are coming back again with a little help from their friends.

Denny Laine is a name that goes hand-in-hand with classic rock and the British Invasion as one of the early members of The Moody Blues with his hit, "Go Now". His music adventures after the group included the Denny Laine String Band, Ginger Baker's Air Force and eventually Wings with Paul McCartney. Denny and Paul co wrote "Mull of Kintyre". Denny sings lead on "Picasso's Last Words" (Band on the Run), "Sprits of Ancient Egypt" (Venus and Mars) and "I Lie Around". Venus and Mars have been remastered and released as deluxe sets.

Denny took some time to talk from his home in San Diego about getting started with the upcoming tour, current projects and some nostalgic thoughts of those early days. "The tour officially starts on the 22nd. We did a version of this tour last year. Peter Asher will be joining us on all of the dates this year. We have had a lot of fun in the past. I know everyone and I feel it is going to do well. It's a 60s tour and to be honest I really had never done a 60s tour until last year. I'm enjoying playing the music that I was involved in during those early years."

"The whole 60s era wasn't just about the music," said Denny. "The music was the spearhead. You had the music, fashion and art. The young people wanted to express themselves. It was a Renaissance period. We were all growing up, changing, moving forward independently. Many music labels started during that time. We were all feeding off of each other in those days and that is what I always felt was so great about the 60s."

While some musicians who are Denny's contemporaries step away from the spotlight, Denny does not have any plans to slow down. "I wouldn't know what else to do if I didn't keep myself involved with music. I have had periods where I have been

semi retired. I have spent time in the studio, which is good because you can be creative and work on material at your own pace. I tend to write in small bits and work on material a little at a time. I usually can make an album after a 6-month period because by then I have plenty of material. I am still working while being in the studio but I have found it to be a bit boring. I tend to miss the live music and the audience. I really enjoy what I do now because I have many different styles of material. It's nice to get back to what you do best which is playing before an audience."

Denny explains how the British Invasion Tour was put together. "Andrew Sandoval who has worked for Rhino Records which are famous for releasing boxed sets of old songs. He got together with Keith Putney who is an agent and has a production company. Peter Asher works with Keith and I do, too. They came up with the idea of putting this tour together instead of only playing one show."

"Audiences are receptive to our music if they grew up with it. I think they feel it's a part of their lives, which is a good feeling, but at the same time, we are noticing many younger people in the audience. It has now come full circle and the young people are enjoying our music. They may look upon us as the grandfathers of rock and roll but that's OK. People also appreciate when you

do new material because it's not all about living in the past. I like to revisit the past to a certain extent but not all the time. If I only did shows that had to do with the past I don't think I would want to keep with it."

Denny has a new album in the works called "Valiant Dreams". "My inspiration comes from many life experiences," he said. "I take those experiences, mix them up and create a fictional version of the truth. I also have a musical called "Artic Song" which is about the Artic region and problems with the environment. I'm working on that with the university in Fredonia, New York. I enjoy working on new material. I am always looking forward to the future and doing those kinds of shows, too."

Every now and again, Denny ventures back to England. "The last time I was there I bumped into Paul and we went to see the band UB40. He lives around the corner from me in London."

Music is the common thread that holds it all together. "I appreciate all kinds of music. I think you have to do a lot of "live" work to improve at your career. You need to have the feedback and interaction with the audience."

For more information:

[www.britishinvasiontour.com](http://www.britishinvasiontour.com)

[www.dennylaine.com](http://www.dennylaine.com)



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## Buckeye Fire and Grill

It's so nice to find a new restaurant in our area that is really good. What amazes me is that it is out in the middle of nowhere, on a little country road between Clyde and Bellevue. The restaurant is in a log cabin style building and has lots of rustic country charm. I could tell it's quite popular with the locals as it was so busy, but the kitchen does a great job getting food out fast.



It's a family owned business and there is a campground on the property with permanent campers, so having the restaurant there really benefits the campers in the summer. The building also houses a game room, hall, and a small store, selling groceries and a large wine and beer selection.

While talking to Mark the owner, we learned that he built the wood burning oven himself, and that he uses only wood to cook with, and not gas, as so many other restaurants do. He smokes his pork and corned beef for awesome sandwiches. The wood fired pizzas have a toasted thin crust dusted with cornmeal and baked to a golden brown.

I had the grilled chicken breast sandwich with grilled mushrooms, onions, and smothered with cheese. It came with a mountain of hand cut fries, enough for two, or choose from other homemade sides, such as Bea's delicious coleslaw or mashed potatoes and gravy.

The menu has a lot of variety, imagine a Thanksgiving dinner served everyday for \$9.50, or an oyster sandwich made fresh with beer battered oysters for \$9.75, a pound of wings to go for \$7.00 with at least nine different sauces. There are always daily and weekly specials and homemade soups and pies. I wanted to try the loaded cheeseburger, but a half pound of beef is huge. I'll have to share that one.

I've been there twice and I'm definitely going back. Check them out at Buckeye Fire and Grill, 972 Co. Rd. 278, Clyde or at 419-603-7520 for their hours. Closed on Mondays.



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**ARIES** (March 21-April 19): Get a paper towel because all your luscious ideas could overflow. Take your time about starting new projects or launching plans. .

**TAURUS** (April 20-May 20): Good things come to those who wait. You might find that your partners or close companions are simply not in the mood to discuss changes and challenges until after the middle of the month.

**GEMINI** (May 21-June 20): Put your nose to the grindstone, you may be challenged to complete your work on time or in a manner that makes those in charge happy. Inspiring movies and books keep your spirits up.

**CANCER** (June 21-July 22): Don't blame yourself for your misfortunes. Forces beyond your control might impact your finances, you'd be wise to work hard and to not expect to receive something for nothing.

**LEO** (July 23-Aug. 22): Your charming ways can put you in the money. You may receive proof that people trust and respect you, but it might be wise to wait until after mid-week to put crucial plans into motion.

**VIRGO** (Aug. 23-Sept. 22): The only real obstacles are in your mind, you might hobble yourself with unreasonable fears. Caution is useful when you feel more confident.

**LIBRA** (Sept. 23-Oct. 22): Accentuate the positive. Dwelling over past mistakes and

doubting your future won't get you anywhere. Concentrate on the things you do well to derive immediate benefits.

**SCORPIO** (Oct. 23-Nov. 21): You simply don't have the know-how to start a new project now. Bide your time until you have all the facts and figures even if you're enthused about the prospects for your big plan.

**SAGITTARIUS** (Nov. 22-Dec. 21): The only thing to fear is fear itself. You may be hesitant over a new undertaking or drag your feet about getting things started. Things will improve as you get the ball rolling.

**CAPRICORN** (Dec. 22-Jan. 19): Just because someone is well-spoken doesn't mean they know what they're talking about, you should accept flattery, as well as criticism, with a grain of salt.

**AQUARIUS** (Jan. 20-Feb. 18): You might learn that you can't pay your bills with wishful thinking, you should avoid taking on new obligations that might threaten your long-term holdings and security.

**PISCES** (Feb. 19-March 20): It's time for a reality check. Both vagueness and efforts to be non-committal can be seen in a poor light. Work hard and be clear as a bell about your intentions and goals.

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## Digging Out! / Goodbye Handsome

Just when we thought it was safe to feel good about winter and turn our thoughts to the approaching spring, Mother Nature pulled a fast one and nailed us! Along with frigid temperatures, some parts of this area received up to a foot--or more--of snow. Some of us were "lucky" and got away with eight or ten inches. Regardless of the amount, most of us had some digging out to do. This February seemed to follow the pattern set last year. It wasn't all bad, though--the snow not only provided us with much-needed exercise opportunities, but also the chance to get some stunning photographs. Robin finally got her "cardinal-in-the-snow-covered-tree" shot!



Robin Arnold



Gena Husman

Our front and back yards are riddled with mazes of hand-shoveled paths. Some are knee level, some are higher. Some are for our animals, some are for us to get from the house to the coop and the various birdfeeders. The average hen measures about sixteen inches to the top of her head--Pearl and Opal, the two California girls are shorter...and they are snow white. If it weren't for their large, bright red combs we would not have seen them on a couple of occasions when they ventured out into the snow-covered landscape. Regardless of the weather, Pearl and Opal are the first (and sometimes the only hens) to come outside--it's almost as if they want to sample everything life has to offer to make up for their lost years during their cage confinement at the "egg factory."

They've all grown so weary of waiting for spring that unless it is snowing and blowing, it's not uncommon for the whole bunch of them--five hens, Keetie (the Guinea), and Beetle (the duck) to set out single file along the paths--from the coop to the back gate, and then on to the various bird feeders around the yard and back again to the coop. Sometimes all you can see are their heads gliding along the top of the pathways--sometimes just the tops of their red combs.

We almost lost Keetie one clear frosty morning after the "big snow" when Robin took the two dogs for a walk and he decided he wanted to tag along--as he often did in warmer weather. A short time later as I was filling the bird feeders I heard Keetie's soft whistling sound. I didn't think much of it at first, but when he continued to whistle and I couldn't see him

anywhere I started looking for him. It was too cold for him to be out long and the snow was deep if he got off the path--which he did. I followed his bizarre footprints around the pond until I spotted him huddled under a pine tree, surrounded by deep powdery snow. He was waiting to be rescued so he wouldn't have to walk back to the coop.

A few days ago we said, "Goodbye" to our 11-year-old rouen duck, "Handsome," the oldest member of our feathered family. He wasn't sick a day in his life, but after eleven years he was starting to slow down and sleep a lot. Robin found him one morning--he passed away during the night.

He was the last of our original ducks. Robin discovered him and a little female in a fenced-in area at the Meyer Hatchery in Polk, OH when we drove down to pick up our barred rock chicks in July, 2004. We ended up bringing the two ducks home along with the chicks. Robin named him "Handsome," because he was such a stunning duck, and she named his little companion "Sweetie." He was kind and gentle and very protective of her, and they stayed together until her death a few years ago. For days after she died, he would stand outside the door and look for her to come out. Whoever thinks that animals don't grieve for loved ones has never paid attention.

In mid February we laid him to rest on a grassy spot in the middle of the marsh. We'll miss him--he was a big part of our family for many years. He is survived by his 9-year-old son, Beetle.

Hopefully this winter hasn't taken as severe a toll on our birds and wildlife as last winter did. Now that March is upon us...surely spring can't be far off?

**March 1:** "Chili and A Dog" for the HSSC at the American Legion, serving dinner from 11:30-1:30 pm, silent auction, 50-50 and bake sale. Tickets at the shelter, \$9, or the door, \$10.

**March 11:** Fremont Emblem Club #156 Meeting @ Fremont Elks Lodge @ 6:30 pm. Call or text Dianne @ 419-680-5656 for more info.

**March 4:** Feast of St. Casmir Rosary and Golbaki dinner, K of C 15036 (St.Casmir Hall), 2045 Lake St. in Fremont. Rosary at 6pm, Golbaki Dinner from 4-6pm, eat in or carry out. Dinner includes 2 cabbage rolls plus sides, \$8. Contact Dave Dorobek @ 419-455-0708 for info.

**March 28:** Craft Show at Mt. Carmel UMB, corner of 4997 Cr 183 & 177, Clyde, 9am-3pm, free admission. crafts, bake sale, lunch, homemade pies, door prizes given away every 1/2 hour. Contact Sharon Baxter for more info 419-547-0106.

**March 8:** Fremont Women of the Moose Spring Craft Show. 10am-3 pm at the Heights Banquet Hall (American Legion) 2000 Buckland Ave., Fremont. Local vendors showcasing their talents. Lunch will be available. Admission free! Open to Public. Door prizes! For more info, Sue Wetzel at 419-332-0470

**The Tiffin Art Guild, 178 S Washington St. will be enrolling participants in 3 classes during March & April.** Pre-Registration is required by either sending a check to TAG, PO Box 194, Tiffin 44883, or stop by the Guild/Gallery, during business hours of Tues.-Saturday from noon-4 pm. 419-443-0478.

**March programs at Our Lady of the Pines: March 3, 7- 8 PM, centering prayer.**

**March 20-21:** Friday to Saturday, ENNEAGRAM RETREAT with Sister Breta Gorman, RSM. Learn how the Enneagram is useful because it indicates with startling

simplicity, patterns of meaning about the mystery of who we are.

**March 23:** 7pm Lenten Evening Prayer: TAIZE, a quiet and meditative service with instrumental accompaniment, scripture readings, and spoken/sung prayers leads us deeper into prayer and closeness with God.

March 10: 9-10:30 am, Lent & Easter Wisdom according to St. Francis and St. Clare of Assisi Contact us @ 419-332-6522 or e-mail [olprc@pinesretreat.org](mailto:olprc@pinesretreat.org)

**Luncheon and program with Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Tuesday, March 10,** luncheon 11 a.m.-12:30 p.m. Cost \$12/inclusive. Feature will be Angie Schroeder, CPT, MBA, Wellness, Fitness, and Motivational Programs. The Speaker will be Rita Stewart, Arlington, Ohio "Secret to Lasting Wealth". Through the death of her eight year old son, this banker found secret to lasting wealth. Call by March 5th, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

**Race 4 Grace, 5K run/walk** on Saturday, April 11, 2015. Race begins at 9:00 a.m. sharp. Registration information is available on the web at [www.womenofgraceministries.org](http://www.womenofgraceministries.org).

**Fremont area Christian men** are cordially invited to the next meeting of the Fremont Christian Men's Gathering at 8:30 a.m. on Saturday, March 14, at DaVinci's. The men gather there every 2nd Saturday monthly. Walt "Gus" Lamson at 419-334-3623 for more info.

**Fremont Ministry Association** is happy to announce a new approach to their annual Lenten services for this year. The Wednesday evening services will all be held at 7 p.m. at the First Brethren Church, 2510 Hayes Ave, just west of Fremont. Services will be each Wednesday through March 25th. The services will consist of a scripture teaching, a discussion group, songs, and fellowship and coffee to follow.

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# Pet World

If barking at the TV bugs you, give your dog something else to do

These reader questions were answered by veterinary behaviorist Dr. Melissa Bain, Associate Professor of Clinical Animal Behavior at the University of California-Davis School of Veterinary Medicine.

Bain is a contributing author to "Decoding Your Dog: The Ultimate Experts Explain Common Dog Behaviors and Reveal How to Prevent or Change Unwanted Ones," authored by various members of the American College of Veterinary Behaviorists and edited by myself, Dr. Debra Horwitz and Dr. John Ciribassi (Houghton Mifflin Harcourt, New York, NY; \$27). The book explains why dogs think as they do and answers some common, and very uncommon, behavior questions. (To learn more about veterinary behaviorists, or to find a specialist near you, check [www.dacvb.org](http://www.dacvb.org).)

**Q:** Jack Russell's are crazy, and mine even watches TV. Not all shows, mind you - only things like fast-moving football games. He also barks at dogs on TV. He must know they're not real, or does he? - H.J.

**A:** If he's watching the Chicago Bears play, he's not currently watching fast-moving football, but that's another issue!

"I had a dog who did this (barked at the TV) and I don't believe he was crazy, just likely having fun," says Bain. "I believe dogs know that what's on TV isn't real. They realize that TV shows don't respond to the dog's barking, or smell like anything that's real."

Some people suggest pets are watching more TV now that screens tend to be larger and feature higher definition, but Bain isn't so sure.

If the behavior bothers you, offer your dog an alternative form of entertainment, such as a chewie to chomp on, or a toy stuffed with low fat, low salt peanut butter or dog

treats. Or you could turn off the TV and open a book!

**Q:** My dog, Molly, snaps at nothing. She'll be in the back yard and see something (or not), then snap and snap at the air. She does this many times every day, mostly outdoors. What's going on? - J.P.

**A:** "Snapping at the air might be a compulsive behavior in dogs, particularly those who may not be so easily distracted or redirected to do something else," Bain explains.

However, first rule out medical ophthalmological possibilities. Just as people can develop "floaters" in their eyes, so can dogs. The only difference is, no one can explain to dogs what the "floaters" are, so in trying to make the pesky things go away, dogs snap at them.

Bain contributed to the chapter in "Decoding Your Dog" called "Tail Chasing, Leg Licking: Can't You Stop!" on compulsive behaviors. To determine if Molly has a compulsive disorder, and how to treat the condition, it's best to consult a veterinary behaviorist.

**Q:** I don't understand why my housebroken 5-year-old Siberian Husky is marking everything, particularly corners of furniture or curtains. This past month, I've replaced furniture and carpeting, and now he's marking the new items! How can I make him stop before he ruins everything? - B.V.

**A:** "Marking is usually a territorial issue, and typically stress is an underlying factor," says Bain. "My first question is, 'When does this happen?' If it only happens when you're not home, we could be talking about separation anxiety. If it happens when you're home, I still want to know exactly which rooms this occurs, if there's any pattern regarding (the) time of day, and if you (would) generally describe your dog as 'anxious.'"

Certainly, a medical check-up is a good idea to rule out a urinary tract infection or some other physiological explanation.

It couldn't hurt to try an Adaptil collar, which emits a copy of a calming pheromone. However, your best is to see a veterinary behaviorist.

**Q:** At times during play, our Labrador/Greyhound mix abruptly stops and looks around, as if someone or something has bitten her. Then, she darts around and chases her tail. There's actually a visible bulge that appears and then goes away. What's this behavior all about? - P.J.E.

**A:** Bain says this doesn't sound like a behavior problem as much as a medical one. Ask your veterinarian about a condition called stud tail, or supracaudal gland infection. If no underlying cause (cause as flea bite flare ups) is found, the treatment may involve special dog shampoo, antibiotic therapy and/or short-term use of steroids.

Videotaping the behavior might help your veterinarian diagnose the problem. If the problem isn't rectified, Bain suggests consulting a veterinary dermatologist.

(Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY. 14207. Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.) 2015 TRIBUNE CONTENT AGENCY, LLC.



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## Upcoming Event

### "Chili and a Dog"

Sunday, March 1st at American Legion from 11:30-1:30pm, tickets \$10 at door, \$9 at the shelter

**Humane Society of Sandusky County**  
2520 Port Clinton Road-Fremont  
[hs-sc.org](http://hs-sc.org) Daily 1-5 Sat. 1-4



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# Melt the Ice 5k • Sat, March 21

Start spring the right way and be a part of this great community tradition put on by the Fremont Elite Runner's Club! Saturday, March 21st. Race begins at 10am. Race day registration opens at 8:30 am. Pre-registration (and tshirt guarantee) ends March 24th. Runners and walkers will enjoy a fast, flat and accurate course that starts and finishes at Grace Community Church and follows city streets through residential neighborhoods. Traffic controlled throughout the race. Post Race Awards at Grace Community Church. Proceeds donated to the Exchange Club. Register online at [www.fremonteliterunnersclub.com](http://www.fremonteliterunnersclub.com)



## “SPRING INTO ACTION” says NAMI Affiliate Help Us improve lives in our community!

The National Alliance on Mental Illness is sponsoring their 10th Annual “WALK FOR NAMI” 5K Team WALK at Conner Park on May 2 at 10:00 am. Rain or shine... over 20 Teams will walk to raise money to continue offering FREE resources to those suffering with a mental illness and their family members. NAMI provides monthly support groups, education classes, suicide awareness, Crisis Intervention Training for law enforcement, depression screenings, college campus support groups, and other advocacy work.

SPRING INTO ACTION.... Form a Team for the WALK today! Come on out to our KICK-OFF PARTY at Big D’S Pizza at River Cliff Golf Course in Fremont, March 17th at 5:30 pm. (RSVP)

Contact: (419) 334-8021, NAMI Affiliate Office, 428 Croghan St. Fremont. (Melanie White, Executive Director)

6	4	2	1	9	7	5	3	8
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4	6	8	9	2	5	7	1	3
3	5	9	7	1	4	8	6	2
7	2	1	8	6	3	4	5	9

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# Clyde Public Library Events

Clyde Public Library events, to register call 419-547-7174.

**March 2,** 6:30 p.m. Bluebirds, refreshments served, free program.

**March 3,** 6:30 p.m. Getting Started Painting with Acrylics, registration required, free program call or online at [clydelibrary.org](http://clydelibrary.org) on the Getting Started page.

**March 5,** 6-7:15 p.m. Minecrafters Unite! Play Minecraft PE - bring your own device. The Library’s 11 tablets are available on a first come, first serve basis, all ages, no registration.

**March 7,** 11 a.m.- 2:30 p.m. Game Day Playing video, card and board games. All ages, no registration.

**March 10,** 6:30 p.m. Getting Started Woodcarving, see how it’s done and learn the tools and skills necessary for successful woodcarving. Free program, registration.

**March 17,** 6:30 p.m. Getting Started Vegetable Gardening, registration required, free program.

**March 23,** 6:00 p.m. Writers’ Group. Call Jill at 419-547-7174.

**March 24,** 6:30 p.m. Getting Started Basket Weaving, registration required, free program. .

**March 24,** 7 p.m. Clyde Public Library. Getting Started in Gardening with Perennials, register for this free program.

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# The Bellevue Hospital Welcomes Back Dr. Michael Nill

**Michael Nill, M.D., F.A.C.S.,** *general surgeon, returns to the area and to the staff of The Bellevue Hospital after spending the past 10 years as a general surgeon at Memorial Hospital in Marietta, OH. While in Marietta, Dr. Nill was Trauma Medical Director, Medical Staff President, and Chairman of Surgery. Dr. Nill and his wife Patty, are parents of three children. His hobbies include his children and their activities, camping and traveling.*

## Education:

Bachelor of Science, Penn State University, State College, PA  
Master of Science in Physiology, Penn State University, State College, PA  
Doctor of Medicine, University of Pittsburgh, Pittsburgh, PA

## Residency:

General Surgery Resident, Ohio State University Medical Center, Columbus, OH

## Fellowship:

Surgery Research Fellow, Ohio State University Medical Center, Columbus, OH

## Certifications:

Diplomat, American Board of Surgery; National Board of Medical Examiners

## Memberships:

Fellow, American College of Surgeons  
American Society of Breast Surgeons  
Society of Laparoendoscopic Surgeons  
Ohio State Medical Association

## Michael Nill, M.D., F.A.C.S.

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To schedule Bellevue appointments with Dr. Nill, call:

**419.668.0680**



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

