

A close-up photograph of a brown dog, possibly a Weimaraner, looking directly at the camera. The dog is holding a small, green, woven basket in its mouth by the handle. The basket is filled with straw and several colorful Easter eggs, including yellow, pink, and purple ones with various designs. The background is plain white.

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**Vol. 17 Issue 3**

**March 2016**

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We've completely updated our website to provide you with easier access and time-saving online features that will connect you with the information and services you need. Please take a few minutes to check it out at [www.FremontCHS.com](http://www.FremontCHS.com).

### New Providers

We are recruiting new providers to meet the growing needs of our patients. We will be welcoming a new pediatrician this fall, as well as additional medical staff members in locations throughout the region.

### Watch for More Updates!

Watch for more news and updates coming over the next few months. If you haven't done so already, please "like us" on Facebook for the most up-to-date news, or check our website.

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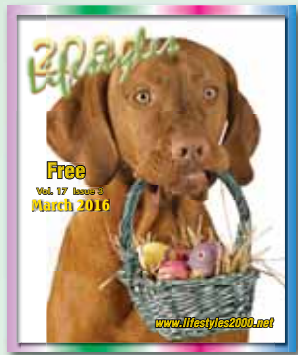
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# Lifestyles 2000

March 2016   
Vol. 17 • Issue 3  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

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## What Reiki Can Treat

By Patricia Zilles

Reiki can help lessen symptoms and side effects of traditional treatments. It is not specific to any particular types of diseases or conditions because it works on the entire self, mind, body and emotions.



The body's hormones, and the glands that produce them, make up the endocrine system.

There are eight major glands, and their job is to regulate the body's metabolism, reproduction, growth and sleep. Like the nervous system, the endocrine system is an information signal system. But rather than using neurons, it uses chemical messengers called hormones, each of which has its own unique function. Examples of patients seen by Reiki practitioners in private practices include those with the following conditions:

Fibromyalgia, Pre- and post-op patients, Chronic pain, Digestive problems, Stress-related diseases / panic attacks/ anxiety, Before and after chemotherapy


A Reiki treatment may: bring a peaceful, deep relaxation, dissolve energy blockages and tension, detoxify the body, support the well-being of the client who is receiving traditional medical treatments that are debilitating, such as chemotherapy and radiation, surgery, kidney transplants, etc., supply universal life-force energy to the body, stimulate the body's immune system, help to relieve pain, stimulate tissue and bone healing after injury or surgery, increase

the vibrational frequency of the client on physical, mental, emotional and spiritual levels

During a Reiki treatment, patients lie on a massage table, fully clothed. Typical treatments are 50-minutes in length. The Reiki practitioner gently places her

hands on your body in specific energy locations during the treatment. The length of time that she leaves her hands in each position is determined by the flow of energy through her hands to you at each location. There is no pressure, massage or manipulation.

The Reiki Circle begins at 6:00 PM and dismisses at 9:00 PM on Tuesday, March 8th. The Bellevue Hospital, Conference Rm. A & B. Open to the public.

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

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

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

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Fremont, OH 43420

## Publisher's Letter

Welcome to our March issue. We are so excited to see spring on the horizon and nicer weather.

This month we are introducing our Mother's Day Contest, see the info on page 9.

Last month I wrote about the loss of my sister Carolyn to heart disease. I received a really nice email from a lady that took my advice and got to the hospital on time.

Personal emails and notes from all of you are so appreciated, I read everyone and especially want to thank all of you for the beautiful cards and letters.

Enjoy this glorious month celebrating St. Patty's Day and Easter.

Joanne



There were 125 correct answers, and a few incorrect, the correct answer was St. Mary's Fish Fry.

## Find Pete Winners

Winners are: Sally Herr, Bonnie Weaver, Jackie Mayfield, Patty McCormack, Charles Pfeil, Teri Price, Fremont; Teri Tooman, Berta Seymour, Oak Harbor; Linda Salazar, Dawna Willey, Scott Dellinger, Linda Thompson, Carrie White, Clyde; Nancy Pries, Elmore; Mike Todd, Mary Raifsnider, Bellevue; Philip Sherick, Lorain; Karen Perry, Vickery; Weston Miller, Green Springs; Jordan Cantrell, Gibsonburg.

Thanks for entering!

## Find Pete Prizes

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

## Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net), please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad.

# "Grate" Treats & Eats

By: Chris Timko-Grate

I love the idea that March is here! This year we have Daylight Savings by the middle of the month - Yea! - then on the 17th St Patrick's Day, yum Corned Beef and Cabbage, then Spring begins on the 20th, yea warmer weather on the way, and then finish it up with Easter on the 27th! Longer days and warmer weather is on the way and a couple great holidays, this is a fun filled month! For me in March I am hoping to start using the grill, get my fill of Corned Beef and Cabbage with all the leftovers and to fix, feast, and eat our traditional Timko Easter Dinner. Enjoy!

Mandarin Orange and Almond Salad (6-8 servings)

1/4 cup whole blanched almonds

1/4 cup sugar

1 small head iceberg lettuce, shredded

1 cup chopped celery

1 (11 ounce) can mandarin oranges, drained

2 green onions, chopped

1 tbl minced fresh parsley

1/4 cup vegetable oil

2 tbl white vinegar

1/2 tsp salt

1/4 tsp pepper 1/8 tsp hot sauce

Cut almonds in half crosswise. Combine almonds and 2 tablespoons sugar in a heavy saucepan; place over medium heat. Cook, stirring constantly, until sugar melts and coats almonds. Remove from heat and let cool completely.

Combine lettuce, chopped celery, mandarin organs, green onions, and minced parsley in a large bowl; toss well.

Combine remaining 2 tablespoons sugar, vegetable oil, white vinegar, salt, pepper, and hot sauce in a jar. Cover tightly, and shake vigorously.

Combine lettuce mixture, dressing, and almonds; toss gently, serve.

Orange-Kiwifruit Salad (6 servings)

1 head romaine lettuce, torn

3 kiwifruit, peeled and sliced

1 (11-ounce) can mandarin oranges, drained

1 large purple onion, sliced

3 oz blue cheese, crumbled

1/3 cup chopped walnuts or pecans

Commercial croutons (or make yourself)

Combine lettuce, sliced kiwifruit, mandarin oranges

Dressing:

1/3 cup fresh lime juice

3 tbl red wine vinegar

3 tbl orange marmalade

1 tsp each salt and freshly ground pepper

Combine all ingredients in a jar. Cover tightly, and shake vigorously.

Any questions, comments, and your favorite recipes contact me at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com)

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# REACH

What an exciting time the 2015-2016 school year is for the REACH career education program! With the expansion into four fifth grade classrooms at Gibsonburg's Hilfiker School and four fifth grade classrooms at Lakota Middle School, some 850 students in 36 classrooms in 13 schools throughout Sandusky County are being introduced to the "world of work" by classroom counselors representing 28 different Business Partners. This represents significant growth from the initial 2003-2004 school year when 175 students in seven classrooms at one school participated in the pilot program.

their academic years. Fremont City Schools, for instance has developed the "Little Giant

Pathway" curriculum that will formally expose students in grades K-12 to various aspects of career development, with the REACH program serving as a vital component at the fifth grade level.

Funding for the REACH program has been provided by area businesses and foundations, with the United Way of Sandusky County having served as the cornerstone Financial Partner since the 2003-2004 school year. The REACH program fits nicely into the United Way's Education emphasis area which has as its' priority: "To provide opportunities for youth that will enable them to be prepared and successful in both high school and post high school with a specific emphasis on career development."

The hours invested by our dedicated Business Partner classroom consultants, along with the dollars invested by our Financial Partners, some of whom serve in both capacities, has been invaluable, as they have helped prepare over 7,600 students in Sandusky County to learn about the job and career opportunities available in our county, along with the work ethics, life skills and educational requirements need to qualify for those jobs.

Classroom counselors visit their assigned classrooms one class period per month and teach lessons contained in a curriculum book developed by the education department of the Ohio State University-Marion to illustrate topics such as: Jobs That Match My Talents and Interests, Habits and Attitudes That Make Good Workers, Teamwork, Teamwork and Interdependence, Equal Opportunity and Technology, as well as In the Workplace, which provides a unique opportunity for the students to visit the place of business of the counselor and get a firsthand look at employees performing their jobs, with hands-on experiences for the students wherever possible.

REACH is sponsored by the Chamber of Commerce of Sandusky County, with the Chamber Foundation of Sandusky County (a 501(c) (3) organization) acting as fiscal agent. It is fitting that the recently revised mission statement of the Chamber includes Workforce Development as one of its four tenets, with the REACH program serving as a key component.

Workforce development has found its way into the education system in the state of Ohio as a result of actions by the state board of education. Various organizations, including the Chamber, Sandusky County Economic Development Corporation and Terra State Community College, are working with area businesses and school districts on developing avenues that will lead to developing the "workforce of the future" as students progress through



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# In Your Own Backyard

**Campus Life Holding Rec Center Lock-In, "Don't Be Fooled"**, at the Fremont Recreation Center from 10 p.m., Friday, April 1 to 8 a.m. Saturday, April 2. Teens in grades 6 through 12 are invited to enjoy a night of Knockerball, dodgeball and basketball tournaments, movies, hip-hop dancer, and pizza. Church youth groups are welcome. Participants need to register at the front desk of the Rec Center before Sunday, March 13. The \$5 admission is payable at the door on the day of the Lock-In. Direct questions to Campus Life Director Doug Bryant at debryant@kent.edu or 330-391-0714.

**Ladies, you are invited to a luncheon and program with the Fremont Area Women's Connection at Anjulina's Catering**, 2270 W. Hayes Ave., March 8, 11 am – 12:30 pm, Cost \$12.00 incl. Our Feature will be Kathy Smith with the Fremont (Kraut) Company. Our Speaker will be Bethany Widmer, Gibsonburg. Bethany's topic will be "Wanted: The Perfect To-Do List" a busy young Mom overcame stress. For reservation for the luncheon and free child care, please call by March 3, 2016 – Donna at 419-680-2251. Email Carrol at fawcluncheon@gmail.com

**The annual feast of St Casimir Golbaki Dinner and rosary** on March 4 starting at 4pm, to celebrate the 100th Anniversary of St Casimir. Dine in or carry out available.

**Searching for talented folks of any age for the 7th annual Fremont's Got Talent in August.** Any talent welcome- sing, dance, play an instrument, perform magic or even hula hoop! Singles, duos or groups-great! Be creative, get your "act" together today and contact Ann at fremontsgottalent@gmail.com or 419-307-5578 for more info. Visit us on FB or [www.exchangecluboffremontoh.org](http://www.exchangecluboffremontoh.org) and click the link.

**Spring Cleaning your closets?** Find any yarn from that old hobby you gave up? Knifty Knitters is always searching for yarn, our group of volunteer ladies turn your donation of yarn into beautiful items to be donated locally. You can donate by calling Ann @ 419-307-5578 or Lou @ 419-307-0702 or just drop your yarn at the Clyde Library.

**Hayes Memorial United Methodist Church**, 1441 Fangboner Rd. in Fremont, Is having an Election Day Bake Sale March 15. Lunch will be available.

**Spaghetti Benefit Dinner for Alyssa**, Saturday, March 19th from 5-7 PM at Green Springs United Methodist Church, 117 N Broadway Streets. Adults \$10 with children 12 & under free with adult. Carry outs are available. Tickets are available at the church or call 419-639-2100 or 440-728-7172 for more info. All proceeds go to the family to help with medical expenses.

**Our Lady of the Pines Retreat Center**, 1250 Tiffin St. Fremont, 419-332-6522.

March 1: Centering Prayer, 7-8pm.  
March 8: Reflection with a Cup of Tea, 9-10:30am. Let us explore together what it means to clothe ourselves in heartfelt mercy.

Led by Sister Wanda Smith, RSM, Cost \$7.  
March 15: Stations of Mercy Prayer Service, 7-8pm. Free will donations to the Flint, Michigan Water Crisis

**"LA Hair Design's Spring 2016 Hair Show"** to raise money for Fireland's Recovery Center to help those in our area struggling with addiction, March 5th from 1-3pm at the Green Springs American Legion Hall, 211 Smith St. This event will show hair & makeup trends for Spring & Summer. We are in need of sponsors and community support for the event. We will have raffles, door prizes, drinks & snacks. Also helping us with the Models:

Tangles House of Hair & Mandy's Hair Studio. Tickets are \$15 and includes free entry for door prize & gift. Get your tickets at these locations: LA Hair Design, 222 Smith St. Green Springs, 419-639-2010 or Tangles House of Hair 1521 E. State St. Fremont, 419-332-9200; Mandy's Hair Studio, 1101 W. McPherson Hwy., Clyde, 419-307-6383.

**Birchard Library is in need of books, magazines, DVD's, CDs or albums for our April sale.** People can bring them to the front desk at the library and tell them they are for the sale. If you have questions, please call Patti at 419-307-7776.

**Mar 16: Fremont Emblem Club #156 Meeting @ Fremont Elks Lodge @ 6:30 pm.** Call or text Dianne @ 419-680-5656 for more Info.

**March 28: Card Party by Fremont Emblem #156 at Elks Lodge.** Doors open at 6 pm, buffet at 6:30 pm, Cost \$7, includes a light lunch. Call Jean @ 419-332-4383 or Theresa @ 419-332-2533 for a reservation.

**How to Remain Friends with Someone Who Has Memory Loss**, a program by Lynn Ritter, Ph D, from Northwest Ohio Alzheimer's Association will be given on Thursday, March 10, at 7 pm at St. Ann Church, in Bishop Hoffman Hall on Baker Street. It is sponsored by the Social Concerns Team and the Altar Rosary Society. All are welcome to attend.

**The Volunteer Recognition Committee would like you to save the date of April 28** for the 15th annual Volunteer Appreciation event. Various agencies will honor their volunteers at this annual event to be held at the Sandusky County Job and Family Services Building from 5:30 pm-7 pm. More info in March.

**Sandusky County Habitat for Humanity** is partnering with Bob Evans in Fremont with a fundraiser on March 19, 10 am to 10 pm. Bob Evans will donate 15% of sales to the local affiliate when customers present the required flyer at time of check out. The flyer will be available in various churches or on the Habitat website at [sanduskycountyhabitatforhumanity.org](http://sanduskycountyhabitatforhumanity.org) or by calling the Habitat office at 419 355 1257.



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# Calendar of Events

March 2016 – Sandusky County

**March 2016 Calendar of events: To register call 419-334-4495 or [www.love-myparks.com](http://www.love-myparks.com) for info or to register for all programs**

**March 4:-** Babies in the Parks, Skunks (birth-2yrs.), Wolf Creek Park, 2409 S. S.R. 53. 2:00 to 3:00 p.m. Discover nature through stories, fingerplays and hands-on exploration. Adult companion required. Be prepared for the outdoors.

**March 4-6:-** Sandusky County Builders Association Annual Home, Garden and Business Show, Fremont Recreation Complex, 600 St. Joseph Street Friday from 5-9p.m., Saturday from 10-7p.m., Sunday from 10-5pm, free.

**March 6:** Basket Making, Creek Bend Farm, 654 S Main St, Lindsey, noon to 4 p.m. Make and take your own spring basket. All materials provided. \$25 per person. Registration NOT available online. Please call 419-334-4495 to register. Minimum of 10 participants.

**March 8:** Nature walk for Grown-Ups, Wolf Creek Campground Entrance, 2701 S. SR 53, 8-9am.

**March 11:** Fashion & Photos, Creek Bend Farm, 654 S Main St, Lindsey, 6:30 to 8 p.m. Take a step back in time enjoying photographs and fashion from the 1840s to the 1950s. Participants will also have a guided tour of the recently renovated farm house.

**March 11-13,18-20:** The Play: Not a Dirty Word, a new play by Ron Hill, Fremont Community Theatre, 1551 Dickinson St. \$12.00 for Seniors/Students; \$15.00 for Adults. Rated PG-13. Visit, [www.fremontcommunitytheatre.org](http://www.fremontcommunitytheatre.org) or 419-332-0695

**March 12:** Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library, 11 a.m. to noon. An interactive educational series for children. The event this month will focus on art and culture during the Gilded Age. Artistry Uncorked will lead a painting activity. Cost:\$1 for kids ages 1-12 and \$7.50 for adults.

**March 13:** Puddle Jumpers, Birds (2-5 yrs). White Star Park, Doug Haubert Wetland. 1330 C.R. 66, Gibsonburg, 2-3 p.m. Join us as we look for birds in the wetlands and other signs of our feathered friends. Dress for the weather as this is an all outdoor activity.

**March 13:** Tree Huggers, Beaks & Binocs (6-12 yrs.). White Star Park, 1330 C.R. 66, Gibsonburg. Birds have different types of beaks and feet to help them survive. Bring your binoculars for a beak and feet scavenger hunt.

**March 17:** Family Fun: Marsh Mania, Decoy Marsh, 2700 County Road 259, Fremont, 4:30 to 6:30 p.m. Beavers, eagles, and frogs, oh my! Explore a marsh on a long walk to learn more about these diverse and lively habitats. Dress for the weather and binoculars are suggested.

**March 18:** Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historical Jail, 622 Croghan Street, 8 p.m. Explore the age-old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure. Cost:\$25.00. Must pre-register for this event by calling 419-332-4470 or by purchasing tickets at [www.sanduskycounty.org](http://www.sanduskycounty.org).

**March 19:** Free Genealogical Websites, Rutherford B. Hayes Presidential Library, 9:30 to 11:30 a.m. Head Librarian and experienced genealogist Becky Hill will

explain the basics of how to utilize the free genealogical websites in family history research. Please register before class by calling Becky Hill at 419-332-2081 or emailing [bhill@rbhayes.org](mailto:bhill@rbhayes.org). Cost: \$10.00 can be paid the day of the class.

**March 19:** History Day, Rutherford B. Hayes Presidential Library, 9a.m.-4 p.m. The Rutherford B. Hayes Presidential Library & Museums will host this event at Terra State Community College. Junior high and high school students in Region 3 will present history projects that will be judged. The winners will move on to the state competition in Columbus.

**March 19:** 7 Bridges (the Ultimate Eagles Experience), Communities for the Arts, Clyde High School Auditorium, 1015 Race Street. 7 Bridges is a stunningly accurate tribute to the music of the Eagles. 7 Bridges faithfully recreates the experience of an Eagles concert from the band's most prolific period. General seating \$20, 7:30 p.m. 419-547-0588 or visit: [www.communitiesfortheartsclyde.org](http://www.communitiesfortheartsclyde.org).

**March 19 & 20:** 31st Annual Fremont Toy Show, Sandusky County Fairgrounds, 901 Rawson Avenue, Fremont.

**March 19:** Community Easter Egg Hunt, Heritage Village of Clyde (formerly Arbors at Clyde) 700 Helen St. Clyde. Join us for a community Easter egg hunt for kids 10 and under. Fun games, events, and prizes inside EGGstra special eggs. Be sure to bring your own basket, we will provide the FUN! For questions call Tracey Riley, Director of Marketing, 419-547-9595

**March 23:** Meet Me at the Cabin: Chickadees & Such, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg, 5-6 p.m. Dress in layers for the coziness of

the cabin as we discuss chickadees and other birds found in the park. A short walk in search of chickadees will be included.

**March 26:** A Closer Look: Wonders of Wetlands, White Star Park, 1330 C.R. 66, 9-10:30 a.m. For ages 18 and older. Learn about wetland habitats, management practices, and animal and plant identification. Wear boots, bring binoculars and dress for the weather.

**March 26:** Annual Golden Bear 10K Run, Gibsonburg High School. Start time 9a.m. Start and finish at Gibsonburg High School. Fast, flat and accurate 10K (6.2 mile) road race. Awards to the overall male and female finishers and top 3 in age groups. [www.gibsonburgohio.org](http://www.gibsonburgohio.org).

**March 26:** Easter Egg Roll at Spiegel Grove, 2-3:30 p.m. Children ages 3-10 are invited to compete in a variety of egg-rolling contests replicating the famous White House Easter Egg Roll started in 1878 by President Rutherford B. Hayes. Prizes are awarded in four age categories and every child receives a balloon, a pass to the Hayes Home or Hayes Museum and treats. Admission is three hard-boiled colored eggs for use in the contests.

**March 28:** Boredom Buster: Weather Wonders 2.0, Creek Bend Farm, 654 S Main St, Lindsey, 1- 3 p.m. No school? Have nothing to do? Join us as we explore what makes spring splendid. For kids 5-10 years old.

**March 30:** Presidential History Book Club. Rutherford B. Hayes Presidential Library, Noon. The club is reading "John Tyler" by Gary May. Members meet over the lunch hour for discussion. Participation is FREE. Call Dustin McLochlin at 419-332-2081 ext. 230 or [dmclochlin@rbhayes.org](mailto:dmclochlin@rbhayes.org).



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## Snowbird / Eggs at Last!



Robin Arnold



Gena Husman

What a difference a year makes! Compared to the last couple of winters, this has been almost bearable--at least here in Northwest Ohio. Other parts of the country haven't been as fortunate-- some of them quite close to us. Hopefully, it will end well, too, and we'll have a nice, quiet spring.

Have you seen any "snowbirds" at your backyard bird feeders this winter? You may remember Anne Murray sang about the little snowbird back in the '70s. Considered a harbinger of winter, "snowbird" is the name given to the small dark-eyed juncos that migrate south into

fast the next morning. The next day Susie produced a second small brown egg, and Harriet surprised us with a slightly larger one later that same day. Since then, we've randomly found one or two small eggs--in addition to the larger one we know is Leica's--and they're usually all in the same nest box.

There are five built-in, wooden nest boxes filled with clean pine shavings along a wall in their coop (the sixth is being used for tools, grit, oyster shells and of course, treats) but for some reason the hens who are laying seem to think they all need to use the top left, which is Leica's favorite (and since she is the top hen in the pecking order, she gets first choice--of everything). It's also normal for a hen to lay her egg in a nest box where she sees other eggs--it's standard practice to use wooden or plastic "dummy" eggs to show young hens (pullets) where to start laying, otherwise they might leave their egg wherever they happen to be when the urge to lay strikes them.

The fact that this could even be a problem became obvious one morning when I went out to feed and water the chickens. Leica was in the process of laying her egg in her favorite box with Susie stuffing herself half in and half out of the same box, intently studying the whole procedure, while waiting in line for her turn. Never mind the fact that there were four other available boxes. Fortunately, this was resolved peacefully. Leica finished and left the box; and I grabbed the warm egg just as Susie was settling herself in.

The other three should start laying any day now--we can't wait to see what's going to happen then. Maybe we'll just get rid of all the partitions and make one BIG nest box....

One last bit of information we thought you'd be interested in: it takes an egg about 26 hours to travel through a hen's reproductive system--fertilized or not. More than twenty of those hours are spent in the formation of the shell which occurs near the last stage of the process before the egg is laid. Almost



half the calcium needed to form the shell comes from the hen's bones--the rest comes from her feed. That's something to think about when you crack your next egg!

Here's wishing all of you a Happy Easter and a Happy Spring!

Check out Robin's website and blog at [www.duck-marshstudio.com](http://www.duck-marshstudio.com). There you will find her blog, a link to her photos, and a link to her Etsy store.

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# My Mother's Recipes

By Joanne McDowell

It is so exciting to think that soon spring will arrive and the flowers will begin to show their faces. This recipe, courtesy of Lynn Fox of Gibsonburg, reminded me that spring is around the corner and that means fresh fruit and more good salads.

I think my mother would have approved of this one, very easy. Enjoy!

## Frozen Fruit Salad

1 small container of cream cheese  
3/4 cup of sugar  
1 10 oz. package of frozen strawberries  
2 bananas sliced thin  
1 can crushed pineapple, drained  
1 Cool Whip  
Walnuts, chopped, optional  
Blend cream cheese and sugar, stir, add other ingredients, freeze in 9x13 pan. Cut into squares.

## "Mother's Day Make-Over Contest"

Lifestyles2000 in conjunction with Jenesis Salon welcomes you to enter our "Mother's Day Make-Over Contest". What a terrific way to honor your mother!

Tell us why your Mom is the greatest and deserves a make-over, valued at \$200, in 300 words or less. From now through April 15th we will be taking emails or letters for your nominations.

Be sure to include your name and her name, as well as her address and phone number. Three names will be chosen with a second and third place prize to be announced.

Emails may be sent to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) or mailed to "Lifestyles Mother's Day Contest", 30 Ponds Side Drive, Fremont, OH 43420.

# Change Your Thoughts and You'll Change Your World

By Robert Morton, M.Ed.S.

If you have difficulty feeling good about yourself and see opportunities pass you by, don't fret! There is a light at the tunnel's end, for you can think your way into triumphing over many difficulties!

It's not a Pollyanna idea. Much research supports it and that's why I stress throughout my book "Finding Happiness in America" that we all become what we think about. What you achieve or don't achieve is directly related to your personal thoughts, so if you diligently work on changing negative thoughts into positive ones, you will eventually become a more confident and constructive person. By thinking optimistically, you will carve out an encouraging and promising future for yourself. Researchers found that roughly 20,000 thoughts pass through the human mind each day, so why not nurture yourself by focusing in on great ones?

You can make things improve in your life because you are human and possess the unique ability for creative imagination. It's holed up in all of us even though it may be suppressed by passive TV viewing and by a civilization which carries out vital functions and bestows bounties upon us with little mental sweat required. A study of the 400 most prominent people of the 20th century, like Thomas Edison, Helen Keller, Martin Luther King, and Eleanor Roosevelt revealed how crucial our thoughts are in determining our fate. Three-fourths of those dignitaries utilized creative thinking to overcome personal tragedies, terrible frustrations or debilitating handicaps to achieve their victories.

It's no surprise that successful business owners forge positive, detailed business plans. They learned that the happiness and success in their ventures depend on

the quality of their thoughts. Likewise, you can overcome present difficulties and better cope with unseen future snags and dilemmas as well. Start by writing down your personal thoughts on what you'd like to achieve and the person you'd like to become, your long-range goals and aspirations...paint a picture of your ideal life. Then, rephrase it, not as a wish list, but as if you're already there, describing how it feels to have your dreams actualized. This is your first creation- existing only in your "mind's eye". This will enable you to begin thinking positive thoughts and to make them take root in your personal, daily experiences.

Next, use your creative imagination and positive thinking to make your goals begin to materialize in the real world (second creation). Set yourself up for success! Plan for frequent wins by breaking your long-range goals down into shorter, easily-reachable ones. These initial victories will become mental coup d'états against your negative thoughts

that hold you back, a kind of cognitive rebellion...against yourself!

By getting a grip on the 20,000 thoughts that pass through your mind each and every day, you can transform them into positive and constructive reflections, ideas and inspirations. Eventually, past mistakes will dissolve from your "mind's eye" and you will find yourself creating new opportunities instead of waiting around in anticipation for them to knock on your door...which they seldom do.

You are today where your thoughts have brought you and you will be tomorrow where your thoughts take you. Yes, we all become what we think about.

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



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

By Grace Sidell

It all started with my birthday last summer, when a daughter and granddaughter-in-law took me on a mystery trip to meet another daughter in Huron.

From there we went to a landscape/plant sales place that specializes in 'stay small' plants for fairy or elf gardens. They have lots of characters and houses as well.

Beth knew I already had a small thatched hut nestled on a tree limb in my woodland garden. It has been a real attraction for kids of all ages. I have often shared with my family how good the children have been when they play there. I always ask them to put the elves and other small characters back in the basket before leaving the garden. They do!

Hence, the surprise mystery trip for me to shop for things I might like to use in expanding the Elf Garden.

We walked and walked. We looked and looked. We liked everything but didn't buy anything. It was so expensive. However, our creative imaginations were certainly turned on to the idea and an affordable way to do it. So, this fall and winter has found me in the Goodwill stores for miles around gathering "Elf Garden stuff". You won't believe what we've found. Of course, some of it will be used upside down; other pieces need paint or repair. We found some perfect dry grasses to "plant" for trees. We will cut arched doorways in what were large bird houses to convert them to Elf houses. At this writing, I'm not sure what forgotten surprises await me when I haul those treasures up from the basement. I'm excited about making a plan and beginning "construction" of the Elf Village in the Woodland Garden. Thanks Beth, Angie, Lisa and little Paisley Grace.

We will be hosting spring visits to The Old Garden House for 4th grade classes during the month of April. We call them Victorian Days. The students, together with their teachers and parents will be divided into four groups. They will work with a spe-

cialist at each activity station and will rotate until they have done all four. They will bake molasses muffins in the kitchen and learn about kitchens of the 1880's. They will also play Victorian Era games like Sticks and hoops, corn cob darts, tug-of-war, etc. Another activity is making fragrant potpourri from dried flower petals and an envelope to put it in. They will also transplant a flower into a newspaper got that they will make. As a grand finale, they gather together to eat the muffins they made and enjoy a glass of juice. If you have 4th grade students at any area schools you might encourage their teachers to ask the principal about the possibility of coming for a visit. For more information, call Ms. Grace at 419-332-7427.

I think our dog Charlie has the right idea. He loves the sunshine, especially in this cold weather. So, he finds a sunbeam on the kitchen floor, then he lies down, stretches out, takes a nap and gets toasty warm. When the sun moves, he gets up and lies down in the new spot. Eventually he winds up in the dining room. What a way to spend a lazy morning—following a sunbeam! I'll have to try that sometime!

Until next month, do something fun, take an early morning walk, get the lawn mower ready for spring and say a prayer for our nation in this election year. And always know that LIFE IS GOOD because you will make it so.

For those who have asked, my book is \$10 and can be purchased at Whitey's in Fremont. I can mail you a copy if you send \$12 to Grace Sidell, 1045 Bloom Road, Fremont, OH 43420. Please be sure to include a complete address.

*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.*

# Out to Lunch

By Joanne McDowell



## Down Thyme Café in Fremont

We have visited this new bistro in downtown Fremont twice, and been pleasantly pleased on both occasions.

The first visit was with my out-of-town family, there were seven of us and we tried a variety of Entrees including: the Filet Mignon, Grilled Salmon, New York Strip and the Herb Roasted Chicken Breast. Everyone was very pleased with their choices. Since my family is from Florida and Texas I was interested to see what they thought, they all agreed it was excellent. The meals are a la carte so no salad is included, but the steaks come with mashed potatoes and grilled asparagus, the Salmon and Chicken with Herb Risotto and baby vegetables. There is always a special Entrée for the evening and if you luck out, there might be oysters!

The appetizers we shared included the Beef Carpaccio, which was excellent, and the Short Sheared Yellow Fin Tuna, also delicious. On our second visit we made a meal of the appetizers and added the Tomato and Feta Bruchetta, however the bread you are given with your meal is plentiful and I wouldn't recommend the Bruchetta for that reason. I also ordered the French Onion Soup, however, it was very bland. If you like French Onion with lots of flavor, this should not be your choice.

On one visit there was a dessert specialty that included four chocolates including a mousse that was to die for! I highly recommend all of the desserts, but then again, I am a "sugar-holic"! There is a yummy German Chocolate Cake and a Peanut Butter Pie that I am waiting to try.



Our our second visit, the chef and owner, Keith Mosser visited our table twice. I thought that was a fabulous added touch to a wonderful new dining experience in Fremont.

Figure at least \$60-90, including drinks, for two, the food is definitely upscale and well worth the price. We are so happy that Fremont has such a fine dining experience and cannot wait to return a third time. How wonderful that you no longer have to drive to Toledo or Cleveland to get top notch gourmet food.

Bon appetit!

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## Doug Bryant is New Area Director for Ministry

If Doug Bryant persuades dozens of local kids to attend his Youth for Christ events and then he loses them to local churches, he is OK with that, after all, that's kind of the point.

Bryant and his wife, Cassie, moved to Fremont so he could become the new Fremont area director of ministry for Youth for Christ, a decades-old organization that focuses on bringing the gospel to unchurched teens. Although YFC has been active in Fremont for more than 20 years, Bryant is the organization's first paid staff person in town. For the last two decades, the Fremont YFC was run entirely by volunteers.

Bryant's job is to organize and grow YFC, as well as seek donations to help it expand. Currently, YFC volunteers host two local teen Bible studies a week — one in a private home and one at the YMCA — and visit the Sandusky County Juvenile Detention Center four days a week.

"The (Juvenile Detention Center) has three pods — a female, a felony and a misdemeanor pod. Four days a week, volunteers visit each pod," Bryant said. "They bring them into quasi-small groups, and they'll have a question-and-answer time, tell them about the Bible, let them tell their own story, and basically share the gospel with them."

"There are three things we need to do: Connect with teens deeply, connect them with God deeply, and connect them with a church deeply," Bryant said. "If I get 50 kids to join YFC and then lose them to local churches and have to start all over again, I'm OK with that."

"In Fremont, there are 1,500 kids not consistently hearing the Word of God," he said. "We want to tell them how God can work in their (lives). The Bible says God is the Father to the fatherless and defender of the widow, and Scripture says he is near to the brokenhearted."



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# Helen Marketti's Music Corner

## A Night with Janis Joplin



On March 2, A Night with Janis Joplin will be taking place at The Connor Palace at Playhouse Square. Cleveland's own Mary Bridget Davies will be playing the role of Janis. A rock icon of the late 60s and early 70s, Janis Joplin's name is synonymous with a counter culture generation seeking change and establishing one's own identity. Her heart pounding lyrics to Piece of My Heart, Me and Bobby McGee, Mercedes Benz, Ball and Chain, Cry Baby and many more still hold the attention of music fans who remember her and new ones who are discovering the blues and rock singer. Janis Joplin's brother, Michael took a few moments recently to talk about the show, his famous sister and her musical influence.



Michael gives us a glimpse into his life while growing up. "My father was classical music oriented. My mom was too but she liked Broadway musicals such as Threepenny Opera and West Side Story," he remembers. "My mom was a flapper. She tried singing as a career but had surgery on her throat, which ended that opportunity. All of us had musical training and played instruments."

"Janis always loved art. She was a painter and would do drawings. She was very talented and was interested in art as a career. We have some of her paintings that she did when she was 18 years old," said Michael. "She was smart, sharp, intelligent, driven and focused as to how she was going to approach her career."

There has been much written about Janis Joplin over the past 45 years. There have been stories shared about her life describing her as being unhappy. "The perception can only be as accurate as to what was written about her," said Michael. "If you talk to any-

one who really knew her they never saw that side. She loved to have a good time. She partied hard which could be a problem but she loved to talk and loved to laugh. She had a beautiful cackle. Some people didn't notice the great things about her. She was extremely well read and sharp as a tack. I guess it sells more newspapers when someone is focusing on the dark side."

"Janis was one of the first rockers to hire an attorney. She said many things to get into print. She wanted people to write about her. She was playing the press before people even knew what that meant. She knew what was happening," explains Michael. "Janis had a vision with how she wanted to present her music. People responded to what she said, what she wore and what she sang. She represented the real package. She created her own style. It was as if she was the mother of boho chic and it never has gone out of style. She stood for what she believed in and let it out on stage. She commanded the stage and people got it. She sang with her soul."

"My parents, my sister Laura and I visited Janis in San Francisco in the early days. We happened to be walking in front of a music store and one of her songs was playing on the outside speaker. She started dancing. It was cool that our parents were there and we were all witnessing that moment together. Everyone was proud," recalls Michael. "I first saw her in concert at the Avalon Ballroom in San Francisco with Big Brother and The Holding Company. Chet Helms was there who was the manager of Big Brother. The band, Moby Grape was there, too."

Having Janis Joplin for an older sister was still a normal routine for Michael. "As an older sister, she punked me a few times and treated me like a little kid. She was also loving, caring and concerned. She always wanted to know how I was doing. By the time I was in high school is when she became famous. I had a lot of dates back then so that was pretty cool!" (laughs).

Michael was 17 and his sister Laura was 21 when Janis passed away. They have kept her memory and legacy alive. "It's an interesting position to be in and it has been a learning experience,"



said Michael. "We try to maintain her legacy with integrity and never sell out. We try to put out there what we feel Janis would be proud of to maintain her memory. Laura and I do not know everything there is to know about the music industry so we have had some assistance. It is still amazing to do interviews about my sister who has been gone for 45 years! It's fascinating to watch Janis move people of all ages to this day. I am still proud of her."

There are other projects in the works for Janis Joplin's memory and influence. "There is a film documentary called 'Janis, Little Girl Blue' that is doing very well and receiving great reviews," said Michael. Malyn Joplin who is Janis's niece is starting a clothing line to honor the fashion style of her late aunt. ([www.madeforpearl.com](http://www.madeforpearl.com))

A Night with Janis Joplin is now on tour and will be in Cleveland in early March. "Laura and I were talking with our management. We wanted to have something new that was fun. The previous show, 'Love Janis' was heart touching and this time we wanted people to dance and dance with Janis. We have worked

with great people for this show," said Michael.

Cleveland's own, Mary Bridget Davies will be playing the role of Janis Joplin. "It's amazing to watch her channel Janis. We have never told her to mimic or copy her. We wanted her to let out her own inner Janis. Mary got that from day one and it has been fun to watch her grow into the role. She does an incredible job!"

### Clyde St. Mary's Fish Fry

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## Developmental Disability Awareness Month

Sandusky County Board of Developmental Disabilities (SCBDD) is celebrating Developmental Disabilities Awareness Month. Every March is devoted to raising public awareness of the many abilities of individuals with developmental disabilities. Each year a new theme is chosen to reflect this effort, the theme for 2016 is "What's Your Story?" It encourages people to get to know someone with a disability to better understand that we are all connected and alike in many ways. This month, you are invited to take the time to get to know someone in our community - a neighbor, a co-worker or someone at your place of worship and listen to their story. The Sandusky County Board of Developmental Disabilities serves more than 800 individuals from infancy to end of life through Early Intervention Services, the School of Hope, the Rob Lytle Meaningful Activity Caring Center (MACC) and the Clyde Life Enrichment Center (CLEC). It is also responsible for service coordination working with over 40 service providers in our area which enhance the quality of life for those individuals and their families.

To help promote the awareness of Developmental Disabilities in our community, SCBDD has many events planned in March. The Board will be posting bill boards throughout the county featuring individuals receiving services from SCBDD, spanning all ages. Placemats will be distributed to many of your favorite local restaurants & awareness ribbons will be worn. Self-advocates will be delivering Thank You Baskets to various community agencies and leaders and to local businesses. They will also be making a journey to

The State House in Columbus on March 8th meeting and speaking with many of our state and local politicians. On March 29th they will also be hosting local Mayors and performing one of their People First Chapter presentations.

In recognition of the many area providers who offer vital support services, the Board of Trustees, Council for Developmental Disabilities of Sandusky County, SCBDD Leadership Team and Service & Support Administrators (SSA's) will be hosting a Dinner emphasizing how each provider and the work that they do every day impacts the lives of individuals and their families.

Other events taking place at SCBDD include the preparation for the Second Annual "Derby Day Event" sponsored by the Council for Developmental Disabilities of Sandusky County. This is the Council's largest fundraiser which supports the efforts of the Self-Advocates, provides financial assistance for activities such as holiday parties and gifts, social and recreational activities, an assistive technology and adaptive equipment, levy funds, The Summer Rec Program and scholarships for graduating seniors entering into a developmental disabilities related field. The Derby Day Event brings the excitement and atmosphere of Churchill Downs to Terra Community College for an entire afternoon. The event will take place on May 7th, fancy attire, derby hats and bowties welcome. Tickets will be limited. For more information or to purchase tickets, contact Lisa Celek (lcelek@scbdd.org) or 419.332.9296 ext.131.

## Jill On Money

By Jill Schlesinger  
Tribune Content Agency

### Love and Money: How to mix them without strife

CreditCards.com has released a sobering report indicating that 13 million Americans have committed financial infidelity. That is, they have hidden a bank or credit card account from a spouse or partner.

You might get away with financial infidelity for a period of time, just as you might with the other kind of infidelity. Chances are, however, that the act itself is likely covering up a major issue: You and your honey have not had an honest conversation about money.

Money discussions can be tough; they often bring up core issues having to do with how we were raised or our fears about the future. That's why money can be such a loaded subject and often leads to heated battles. According to Money Magazine, 70 percent of couples quarrel about money - more than they do about household chores, togetherness or sex!

Trying to have a meaningful conversation about money amid a heated argument is fruitless. Instead, to break the cycle of non-communication, set aside a specific time and place to talk about the dreaded topic. You can reduce emotions by setting ground rules: No judgments - just open dialogue.

During this opening conversation, you should share information about such things as outstanding debt or any secret bank or investment accounts that may be floating around. If you have never created a balance sheet, this is a perfect time to do so. Figure out what you own and what you owe.

While you are at it, you should also create the master list of documents necessary to organize your estate, so make sure to note in whose name the asset is held or whether it is jointly owned. Include your bank accounts (as well as user names and passwords for online banking), the contents of any safe deposit boxes (and where the key is located), 401(k) accounts, IRAs, Roth IRAs, annuity contracts, brokerage account information (with the broker's name and contact phone number) and a detailed list of savings bonds (or login information for treasurydirect.gov). Also list your house and vehicles (make sure you have deeds and titles) and any debts that are outstanding in your names.

Make sure that you and your partner are on the same page when it comes to financial priorities - check in on retirement, college planning and cash flow management. Do you want to keep separate bank accounts and then both contribute to a joint account? There is no "right" answer on this one!

After you have that conversation, it's time to divide financial responsibilities. Work toward each partner's strength. If one is an app queen and likes to track money, perhaps

she should manage the day-to-day bill paying. If the other is more inclined to manage the investments, that's OK too. Again, the main point is that you must understand the game plan together and then allocate the tasks appropriately.

If one spouse is completely uninterested in all of this stuff, especially the investments, you still need to have quarterly meetings to walk him or her through the most recent statements. Start with the overall objective - such as "We have a balanced portfolio, which means that we split the risk between stocks and bonds" - and make sure that you explain the different parts of the statement itself. Often one person is more comfortable with risk than the other. Instead of "winning" that argument, you might benefit from working with a professional to determine what level of risk is appropriate, given your goals and objectives.

Just like most issues, communication and empathy are the go-to tools that will help you navigate the process.

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



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## For owners of multiple cats, social skills are important

Q: How do I best get our cats to accept one another? We have a 16-year-old named Tyler. Two years ago, 6-year-old Kallie showed up. It took awhile, but they get along fine.

After about a year, we heard about a kitten left in a house to starve, so we rescued her, and named her Holly. She was brought back to life from the brink of death, but we now call this sweetie 'the monster.' She constantly attacks the other two cats. We tried Feliway plug-in diffusers. We've tried to separate them. If they're together, Holly constantly chases them and it's not a happy household.

My husband wants to give her up, but after seven months, I can't. Do you have any ideas? - D. P., Las Vegas

A: Good for you for saving Holly's life. You should feel good about yourself, and understand none of what's happening now is your fault. Or anyone's fault. Part of the problem may be that Holly, who was apparently abandoned by her mom, never learned cat social skills.

Veterinary behaviorist Dr. Theresa DePorter of Oakland, Mich., says your situation is not hopeless. Your best bet at this point may be to bring in a veterinary behaviorist or a certified cat behavior consultant.

There's a new Feliway pheromone product specifically designed for cats not getting along with one another, called Feliway Multi Cat. Another idea may be Solliquin, a nutritional suppliant, which can help to ease anxiety.

"However, you'll definitely also require a behavior protocol, and perhaps if the situation is as bad as it sounds, anti-anxiety medication," says DePorter. "But you also need a professional to assess that." Your next step is to again separate Holly from the other two cats, and many weeks from now slowly introduce them.

DePorter makes a point of saying, "Never punish or startle any of the cats - that will only make them more anxious. So no squirting water bottles. Instead, when that stare (to another cat occurs), take a toy (with feathers, for example) and re-direct the cats. With play, you change the emotional state. Of course, this may be easier said than done without help."

Here are some additional tips from DePorter to ease social tension:

-Space. Provide enough real estate for each cat to enjoy preferred resting, playing, and eating activities while still avoiding stressful encounters with housemate cats.

-Distribute important resources. Each cat should have easy access to food, resting areas, scratching posts, toys and litter boxes without encountering an unfriendly cat.

-Don't force cats to interact. Each time the cats experience an aggressive encounter, they are learning to fight next time.

-Guide cats to move away from an aggressive or tense encounter. Encourage either cat to move away by using a sweet, gentle tone of voice. You may coax using food, treats, or toys, or tuna or sardines.

-Be realistic. Some cats are not going to be best pals no matter what you do, but you do want them to be tolerant of one another. After all, living with the stress you describe isn't healthy for people or pets.

By the way, DePorter and I are conducting a study that can help describe what cats are feeling before and after veterinary visits. You can participate by filling out a brief survey just before your cat's next routine visit. For a survey, email TheresaDVM@aol.com.

Q: Our 3-year-old Doberman has a gas problem. We've tried several pet foods; nothing has helped. Do you have any suggestions? - J. J.

A: Begin with a clothespin, that's for your nose.

Chicago veterinarian Dr. Sheldon Rubin says ruling out parasites with a stool sample might be an easy way to begin. And a general veterinary exam with blood work is suggested as well.

Rubin also wants to know if table snacks may play a role in what's happening.

Rubin says, "If you rule out parasites, often excessive gas is related to digestive issues - perhaps the type of grain in the food. Talk with your veterinarian about choosing a food with a novel protein source and limited or a single carbohydrate."

(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 Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state. Steve's website is [www.stevedalepetworld.com](http://www.stevedalepetworld.com); he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.)

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## "Timely Treasures, Comely Collectibles, & Goodies Galore... Take 3!"

The Fremont Yacht Club and Carol's Tag Service are once again teaming up for a benefit tag sale benefitting the Humane Society of Sandusky County. The 3rd annual sale, titled "Timely Treasures, Comely Collectibles & Goodies Galore... Take 3!" is open to the public and will take place at the Yacht Club on March 19th from 9am to 3pm and March 20th from noon to 3pm. Donated housewares, "guy stuff", collectables, vintage items, jewelry, art, garage items, books, children's items, etc., should all be available. Both cash and good local checks will be accepted for this sale where 100% of the cash proceeds will once again be donated to the Humane Society. Sale items will be half off on March 20th and any remaining items after the sale will be donated to another wonderful local organization, Fremont's Share and Care.

Interested in being more involved in this good cause? Any non-clothing items around your house or garage that are in good condition will gladly be accepted for the sale at donation times: March 6th from 11am to 2pm, March 12th from 9am to noon, and from 4:30 to 6:30pm on March 14th through 16th, all at the Yacht Club. Another option is to donate items specifically to be used at the shelter: wet and dry cat food, scoopable cat litter, laundry detergent, Dawn dish soap, paper towels, any size trash bags, and of course cash donations. These too can be dropped off at the donation times and will go directly to the humane society. Receipts for any donations, for tax purposes, will be available when donating any items.

Questions? Please feel free to leave a message for Tracy at 419-307-2608 and she'll be sure to get back with you.

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Kennel workers needed: Apply at the Humane Society of Sandusky County, 2520 Port Clinton Road in Fremont between 1-4 daily. Work requires some weekends. No phone calls please.

Executive director needed for non-profit: Requirements include two years working for a non-profit and a Bachelor's degree. Required skills include grant writing, major fundraising, management experience and strong leadership. Email resumes to: [humanesocietyofsanduskycounty@yahoo.com](mailto:humanesocietyofsanduskycounty@yahoo.com) or mail to HSSC, 2520 Port Clinton Rd., Fremont, OH 43420.


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