

2000 lifestyles

Free

Vol. 18 Issue 3

March 2017



Happy St. Patrick's Day

www.lifestyles2000.net

It's Not the Building... It's the People Inside.

Don't get us wrong. We're excited about our beautiful new building opening this summer — and we hope you are too! But it's the talented, dedicated people inside caring for our patients that make CHS such an important resource for area families.

Over the past year we've added several new providers. Below is a listing of our current medical and dental providers.

FAMILY PRACTICE



John Imm, MD
Fremont



Bonnie McNamara, MD
Lima



Todd Meredith, MD
Stony Ridge



Mansi Ramakrishnan, MD
Stony Ridge



James Richard, MD
Fremont



Rachel Brennan, NP-C
Fremont and Fostoria



Rachael Brooks, NP-C
Fostoria and Napoleon



Brady Decker, NP-C
Fremont



Bridget Faricy-Beredo, NP-C
Fremont



Jeff Remaklus, NP-C
Lima

INTERNAL MEDICINE



Meagan Bower, MD
Fremont



Sana Siddiqui, MD
Napoleon

PEDIATRICS



Aarti Chelliah, MD
Fremont

DENTISTRY



Thomas Woodruff, DDS



Bushra Aouthmany, DDS



Jennifer Becker, DDS



Brittany Drews, DDS



Courtney Levine, DDS

PROGRESS UPDATE

Our new building, located at 2221 Hayes Avenue, is right on schedule and should be open early summer. In preparation for our move, we have closed Birchard Medical Center. BMC patients will be scheduled at our Main office at 410 Birchard Avenue or Fremont Family Practice located at 1220 East State Street.

Please watch our Facebook at facebook.com/fremontchs for updates and news. To learn more about our providers and locations, please go to our website at www.CHSOhio.com.



COMMUNITY HEALTH SERVICES

WE CARE.



Lifestyles 2000

March 2017

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

Like us on



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): A loved one can help to keep you on track in the weeks ahead. You may have the urge to jump into the frying pan by buying something of dubious value or investing in something that might not turn out as planned.

TAURUS (April 20-May 20): Think before you act. You might briefly feel that you are in a competition with someone and jump the gun in a moment of poor judgment. In the weeks to come family members can help you achieve long-term goals.

GEMINI (May 21-June 20): You can take pride a family member's accomplishments or simply enjoy pleasant surroundings. In the weeks to come you might find that your home has increased in value or a new neighbor may become friendly.

CANCER (June 21-July 22): Make promises you can keep. You may be thrown into contact with people who say or do things on the spur of the moment. In the weeks ahead you should be mindful that casual assurances aren't necessarily commitments.

LEO (July 23-Aug. 22): Take a chance on romance. Shared feelings will be obvious. Play your cards right and a new love may blossom in the weeks ahead. A raise or promotion can be obtained if you are persistent and choose your timing wisely.

VIRGO (Aug. 23-Sept. 22): Pan for gold. A golden nugget of information you find can make your money grow or a wise decision possible. You could reach a crucial turning point; a decision can cause the dominoes to tumble over.

LIBRA (Sept. 23-Oct. 22): Your calendar app might not be able to keep up with last minutes changes as this month unfolds. Your attraction to exciting experiences and people can keep your dance card filled. Avoid being extravagant about purchases.

SCORPIO (Oct. 23-Nov. 21): Whisper sweet nothings to get some things. Congenial communication between you and others can improve any endeavor. Don't plant your feet into the ground and refuse to budge over a minor matter.

SAGITTARIUS (Nov. 22-Dec. 21): Candy is dandy but quickly consumed.

It is a good idea to be cautious about purchases and investments. You may fall prey to a tendency to see only what you want to see.

CAPRICORN (Dec. 22-Jan. 19): Your energy levels may be high in the weeks to come. Be sure to use your extra enthusiasm to tackle worthwhile projects. You may easily be distracted by friends or aggravated by undue peer pressure.

AQUARIUS (Jan. 20-Feb. 18): Pay attention to advice and wise counsel from others as you plan for the future. You may possess the golden touch where money or purchases are concerned. Your intuitions could be highly accurate.

PISCES (Feb. 19-March 20): The bling is the thing. You might be attracted to bright shiny objects like a crow but end up with a chewing gum wrapper rather than silver. Discriminate between enduring things and false fronts.

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Lifestyles 2000

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Advertising/General Information

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

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

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

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

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

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Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Spring is on the way... almost thought it was here in February!



As I was working on this issue I had to look something up from a past issue, so I went to our website, www.lifestyles2000.net. I had forgotten how easy it is to look up past issues there. Sometimes I get asked questions about past articles and recipes, this is an easy way to find what you are looking for.

Enjoy your month and Happy St. Pat's Day.

Joanne



Wow, finding "Pete" was far too hard in February! For the second time in eighteen years we had under 100 correct entries. Congrats to those who found him in the ad for Fastraxx. Hopefully you all will have better success this month. Also, remember to send only one entry per household.

Find Pete Winners

Winners are: Rosemary Durst, Kansas; Connie Monge, Gibsonburg; Marvin Boyd, Sandra Smith, Laurie Hendricks, Clyde; Tom Beckman, Joel Bickhart, Bellevue; Brooks Babione, Burgoon; Brock Miller, Green Springs; Kurt Williams, Elaine Franks, Barb Swedersky, David Rau, Rosie Klos, Bob Florian, Anthony Heater, Jim Reese, Dawna Willey, Mary Franks, Lesley Wadsworth, Bill Herr, Fremont.

Find Pete Prizes

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

Attention: If your prize for February is dated for 2016, it is an error; please change the 6 to a 7 on your card.

Find Pete Contest Rules

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

DD Awareness Month 2017

March is recognized as Developmental Disabilities Awareness Month each year. This year Sandusky County Board of Developmental Disabilities (SCBDD) which provides support to individuals and their families with a disability is celebrating the progress and accomplishments over the past 50 plus years with pride. The vision of SCBDD is to offer individuals and their family's access to services and supports that will enhance the quality of their everyday lives, one person at a time.

The past three years have seen unprecedented changes within the developmental disabilities system and here in Sandusky County. While SCBDD still is the coordinating and fiscal agent for services, the privatization of county owned facilities has come to fruition. The vision of Federal entities for total community inclusion, employment and living has brought new found independence in a once segregated environment.

Sandusky County Board of Developmental Disabilities is very active both internally and state wide in Advocacy Programs which promote independence and self-determination skills which help empower individuals to speak up for the things that they want or need and enable them to have the lives that they want to live. Self-Advocates of SCBDD are members, both locally and state wide, of People First of Ohio and Ohio Self Determination Association as well as the Kiwanis Aktion Club. The skills learned through these trainings, conferences and leadership roles give the individuals an opportunity to learn more about connecting with their community and to bring about change. As part of Developmental Disabilities Awareness month the advocates journey each March to the State House in Columbus for Legislative Day where they speak with many state and local politicians concerning public policies that touch their lives. Many SCBDD self-advocates have also received awards at the state level for their leadership roles.

In honor of DD Awareness month, Sandusky County Board of Developmental Disabilities will be recognizing the over 40 service providers who offer vital support services daily by hosting its second annual Provider's Recognition Dinner. Self-Advocates will be hosting Sandusky County Community Leaders to celebrate by inviting them to learn more about self-advocacy and County Board Services. Placemats will be distributed to many of your favorite restaurants, billboards will be displayed throughout the county and Thank You Baskets will be delivered to various supporting agencies, leaders and local businesses by advocates and Aktion Club members. SCBDD served over 700 individuals in our county from birth through senior citizens. For more information on SCBDD visit their website, www.scbdd.org or like them on Facebook: Sandusky County Board of Developmental Disabilities.

Clyde St. Mary's Fish Fry

609 Vine Street
419-547-9687

4:30-7:00PM
March 3rd, March 17th
& March 31st.



All you can eat Alaskan Walleye,
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Adults - \$9.00
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In Your Own Backyard

PONTIFEX 4th ANNUAL RUMMAGE SALE FUNDRAISER TO "HELP STOMP OUT HUNGER": March 24th, 9-5, March 25th, 9-3 at Pontifex, 416 West State Street, Fremont. We are accepting rummage sale donations until March 20th, you may bring your donation anytime we are open. Our hours are Monday - Thursday from 6 a.m. to 10 p.m.- Friday's 6 a.m.- 9 p.m.- Saturday 8 a.m. - 3 p.m. -Sunday from 1 p.m. to 4 p.m. If you have questions call 419-332-9792. Your donations help fund the ministries of Pontifex. One of our largest ministry is "HELP STOMP OUT HUNGER", our missions is to help feed anyone who comes to our door that is hungry. In addition we have a food outreach, "Master's Table", every Monday at 1 p.m. where we give groceries away to those in need. "Disciples in Action" is a soup kitchen held every Tuesday at 4:30 p.m. and Friday at 11 a.m., everyone is welcome to come. "Showers of Blessing", a ministry for the homeless to take a shower twice a week, and they are provided with everything they need to take a shower. Some of our other ministries are "Little Giants Locker" a free school uniform for those in need. We have one on one mentoring to help those in need who have daily life issues. We would love it if you could bring donations, come and shop the rummage sale, and help us to "STOMP OUT HUNGER".

KID'S LOVE ART 2: March 19 at 1 p.m, Pontifex, 416 West State Street in Fremont. Cost \$10. Instructor: Helen Murphy. A basic art class for kid's or adults. We will be painting a 8x10 canvas background will be grass and sky, the rest of the canvas will be a collage with sticks to make trees, flowers to go on the trees with rhinestones for the center of the flowers. All supplies will be provided, except glue gun and glue sticks and a hair dryer to speed up the drying of the painting. I recommend a low temp glue gun and glue sticks for kid's. This will become a monthly event at Pontifex. Must register and

pay for class by March 10. Sitting is limited so register early. Call Body Lines at Pontifex to register 419-332-9792. My goal is to let kid's express themselves with art. Each month will be a different project. I would like your child's input on what they would like to create. If you have a very young child I encourage you to come and help them. Everyone is welcome. Or you may also sit in our lobby and enjoy a cup of coffee while your child create's art. Go to Pontifex, Inc Facebook to see a photo of the project.

Drop off dates for Humane Society Garage Sale at the Fremont Yacht Club. Sunday, March 12th, 11 AM to 2 PM; Saturday, March 18th, 9 AM to Noon; Monday-Wednesday, March 20th-22nd, 4 to 6:30 PM.

Mt Carmel UMC @ the corner of Cr 183 and 177 in Clyde, is holding their annual Bean Supper March 18, 5pm--7pm. Come and enjoy Beans and ham or homemade soup, potatoes, Cole slaw or applesauce, cornbread and delicious homemade pies. Bring a friend, come early. Donation only. Carry-out available. Call 419- 483-6507

Mt Carmel UMC @ 4997 CR 183 in Clyde, is holding a Craft Show on April 1, starting @ 9am-3pm. Admission is free. Crafts, Bake Sale, Lunch and homemade pies. Door prizes every 1/2 hour. Contact Sharon @ 419 547 0106. Everyone welcome!

Humane Society Garage Sale: 4th annual benefit tag sale. Fremont Yacht Club and Carol's Tag Service are once again teaming up to put on their great tag sale to raise money for our local humane society. There's plenty of time to find a few things to donate as the sale will be upstairs at the Yacht Club on March 25th and 26th. We're hoping many of you readers will donate items but no clothing please. They're not looking for anything fancy or pricey as donations (but will surely accept them), just anything and everything around

the house or garage that is in good shape and you've decided you could live without. Typical garage sale stuff as well as vintage and unusual items would be great. Anything not sold will once again be donated to Fremont's Share and Care so this is your chance to effortlessly help support some great local causes and also to come shop at the sale to find some great goodies of your own! Drop off dates are: March 12th, 11 AM to 2 PM; March 18th, 9 AM to Noon; March 20th-March 22nd, 4 to 6:30 PM.

Humane Society Spaghetti Dinner: Sunday, March 26th, 11:30am-1:30pm, American Legion, Fremont Door: Adults \$10, kids 10 & under \$5, kids under age 5 are free Pre sale: Adults \$9 & Kids \$4 Dine in or carryout Spaghetti, salad, bread, drink & desserts! Ticket locations: HSSC animal shelter, Jenesis Salon.

Paint for Pets: Pottery Perfection, Snacks • Drinks • raffles • Thursday, March 16, 7 - 9 pm Pottery Perfection, 200 S. Front St. Fremont Only \$45 per artist.

SHAPE UP YOUR LIFE! Ladies, you are invited to a luncheon meeting with the Fremont Area Women's Connection, Anjulina's Catering, 2270 W. Hayes Ave., Fremont, on Tuesday, March 14. The luncheon will be held at 11 am - 12:30 pm and the cost \$12 (incl.) Our feature will be Suzi Michaels, Y.M.C.A., Certified Teacher of Silver Sneakers & Senior Chair Yoga. Our speaker will be Pat Ellerholz, Adrian, MI - "Every Face has a Story. What is Yours?" For luncheon and free child care, please call by March 9, Donna 419-680-2251 or email Carrol at faw-cluncheon@gmail.com


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Myth of the stork helps explain some birthmarks

Many years ago when children asked their parents about where they came from, they answered, "The stork brought you." The picture of the stork's beak holding on to the baby's neck and flying to drop the baby on the new parents' doorstep was known by all. But things change, and that visual is not known by my newest parents. In fact, they look at me with completely blank stares when I discuss the birthmark on the nape of their child's neck.

The term "stork bite" comes from that old story, and the red birthmark seen on up to 50 percent of babies' necks is also called nevus flammeus or nevus simplex. They are flat, pink and irregularly shaped; and while they occur most commonly on the nape of the neck, they are common on the forehead, eyelids and above the upper lip as well. They are due to capillaries close to the skin's surface.

The "stork bites" on the face typically fade over time, while the ones on the nape of the neck may continue to be present but are obscured and typically forgotten once the baby has hair. Many people are not even aware that they themselves have one.

When I am doing a newborn exam, I see so many of these little "flat red patches," but I often to forget to bring them up since they are small and I know they will fade. Sometimes a concerned parent will specifically ask about them. After I apologize for not bringing it up, as I know they are small and fade, I tell them that they are "stork bites" and get that blank look. Then I launch into the reason for the name, etc. However, maybe things will change thanks to the 2016 animated movie "Storks." The old myth of the stork has made a comeback!

In the end, there's no need to worry if your baby has this small birthmark. Be assured that most will fade. If they have not resolved by the age of 3 or 4, there are now lasers available to treat them.

In the meantime, sit down with your family and watch "Storks" so they are aware of where they "used to come from." We can still tell our children the myth of the stork and then make sure to discuss the truth about where they came from when the time is right.

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

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Nothing was better than my mom's Chicken and Dumplings. I came across this Betty Crocker recipe that looks easy to make and delicious.

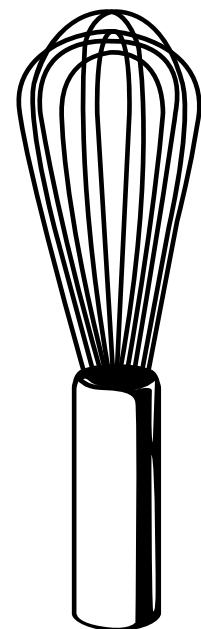
I have discovered that Byron, at Let's Eat at Byron's, makes some of the best Chicken and Dumplings I have ever tasted. He is on notice that I am to be notified every time he makes a batch! Enjoy.

Ingredients:

- 1.5 cups of milk
- 1 cup frozen green peas & carrots
- 1 cup cut-up cooked chicken
- 1 can (10 3/4 oz) condensed creamy chicken mushroom soup
- 1 cup Original Bisquick mix
- 1/3 cup of milk
- Paprika, if desired

Directions

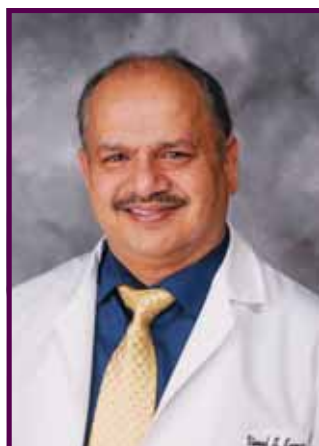
1. Heat 1 1/2 cups milk, the peas and carrots, chicken and soup to boiling in 3-quart saucepan, stirring frequently.
2. Stir Bisquick mix and 1/3 cup milk until soft dough forms. Drop dough by 8 spoonfuls onto chicken mixture (do not drop directly into liquid). Sprinkle with paprika.
3. Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

"The moon on the crest of the new-fallen snow, gave the luster of mid-day to objects below..."

Lines from the Night before Christmas, were beautifully displayed in my back yard a couple of nights ago.

It was when twilight was giving way to evening that I walked into my bedroom which faces our backyard. By habit, I looked out the windows to check things out. There, not more than 20 feet from me, stood three full grown deer nuzzling the new-fallen snow to find the grass underneath. I didn't move a muscle, just watched. A fourth deer came into view and joined the others. They kept a watchful eye out for danger as they ate. All of a sudden something spooked them and in less than five seconds they disappeared behind the row of Austrian Pines that separate the yard from the farm field. Sometimes we just happen to be in the right place at the right time. It was really neat!

I know what you're thinking, "Ms. Grace, you won't want these deer in your yard this summer when they eat your Hosta leaves and pull up your Petunias and leave them to lay in the hot sun." I know, but it doesn't keep me from treasuring a few winter minutes with the moon, the snow and four hungry deer in my backyard.

Have you ever had a room that you made sure the door was closed when guests visited? Probably you, like me, have said, "I'm going to have to sort through all that stuff someday-it's a mess. I have one of those. Mine is upstairs. Over the years it has had several names-some nice and some not so nice. It's one of those attic rooms with a slanted ceiling. The height is fine and it drops to a 4 1/2' side wall. When we needed the bedroom space for our large family, Rollie built in three beds along the short walls for our boys. Its name then was the "Boys Bedroom".

The family grew up and it became the "Attic Room". As more and more "someday I'll get around to fixing that" or "we'll put it up there for now", things came home from auctions or other places, it became "the Storage Room". It was when it had earned the title of the "Junk Room" that I said, "OK, that's it—enough already!"

It is now my winter project, 2017. When I, with the help of friends and family finish cleaning it out, wall papering and putting new flooring down, we can proudly call it "The Attic Bedroom" once again. The good news, I will no longer have a place to store the things I like but don't need. So I have to practice my "say no to myself" skills! I think I can do it, cleaning a Junk Room once in a lifetime is enough!

Here at The Old Garden House, we're planning our Celebrate the New Season Dinner for the first day of spring on March 20th at 5:30 p.m. Everyone is welcome. For more information or to make a reservation, call me at 419-332-7427. Tea at Two begins its new season on March 28th at 2 p.m. Program will be presented by Angie Mulligan. It should be "Eggciting" as she shows us her homemade, unique bird houses. Tea sandwiches and sweet treats along with our house blend tea will be served. Call for reservations.

"Pass Along Plant Day" is set for Sunday April 9th from 1 p.m. to 3 p.m. Bring your extra Perennial plants, seeds etc. and take home what others bring. I'll have a shovel handy to share from my gardens. No cost. If you do not have any to bring, come anyway, we always have more than enough to share. Reservations are not necessary, just come.

So until we meet again...enjoy the last few days of this mild winter, call a friend just to say "Hello", be extra nice to your pets, go fishing, write a poem and clean your junk room, but keep the treasures that remind you that LIFE IS GOOD.

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

Save A Life! CPR Training Without A Kiss!

FACT: 70% of cardiac arrests happen at home.

FACT: You can save a life before EMT arrives if you know compression CPR. It requires no lip to lip contact.

FACT: Training only takes 30 minutes and is free to the public. Conveniently located at Terra Community College.

Location: Terra Community College, Neely Center

Times:

Thursday, March 2: 4pm, 5pm, 6pm, 7pm

Monday, March 13: 11am, 12pm, 1pm, 2pm

Saturday, March 18: 10am, 11am, 12pm, 1pm

Tuesday, March 21: 11am, 12pm, 1pm, 2pm

Disclaimer: Participants will not be officially certified to perform CPR.

Chamber Foundation of Sandusky County Scholarship Opportunity

The Chamber Foundation of Sandusky County will be awarding a \$1,500 scholarship to one high school senior from Sandusky County. To be eligible for the scholarship you must be a graduating senior residing in Sandusky County, have earned a cumulative GPA of 3.0 or above and plan to attend a two or four year accredited institution of higher learning. Students should complete and return the application to The Chamber of Commerce, 215 Croghan St., Fremont, OH 43420. Applications must be received by 4:00 p.m. Friday, April 7, 2017. Applications received after this date and time will not be considered. Application and essay requirements can be found on the Chamber of Commerce website <http://www.sccchamber.org/index.php?page=chamber-foundation>, or through the Guidance Office at each of the local high schools.

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REIKI CIRCLE

Tuesday, March 14, Conference Room A&B at The
Bellevue Hospital
Opens 6 PM- 8 PM
Reiki Practitioner Meeting: 8-9 PM

Topic: Setting Right Intention

Once a month, a couple of days before the Tuesday-evening Reiki Circle, I set my mind to create intention. I think of something that reflects a change I want to make in my heart and life to find more balance and peace, then imagine that I already found balance and peace in love of everyone that comes into my life. With intentions and committed prayer, it takes energy, commitment and action to create anything lasting. Prayers, intentions, positive manifesting thoughts are essential in Reiki and your daily lives, but in the end, what we make with our thoughts is the important thing. The next is to put those thoughts and positive feelings to work in: committed deeds, acts of kindness, acts of healing, relief, and compassion.



In a recent conversation with another practitioner we were discussing the subject of right intention. I'm very good about setting intentions and then reminding myself not to let my goals for my practice get entangled with my heartfelt intentions. But things don't ever seem to turn out according to those intentions, and after our group meetings I feel disappointment. Intentions focus on the present and provide the guiding light to living mindfully moment-to-moment. It is not oriented toward a future event for my Reiki practice Intention is on the ever-present "now" in the constantly changing flow of life. You set your intentions based on understanding what matters most to you and make a commitment to align your worldly actions with your inner values. As you gain insight through wise reflection, and moral living, your ability to act from your intentions blossoms. It is called a practice because it is an ever-renewing process. You don't just set your intentions and then forget about them; you live them every day. Being grounded in intention is what provides integrity and unity in your life. Through the skillful cultivation of intention, you learn to make wise goals and then to work hard toward achieving them without getting caught in attachment to outcome. As I realized this, only by remembering your intentions can you reconnect with yourself during those emotional storms that cause you to lose touch with yourself. This remembering is a blessing, because it provides a sense of meaning in your life that is independent of whether you achieve certain goals or not. So no disappointment.

Open to the public, call Pat @ 419-355-1283 for information and to confirm if planning to attend.

YOU, WOMEN'S HISTORY, AND THE POWER OF SOCIAL SECURITY

By Erin Thompson

Social Security Public Affairs Specialist in Toledo, OH

March is Women's History Month — a time to focus not just on the past, but on the challenges women continue to face. Nearly 60 percent of the people receiving Social Security benefits are women, and in the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. Knowing this, you can be the author of your own rich and independent history, with a little preparation.

Social Security has served a vital role in the lives of women for over 80 years. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the United States rising, many women will have decades to enjoy retirement. According to the U.S. Census Bureau, a female born today can expect to live more than 80 years. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

You can start with a visit to Social Security's Retirement Estimator. It gives you a personalized estimate of your retirement benefits. Plug in different retirement ages and projected earnings to get an idea of how such things might change your future benefit amounts. You can use this valuable tool at www.socialsecurity.gov/estimator. You should also visit Social Security's financial planning website at www.socialsecurity.gov/planners. It provides detailed information about how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

Your benefits are based on your earnings, so you should create your personal my Social Security account to verify that your earnings were reported correctly. Your account also can provide estimates of your future retirement, disability, and survivors benefits. If you want more information about how Social Security supports women through life's journey, Social Security has a booklet that you may find useful. It's called Social Security: What Every Woman Should Know. You can find it online at www.socialsecurity.gov/pubs/10127.html.

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Help! Office equipment hates me

Q. I'm noticing one of my top office frustrations is that everything I use that is mechanical or technical breaks every five seconds. I'm a baby boomer and remember when I bought items that lasted 10 years. I feel like most equipment I use now barely makes it 30 days before it breaks. As if all the politics at work wasn't irritating enough, now I also have machines I count on not working. How can I avoid letting these mechanical issues add so intensely to my already high stress?

A. You can avoid additional stress from these issues by grieving for the good old days when rapid obsolescence wasn't a major profitability strategy. If you keep operating as if all the machines you count on should and must last for a decade, you'll be sorely disappointed.

I advise my clients to plan their daily schedules with an extra 30 minutes to deal with something breaking. If you review your last week honestly, you'll likely notice a daily problem with a software program, your cell phone or your copy machine.

If you don't anticipate frequent mechanical or software failures, they will become the straw that breaks your camel's back. Especially if you have a tendency to over-schedule yourself at work, you are leaving no time to problem solve these pesky timewasters.

You are also wise to build in redundancy in your machines. In survivalist circles, they have a saying: "One is none and two is one." If you make sure you have two copy machines, two tablets, two laptops and two cell phone, you won't be dead in the water when one machine breaks.

My clients also have a tendency to add to their stress by taking rapid obsolescence personally. My clients will tell me they have bad cell phone karma or computers don't like them. Your stress will be worse if you really believe your machines have taken an inventory of your value and decided to reject you.

The older we get, the more challenged we are to let go of our past experience and embrace our present situation. We may think that by boycotting our current reality we will force everything to change back to what we liked. The only thing that happens during our boycott is that we remain miserable.

Many corporations have simply decided that making machines that barely outlast the 30-day exchange window makes a lot of money. Ironically, machines that are durable have become a expensive niche in most markets. Nonetheless, sometimes neither love nor lots of money will buy a piece of equipment that will last.

Try on this stress-reducing exercise: Write down each mechanical item you depend on at work. Now, next to each item, write your plan for when (not if) this machine fails. Identify the sources where you can buy, rent or borrow this item at a moment's notice.

You can and will survive multiple mechanical failures if you anticipate most machines you rely on at work can and will break at the most inopportune time. Your stress levels will decrease as your plans to cope with unreliable equipment increases.

The last word(s)

Q. Since you work extensively teaching people in companies interpersonal skills do you foresee a time dealing with people will get easier. Do you think people are more interested in learning people skills now than in the past?

A. Yes, people used to think people skills were genetics rather than learning. Now, with our increasingly connected world, we are increasingly motivated to learn to work together or suffer the significant consequences.

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

We are marching right into Spring! Just had to write that. For the people who don't know what I am referring to, Sammy Hagar has a CD and song called "Marching to Mars". The other day it came to mind and I have been humming and singing it since warm weather appeared. We really haven't had a bad winter but I am looking forward to spring and the colors it will bring us, and most importantly, warmer weather!

This month we will celebrate on March 12th daylight savings time, then the 17th is St Patrick's day and then on the 20th the first day of spring, which means that the warmer weather is definitely on its way! I am going to share a couple easy, light and refreshing recipes to use. Enjoy!!

Strawberry Pie

One baked pie shell
1 quart strawberries
 $\frac{3}{4}$ cups sugar
 $\frac{1}{2}$ cup water

2 $\frac{1}{2}$ tablespoons cornstarch
Mix cornstarch with the water, add sugar and 1 cup of the berries. Cook until glossy. Cut remaining berries, place in pie shell. Cover with cooked ingredients. Cool. Cover with whipped cream.

Old Fashioned Cream Pie

$\frac{1}{2}$ cup flour
1 cup sugar
Pinch salt
2 cups heavy cream
Nutmeg to taste
1 9- inch unbaked pie shell
Combine flour, sugar and salt then mix well. Add cream slowly and pour into pie shell. Sprinkle top with nutmeg. Bake in 425 degree oven for ten minutes; reduce heat to 350 degrees and bake until filling is firm.

Any questions or comments contact me at christimkograte@roadrunner.com



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Calendar of Events

March 2017 – Sandusky County

All month – Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Library. Exhibit is open from 9 a.m. - 5 p.m., Monday through Saturday and noon - 5 p.m. Sunday, except for special holiday hours. The exhibit will be on display through May 7.

All Month – Special Exhibit: "Presidential Pop Culture, The Art of Influencing Perception" Rutherford B. Hayes Presidential Library.. The exhibit will be on display through October 8, 2017

March 2 – Serenity Seekers, Bellevue Hospital East Conference Room, 1400 West Main Street, Bellevue. 5:30 – 7 p.m. Location: The Bellevue Hospital in association with Stein Hospice, Auxter Funeral Homes and Foos & Foos Funeral Service, is sponsoring a six-week adult supportive/educational group offering comfort to those who have suffered the loss of an adult loved one. This service is free. To register for the six-week sessions, contact Stein Hospice at 419-625-5269. Session dates are: March 2nd, March 9th, March 16th, March 23rd, March 30th, and April 6th.

March 3 - 5 – Sandusky County Builders Association Annual Home, Garden and Business Show & I Do Too, Bridal Show, Fremont Recreation Complex, 600 St. Joseph Street, Fremont.

5 - 9 p.m. on Friday, 10 a.m. - 7 p.m. on Saturday, and 10 a.m. - 4 p.m. on Sunday. Free.

March 4 – Maple Sugaring and Tree Explorations, The Woods at the Luscombe Farm, 2341 CR 213, Clyde. 1 – 3 p.m. Explore our newest park as you learn the basics of tapping maple trees, check the progress of our tapped trees and discover the process of making maple syrup. All programs require registration, 419-334-4495 or www.lovemyparks.com.

March 5 – Puddle Jumpers: Slimy Salamanders, The Woods at the Luscombe Farm, 2341 CR 213, Clyde. 2p.m. – 3p.m. For ages 2-5 years old. It's about that time for the salamanders to come out of hibernation. So, come join us on a salamander hunt and learn all about the salamanders of Ohio. You'll even get to meet two live salamanders! Registration 419-334-4495.

March 5 – Tree Huggers: Forest Life, The Woods at the Luscombe Farm, 2341 CR 213, Clyde, 2 p.m. – 3 p.m. Free. For ages 6-12 years old. A new park to explore! We will use our five senses to discover what makes a forest a special habitat. Dress for the weather. Call 419-334-4495 or www.lovemyparks.com.

March 5 – Birding 101, Creek Bend Farm, 720 South Main Street, Lindsey, 6– 7:30 p.m. Free. For those interested in learning more about bird life, identification tips and Ohio species. This is a great chance for beginners to learn more about how to start birding, attracting birds to your backyard and where to go in our area to see a variety of birds. Limit to 15. Meeting March 5, 12. 334 4495 to register.

March 6– Morning Health Break, Bellevue Hospital Conference Rooms A&B, 1400 West Main Street, Bellevue, 8 a.m. – 11a.m. Educational literature, a light breakfast and a registered nurse available to answer questions about health. Free Glucose (fasting) & BP, Lipid Panel (fasting) \$15.00. For more information, call 419-483-4040, EXT. 6610.

March 7– MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room, 1400 West Main Street, Bellevue. 10:30 a.m. – 11:30 a.m. All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. Free and open to the public. 419-483-4040, EXT. 4363.

March 7– Volunteer Training, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey. 4 p.m.- 5:30 p.m. For new and current volunteers. Learn more about the Sandusky County Park District, volunteer opportunities and other trainings that are available. March 7 or April 6. 419-334-4495 or www.lovemyparks.com.

March 9 – Babies in the Parks: Owl at the Moon, Wilson Nature Center: Activity Room at Creek Bend Farm, 720 South Main Street, Lindsey. 10 a.m.- 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companions. Littles ones will get to use all their senses to discover more about their surroundings. 419-334-4495 to register.

March 10– The Lettermen - Communities for the Arts, Clyde High School Auditorium, 1015 Race Street, Clyde, 7:30 p.m. 419-547-0588 or www.thelettermen.com or www.communities-fortheartsclcyde.org.

March 11 – Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. An interactive educational series for children through age 12. This month, Artistry Uncorked leads a painting activity. Cost for kids is to be determined. Reservations are requested and can be made by calling Education Coordinator Dustin McLochlin at 419-332-2081, EXT. 230, or emailing him at: dmclochlin@rbhayes.org.

March 11 – Waterfowl ID, Decoy Marsh, 2700 CR 259, Fremont. 3:30 p.m. – 5:30 p.m. Free. To register, 419-334-4495.

March 14– Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett's Market, 228 West Main Street, Bellevue, 9– 11 a.m. Call 419-483-4040, EXT. 6610 for info.

March 14 – Diabetic Support Group, Bellevue Hospital East Conference Room, 1400 West Main Street, Bellevue, 12:30 – 1:30 p.m. Free and open to the public. Topics vary by month. 419-483-4040, EXT. 4303.

March 14 – End of Winter Night Hike, Wilson Nature Center: Educational Classroom at Creek Bend Farm, 720 South Main Street, Lindsey. 7:30 p.m. – 8:30 p.m. Free. Come out and enjoy

one of the last days of Winter and welcome in Spring with a walk out in the dark! Call 419-334-4495 to register.

March 16– Bread & Butter, White Star Park, Barn/Log Cabin Area, 925 South Main Street, Gibsonburg. 6:30 p.m. – 7:30 p.m. Cost: \$5. Use our wood cook-stove to bake your own bread to take home. While the bread bakes, you can make the butter to go with it. We'll also talk about life in the early years of the Great Black Swamp. Limit to 8. 419-334-4495 to register.

March 16- Paint for Pets, Pottery Perfection, 7-9 p.m. in downtown Fremont. Tickets at the Humane Society, 1315 N. River Road in Fremont.

March 17, 18, 19 & 24, 25, 26 – Fremont Community Theatre – "And Then There Were None", 1551 Dickinson Street, Fremont. 7:30 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. Cost: \$12 for Seniors/Students and \$15 for Adults. www.fremontcommunitytheatre.org.

March 18 - 19 – 32nd Annual Fremont Toy Show, Sandusky County Fairgrounds, 901 Rawson Avenue, Fremont, 9 a.m. - 4 p.m. on Saturday & 9 a.m.-3 p.m. on Sunday. \$3 – Under 10 is FREE. Over 200 tables of collectible toys and die-cast racing collectibles.

March 18– Bird Spring Fling, Green Creek Hunt Club, County Road 259, Fremont, 8a.m. – 10 a.m. Free. Visit the Green Creek Hunt Club for a bird banding extravaganza. To register 419-334-4495.

March 18 – History Day, Rutherford B. Hayes Presidential Library & Museums, Terra State Community College, 2830 Napoleon Road, Fremont. 9 a.m. – 4 p.m. The Hayes Presidential Library & Museums hosts this event at Terra State Community College. Middle School and High School students in Region 2 are presenting history projects that are being judged. The

winners move on to the state competition in Columbus.

March 19– Volunteers in the Park: Fish Surveys, Creek Bend Farm, 720 South Main Street, Lindsey. 2 p.m. – 3 p.m. Free. Join Tom Kashmer to assist in identifying the fish that inhabit our community. This has been an ongoing project and over 44 different species of fish have been identified. Call 419-334-4495.

March 21 – Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne Street, Bellevue. 9:00 – 11:00 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks. For more information, call 419-483-4040, EXT. 6610.

March 21– Back to Basics: Spring Cleaning Products, Wilson Nature Center at Creek Bend Farm, 720 South Main Street, Lindsey. 6:30 p.m. – 7:30 p.m. Free. Embrace spring cleaning with a non-chemical approach. DIY cleaning products and strategies. 419-334-4495 or www.lovemyparks.com

March 22– Community Health Screenings, Free BP and Fasting Glucose Checks, Miller's SuperValu, 505 West Maple Street, Clyde. 9 – 11 a.m. 419-483-4040, EXT. 6610.

March 23 – Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main Street, Clyde. 10:30 – 11:30 a.m.

March 24 – Uncork the Fun, Camp Fire Sandusky County, 2100 Baker Road, Fremont. Come out and taste great wines while bidding on silent auction items and raffle baskets. website: www.campfiresc.org or call 419-332-8641.

March 25– Annual Golden Bear 10K Run, Gibsonburg High School, 740 South Main

Calendar, cont'd on 15



The Humane Society of Sandusky County Spaghetti Dinner

Sunday, March 26, 2017

11:30am-1:30pm

American Legion, Buckland Avenue, Fremont

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

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Cognitive behavioral therapy can help you manage thoughts, behaviors that contribute to anxiety

DEAR MAYO CLINIC: I've been diagnosed with anxiety but really don't want to take medication for it. What does cognitive behavioral therapy involve? How effective is it in treating anxiety?

ANSWER: Although an anxiety disorder can be difficult to manage on your own, anxiety is a highly treatable condition. Cognitive behavioral therapy, or CBT, is an evidence-based psychotherapy that addresses the thoughts and behaviors that contribute to anxiety. Research has shown CBT often can be effective in treating anxiety, even when used without medication.

Feeling anxious occasionally is part of life. But an anxiety disorder is different. People with anxiety disorders experience intense, excessive and persistent worry and fear about everyday situations. These feelings often are hard to control and are out of proportion to the actual danger the person is facing.

For many people, an anxiety disorder can disrupt daily life and interfere with normal routines. For example, you may have a tendency to think about worst-case scenarios and worry that you'll be unable to cope with them. As you do, you may become more anxious. You may then try to control your anxiety by engaging in avoidance behaviors, which may include repeatedly asking for reassurance from others that everything will be OK, or staying away from situations that make you anxious.

CBT is based on the principle that your thoughts, behaviors and feelings are all related and have a significant influence on one another. That means certain types of thinking patterns and behaviors have an impact on anxiety.

CBT for anxiety is targeted to help you learn to manage anxious thinking by re-examining your worries, challenging your assumptions and using strategies to reduce the emotional impact of your thoughts. In addition, with CBT you learn ways to change your avoidance behaviors to reduce anxiety.

Learning to change avoidance behaviors through exposure therapy is the most important treatment principle in the management of anxiety. Gradual and repeated exposure to feared situations, uncomfortable physical sensations and unpleasant thoughts can be very effective in reducing anxiety. With practice, you can become much less reactive to triggers for your anxiety, so you can tolerate those situations, sensations and thoughts much better over time.

Stress management and relaxation techniques may also be part of anxiety treat-

ment. But they typically are not the primary focus of CBT treatment for anxiety.

In CBT, you and your therapist collaborate as a team. The two of you talk about your goals for treatment. You then work together to decide how you can best develop the skills you need to achieve those goals. CBT sessions are structured so that you learn the skills in therapy and then practice them between sessions. That way, you have an opportunity to actually try out those skills and see how they work for you with the guidance of a therapist.

Research suggests that the majority of patients with anxiety benefit from CBT. These effects tend to be long-lasting, even from a relatively brief course of therapy that lasts about four to 12 sessions.

CBT providers work in both primary care and specialty clinics within larger health care organizations. Others run individual private practices. Your primary health care provider would be a good person to talk to about a referral to a cognitive behavioral therapy provider in your community. When selecting a CBT provider, make sure to ask if he or she treats anxiety using exposure therapy.

The following organizations also offer CBT resources and can provide information about how to find a qualified CBT specialist: Anxiety and Depression Association of America (www.adaa.org) and the Association for Behavioral and Cognitive Therapies (www.abct.org). - Julia Craner, Ph.D., and Craig Sawchuk, Ph.D., L.P., Psychiatry and Psychology, Mayo Clinic, Rochester, Minn.

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

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Out to Lunch

By Joanne McDowell



Rayz Cafe

With a wink of an eye, you pass through the small town of Genoa, but as you're going through, be sure to catch a glimpse of Rayz Cafe on Main Street. The town favorite is a busy place, whether its breakfast, lunch or dinner, it is well patronized by its customers.



What looked like an old garage in its day, the roomy interior has a large bar in the center, with lots of seating all around. The outdoor patio is great for summer evenings and on many weekends there is some kind of entertainment or an event. Be sure to check out the website, It has all the information, featuring the menu, events, and pictures that show off the restaurant.



You wouldn't think of this place as somewhere to have breakfast, but it is quite good. The sausage gravy is homemade and is delicious over the scrambled egg and potato scramble. Other

choices are Texas french toast, pancakes, and three eggs omelets.

The chicken chunks or chicken balls are very popular. Besides being served with one of their many sauces, have them on top of a fresh salad, or in a wrap, or smothered with Cole slaw. Another specialty that took us back there twice is their homemade chili. It comes sweet, spicy, or medium, which is sweet and spicy mixed together, we thought that was the best. As a meal, order the Chili Mac, a heaping portion of chili over pasta, topped with cheese and onion. It's served with a salad and garlic bread for \$9.99. With my chili, I ordered the grilled cheese sandwich, made with cream cheese, American cheese, tomato, and either bacon or ham. I had mine on rye, it was very good. All sandwiches are served with homemade chips.

For dinner, try a 10 oz. or 12 oz. delicious grilled steak, fresh Lake Erie perch, or a big ½ lb juicy burger fixed your way, with brew city seasoned fries. Last, but not least, I had to try a homemade chocolate frosted brownie for dessert. Sadly I was so full I had to take it home!. Besides a full bar, they also offer many bottled craft beers.

By the way, they also own Rayz by the Bay in Bayview. Visit <http://www.rayz-cafe.com/menu/0/menus.aspx>

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The Parsley Plant / Ralph and Alice / Amelia's Egg

Some things belong outside and should NEVER be brought into the house. For instance, wild animals or poison ivy...or fresh dirt from a compost pile--it should be used on outdoor gardens and not on plants brought indoors--because, as we discovered, ours was ALIVE...!



It all started when Robin found a couple of dried up earthworms on the carpet in our back room. At first it was hard to tell what they were--especially when it was something you weren't expecting to find in your house, anyway. When we realized they were worms we just figured the dogs tracked them in on their feet--except it was in the winter and the ground was frozen solid. Then we started seeing little bugs crawling on the window and lying on the windowsill. We couldn't figure out where these bugs were coming from--it was winter.

I discovered the source one day as I was vacuuming up yet another cluster of dead bugs. The culprit sat benignly on the windowsill disguised as a parsley plant. It was potted in some of the richest dirt on our property from my lovingly-tended compost pile...and, it seemed to be moving. As I bent down and looked closer, I saw that it was COVERED with tiny crawling bugs. Granted, two years ago we had a monarch butterfly chrysalis hanging from the bottom of one of our curtains, but THIS was different. I dropped the sweeper, grabbed up the pot and ran to the backdoor, unceremoniously plopping the whole thing on the deck in the frigid cold. That night, the temperature was in the teens. Our parsley was dead the next morning...but so were all the little bugs. We felt bad about losing the parsley plant--it had thrived outside in the composted dirt, almost becoming a bush. So, I had figured it would be better to re-pot it in more of the same dirt when I brought it in for the winter.

Looking back, we probably should have used a potting mix. Apparently, all the organisms that help to make good compost lay eggs and live in the dirt. They couldn't believe their good fortune when they thought they were going to overwinter in a nice warm house and not freeze outside.

On a dreary, gray day around the end of January I looked out the kitchen window and saw three geese swimming on the pond. I hollered at Robin who looked out and said, "It looks like Ralph!" She grabbed her camera and ran out the back door. Sure enough, it was Ralph (he was the brown hybrid goose with the orange feet and bill that showed up in our marsh with his Canada goose mate, Alice, last spring). Besides Ralph, there was one other adult, and since they mate for life, we figured the other adult was Alice. The third goose might have been one of their two babies. They stayed for a short time, swimming and walking in the field beside our house, and then they left. It was good to see them and know they were ok, and that they remembered this place. Spring can't be too far away, now.

Finally--and this came as a wonderful surprise to us--Amelia, the little hen we rehabilitated after she'd been attacked by a mink on September 8, 2016 laid an egg. We didn't think she'd be physically able to lay an egg ever again--and we didn't care if she did--we were just glad she was alive and happy. She surprised us again!

Bravo! Bravo! Once again, I had a great time at the Fremont Community Theatre (FCT). The director and cast did an exquisite job. Their performance was effortless and beautifully crafted. I've been attending performances off and on for a few years. It never ceases to amaze me the talent we have within our community. The hard work and time the crew puts into making the props has earned my admiration from day one. With its humble beginnings in 1956 to their present home at 1551 Dickinson Street; this 188 seat building has become my favorite pastime.

This last play I brought my friend Kim along. We both agreed it was the best time out we've had in quite some time. As we were leaving, she asked me why there were so many older people in attendance. We are thirty-eight and forty-three; I don't believe there was anyone younger than us. She practically reached up and snatched the words from my thoughts. I ask myself the same thing every time I've left a play. Is this art dying off? When I say dying off, I mean it appears the younger generation is disinterested in this creative skilled entertainment that has touched the lives of people throughout the world. Has technology substituted the enlightenment of watching people perform art in "real time"? The theater has been around for hundreds of years and it's heartbreaking to see people prefer an electronic device over this mesmerizing show with family or friends. For me, the FCT is refreshing and it awakens my senses of history and human nature. My little get-away from home.

I recommend giving the Fremont Community Theater a try. You will find upcoming events on their website; www.fremontcommunitytheatre.org. Put some pep into your life and take time away from the ordain demands of the homestead. Expand the minds of your children and make room for a creative atmosphere to incite passion. Introduce something positive and priceless in this digital world. It's time well spent and something they won't forget. Like all things, the FCT could use our support to continue in lavishing us with untold stories that will forever be ingrained in our minds. Let's not let history slip into the pockets of the elderly only to be buried and forgotten.

Dawn Humphrey is a native of Fremont, the mother of two beautiful daughters, Jacilynn and Alexis. The things she loves most in life are God, family, writing, and traveling and recently began writing short stories and poetry. Her goal is to become a writer and help inspire people to reach their potential. Dawn is looking for new opportunities to sharpen her writing skills through projects, magazines, etc. If there is a way for her to learn or progress in her passion for writing then she is that go-to girl. Dawn says, "Sign me up!" She can be reached at drhumphrey73@gmail.com.

Senior Bingo Bunch

March 10th, 2017

1:30-3:30 pm

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NOTICE: Ratings for each film begin with a 'star' rating - one star meaning 'poor,' four meaning 'excellent' - followed by the Motion Picture Association of America rating, and then by a family-viewing guide, the key for which appears below.)

"MOONLIGHT": Up for eight Oscars including best picture, director-screenwriter Barry Jenkins' gritty, widely acclaimed drama traces the life of a young black man at different stages in his struggles, which owe in large part to his troubled relationship with his crack-addict mother (Naomie Harris, in a stunning performance light years removed from her work opposite Daniel Craig's James Bond). An empathetic drug dealer (Mahershala Ali, also superb) becomes the youth's rather surprising counsel, with Janelle Monae a standout as well as the pusher's girlfriend. Alex R. Hibbert, Ashton Sanders and Trevante Rhodes share the central role. **** (R: AS, P, V)

"DOCTOR STRANGE": A skilled but self-involved surgeon, played ideally by Benedict Cumberbatch, has to chart a new course for himself after a car accident robs him of the use of his hands in this compelling Marvel adventure fortified considerably by mind-bending special effects. He gets inspiration from Far East mystics (Tilda Swinton, Chiwetel Ejiofor), but also picks up an enemy who trails him back to New York with havoc in mind. Director Scott Derrickson's cast also includes Rachel McAdams as Dr. Stephen Strange's ex-girlfriend. *** (PG-13: AS, P, V)

"ALLIED": Brad Pitt and "La Vie en Rose" Oscar winner Marion Cotillard generate their own take on many "Casablanca" themes in this elegantly filmed (by cinematographer Don Burgess), reasonably effective romantic adventure from director Robert Zemeckis .

The stars play spies who have definite trust issues while teamed on a top-secret World War II mission, but they ultimately surpass their assigned charade by falling in love and marrying. That doesn't stop the suspicions, though, and professional duty may end up surpassing personal considerations for them. Also featured are Lizzy Caplan ("Masters of Sex"), Jared Harris and Matthew Goode ("Downton Abbey"). *** (R: AS, N, P, V)

"RULES DON'T APPLY": In his return to the screen - after many years - as director, screenwriter and star, Warren Beatty plays legendary billionaire Howard Hughes, an influential figure in general ... but, in the case of this story, more specifically where an aspiring actress and her chauffeur (Lily Collins, Alden Ehrenreich) are concerned in the Hollywood of the late 1950s. A relationship between the young couple is forbidden by Hughes' edict, but that doesn't stop their mutual attraction from taking root. The impressive cast also includes Annette Bening, Matthew Broderick, Alec Baldwin, Candice Bergen, Ed Harris, Martin Sheen and Oliver Platt. DVD extras: "making-of" documentary; music video; photo gallery. *** (PG-13: AS, P)

"SHUT IN": A recently widowed psychologist (Naomi Watts) and her stepson (Charlie Heaton) find

themselves terrorized at their New England home in this thriller. The young man has been left paralyzed by the accident that claimed the life of his father, and as if being on their own during a fierce winter storm isn't scary enough, they come to believe someone intends to do them harm ... and has gotten inside the house with them. Jacob Tremblay, a veteran of mother-and-child-in-peril tales thanks to "Room," and "Chicago Med's" Oliver Platt (playing a doctor here as well) also appear. *** (PG-13: AS, N, P, V)

"CHRONIC": Tim Roth never takes the easy way out with his roles, and writer-director Michel Franco's drama - which earned a Cannes Film Festival Award for its script - stands as yet another testament to that fact. The actor plays a depression-battling private nurse whose dedication to his patients is all-encompassing, to the degree that he gets as much from them as they do from him ... and perhaps more. The cast also includes Bitsie Tulloch ("Grimm") and actor-playwright Michael Cristofer ("The Shadow Box"), as well as the late Joe Santos ("The Rockford Files") in his final screen role, but there's little if any doubt that this project belongs to the compelling Roth. *** (R: AS, N, P)

"THE EYES OF MY MOTHER" (March 7): An ex-surgeon (Diana

Agostini) lives an isolated life with her daughter (Olivia Bond) until a visitor arrives. (R: AS, N, P, V)

"INCARNATE" (March 7): A self-styled exorcist (Aaron Eckhart) mind-melds with victims of possession in trying to save them. (PG-13: AS, P, V)

"JACKIE" (March 7): Oscar nominee Natalie Portman plays Jacqueline Kennedy in the immediate aftermath of her president husband's assassination. (R: AS, P, V)

"MOANA" (March 7): The animated, Oscar-nominated Disney feature finds the daughter of a Polynesian island's ruler (voice of Auli'i Cravalho) trying to reverse a curse. (PG: AS)

"SOLACE" (March 14): A psychically skilled FBI consultant (Anthony Hopkins) goes up against a serial killer (Colin Farrell); Jeffrey Dean Morgan also stars. (R: AS, N, P, V)

"MASTER OF NONE: THE COMPLETE FIRST SEASON" (March 21): The Netflix comedy series casts co-creator Aziz Ansari in the saga of a New York-based actor. (Not rated: AS, P)

FAMILY-VIEWING GUIDE KEY: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

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Home Show - March 3rd, 4th, 5th

Annual Meeting - March 8th, 6:30pm

"Paint for Pets" at Pottery
Perfection, March 16th 7 - 9 P.M.

Garage Sale at Fremont Yacht Club:
March 25th and 26th

Spaghetti Dinner - March 26th
11am-1pm.

**Humane Society of
Sandusky County**

1315 N. River Rd.

Fremont, Ohio

hs-sc.org Daily 1-5 Sat. 1-4

Q: My girlfriend and I got a kitten over Christmas. He is now 6 months old but we cannot sleep anymore. He tears all over our apartment all night long and bounces on our bed as we are sleeping. We put him on the floor as soon as he does and scold him, but he is right back again five minutes later. We are going to neuter him next month and we were wondering if that will stop his behavior or if there is something else we can try?
- Frank Rice in Baltimore

A: Neutering only removes an animal's desire to mate and any behaviors related to mating. It certainly will not stop your cat from being happy and energetic at an inopportune time for you.

Cats usually sleep all day when we are not home, so their day is just beginning as soon as ours is ending. He has the whole night now to run and play and cannot understand why you do not want to join in.

The answer here is to remove the opportunity and the behavior will stop. You just have to close the bedroom door at night and do not open it no matter what he does. Of course he will most likely cry outside the door all night, but that should only last for the first few nights. After a week of this he will figure out that this behavior does not lead to anything anymore. Then he will begin to look for some other amusement to keep him busy all night and you can sleep in peace.

Q: Our grey parrot likes to place his uneaten food and trash into his water dish and by the time we get home his water is filthy. We change it right away but it bothers me that he does not have clean water to drink during the day.

Will this hurt him? Does he know not to drink the water when it is so dirty and to wait until we clean it? - Adam Dash, Milwaukee

A: I prefer to let the questions of what a pet knows and does not know to be debated by those pet keepers that like to chatter about their pets on those Internet forums.

In your case this problem is easily solved by teaching your parrot to drink out of a water bottle. There are quite a few models out there for parrots that are made of glass and stainless steel. They mount to the outside of the cage with only the spout inside the cage. Mount it outside the cage in a way so that the spout ends up right above the bird's water dish. Then leave water in the bottle and the dish both for a week. After a week you can leave the dish in the cage but do not put any water in it.

During that week period, the bird will have been fussing with the spout out of curiosity and will know that water is in

it. That way he will have both options and slowly realize that the spout is where he can drink his water.

You still need to change the water in the bottle daily; a water bottle can grow all sorts of bacteria in it. It might be a good idea to have two bottles on hand, this way you will always have a clean one and you can put the clean one on the cage as you are leaving in the morning and wash out the dirty one later.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)

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March 25 – Cooking with Men, Neeley Center, Terra State Community College, 2830 Napoleon Road, Fremont. Cooking with Men is a Fundraiser to benefit wellness and education, co-sponsored by The Terra College Foundation and ProMedica Memorial Hospital, contact: lsheuy01@terra.edu.

March 25-26 – Baker and Bonnigson Consignment Sale, Sandusky County Fairgrounds, 901 Rawson Avenue, 9:37 a.m. For more info, call the Sandusky County Ag Society at 419-547-7777 or www.sanduskycountyfair.com.

March 26-Spaghetti Dinner at the American Legion in Fremont for the Humane Society starting at 11:30-1:30pm, silent auction, 50-50, bake sale.

March 27– Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, Bellevue, 8– 10 a.m.

March 28 – Birding 101 Field Trip, Creek Bend Farm, 720 South Main Street, Lindsey. 5 p.m. - 6:30 p.m. Free. Meet at Creek Bend Farm for a trip to a wetland along Muddy Creek. Dress for the weather, bring binoculars. 419-334-4495 or www.lovemyparks.com.

March 28 – Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Bellevue, Ohio 44811
Noon – 1:00 p.m. Community Health Screenings, Free BP and Fasting Glucose Checks. For more information, call 419-483-4040, EXT. 6610.

March 29– Presidential History Book Club, Rutherford B. Hayes Presidential Library & Museums, Spiegel Grove, Fremont. Noon. Free. All are invited to read and discuss books about the presidency at this book club. Members are asked to bring their lunch. The discussion is led by Education Coordinator Dustin McLochlin. Call 419-332-2081.



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Sandusky County's Health Crisis

By Dr. Paul Silcox

Having been to countries in Europe, Africa, Central and South America, I can honestly say that I am extremely happy to live in the United States of America. I also understand that for America to remain a great nation, it takes money and taxes. It seems like the subject of taxes is a hot topic and rightfully so. Having been to those other countries I am not opposed to pay my FAIR SHARE of taxes and gladly do so.

I do know that there is another vote coming up in May that I am going to support and can certainly understand why some will vote against it just because it's a tax. But I hope at least to have your attention for a moment to tell you why I support it.

On the May ballot, there is going to be a proposal for a Drug Task Force funding levy, a half mil proposal. That means for a homeowner with a \$100,000 home, it will cost just under \$20 a year to fund this.

It is true that Sandusky County does currently have a Drug Task Force, but there are only two full time officers dedicated to the task of investigating and arresting drug traffickers. We need four because the two we currently have are not able to cover all of Sandusky County adequately.

Ottawa County has been part of a six county Drug Task Force for over 20 years; Seneca County has been a part of a Drug Task Force for over ten years. We have all seen the numbers in the last two years. The number of unintentional deaths due to heroin and heroin cut with Fentanyl has doubled each year so that in 2016 there were over 25 here in Sandusky County because there hasn't been enough law enforcement pressure. But if we each do our part, we can make it happen.

I wasn't that knowledgeable as to how bad this problem was in our county until last November when I lost my son. Now I know, and it is frightening. I just hope and pray that you don't have to become intimately knowledgeable as I did. Although we can't necessarily take on the whole drug problem for the nation, I believe if we are honest with ourselves and concerned for the future of our children and grandchildren, we can contribute \$20 a year to help take on the drug problem right here in our county.

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