

2000 lifestyles



Free

Vol. 19 Issue 3

March 2018

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Day

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Lifestyles 2000

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What is it like to raise a child with a disability?

By: Robert Morton, M.Ed., Ed.S.



Robert Morton

Emily Perl Kingsley is an American writer and I have always admired her writing style. During her writing career for Sesame Street in the 1970's, she gave birth to a son named Jason. He was born with Down Syndrome in 1974 and her experiences with Jason inspired her to expand the program's cast to include people with disabilities. I'd watch Sesame Street with my preschool daughter back then and was pleased to see new characters- an actress who used a wheelchair, Tarah Schaeffer, and even Jason himself.

Kingsley wrote a piece called "Welcome to Holland." It demonstrates her unique writing flair and powerfully delivers the understanding of what it is like to raise a child with a disability. She wanted to help people who have not shared that unique experience to understand it and to imagine how it would feel. Enjoy, and "Welcome to Holland!"

"When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, 'Welcome to Holland.'

'Holland?!?' you say. 'What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy.'

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So, you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say 'Yes, that's where I was supposed to go. That's what I had planned.'

And the pain of that will never, ever, ever, ever go away... because the loss of that dream is a very, very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland."

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 and Policy Studies at Bowling Green State University. He is author of "Finding Happiness in America" and the spy thriller "Penumbra Database" - both can be found on Amazon.com- books.



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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Thanks for picking up our latest issue.



Next month we will be starting our summer contest with extra prizes to Dairy Queen and African Safari, watch the Find Pete section to see details. We will be celebrating 19 years in May!

Thank you to all that send notes and comments each month, I love hearing how much you enjoy Lifestyles.

Have a safe and healthy March, looking forward to Spring!

Joanne



There were over 160 correct entries this month, more than we have had in quite some time. The answer was Legends.

Find Pete Winners

Winners are: Dave Gooding, Marvin Boyd, Daniel Gooding, Linda Shetzer, Clyde; Sharon Steinmetz, Carm Christman, Bellevue; Thomas Liskai, Helena; Susie Kirk, Jerry Miller, Amy Chudzinski, Glenn Binkley, Cindy Frontz, Nancy Suffecool, Trent Goatee, Sally Herr, Fremont; Clyde Michael, Terry Meyer, Lindsey; Gloria Bracken, Judy Nehls, Marcia Morelock, Gibsonburg.

Watch for our summer prizes coming in the April issue!

Find Pete Prizes

Prizes are from Fastraxx, Let's Eat at Byron's, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat and Legends in Clyde, and Old Fort Market in Old Fort. 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, 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.

Out to Lunch

By Joanne McDowell



Legends

Over the holidays I invited my son Rob and a friend to lunch, we chose Legend's in Clyde. I hadn't eaten there in some time and was pleasantly surprised at the quality and quantity of food.

I ordered the Spaghetti, primarily because it came with three meatballs. It was delicious and I had enough left over to take home. It was \$8.99 and came with a salad and breadstick. My son ordered the rib dinner, he raved about how good they were and ate everything! The dinner was \$16.99 for the full slab, but a half slab is available for \$10.99. I think I will try them on my next visit.

Our guest chose the Strip Steak for \$16.99, apparently he eats there often and always orders this steak. It came with two sides and is served on the weekends for \$14.99. He also commented that it was delicious. All of us were extremely pleased with our choices. No one had room for dessert!

The menu is varied with a Lunch Menu that runs Monday through Friday for \$5.99 and includes Burgers, BLT's, Chicken Tenders and Grilled Cheese and Soup.

There are also 2 for \$22 Dinner Specials that are Dine in Only and include an appetizer and two dinners.

The soup of the day is homemade as is the Chili and French Onion. There are several salads to choose from



and lots of sandwiches, including the "Whirlpooled" Pork and a customer favorite, the Philly Cheese Steak. There are even seven different burgers for burger lover! The photo is of the Cleveland Patty Melt, looks delicious.

Legends is located at 1068 West McPherson Highway in Clyde, right next to Drug Mart. Visit www.legendspubngrille.com for more info, or FB.



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You are like the little train that could. Just continue to think positively and even an uphill climb will be possible. focus on networking and making new friends.

TAURUS (April 20-May 20): Your best qualities could be on display, so don't miss a chance to charm someone who can help your career. You may have some good ideas to increase your net worth.

GEMINI (May 21-June 20): Accept minor irritations with good grace. A friend may push you off your couch to persuade you to do something physical. Focus on accepting challenges with poise and tact.

CANCER (June 21-July 22): Drum up support and promote your dreams. People are likely to provide the helping hand you need to get projects off the ground. A partner may be especially thrifty.

LEO (July 23-Aug. 22): Take baby steps. It might not be a lack of ambition, but feeling the weight of responsibilities that prevents you from trying to get ahead. Be a perfectionist about ethics.

VIRGO (Aug. 23-Sept. 22): It may not be fun, but it will be dependable. Rather than being restless for thrills be grateful for a steady diet of the same-same-old that you can rely upon as the upcoming month unfurls.

LIBRA (Sept. 23-Oct. 22): You may receive more attention than you deserve. Your flirtatious mannerisms may interfere with a partner's plans. Enjoy new contacts and plenty of social activities.

SCORPIO (Oct. 23-Nov. 21): Use your imagination. Conceive of ways to put a positive spin on situations so that you come out on top. As this month unfolds you may be given an opportunity to make beneficial changes.

SAGITTARIUS (Nov. 22-Dec. 21): Find a budget buddy. In the month ahead you might spend time analyzing your expenses and resources. The pennies you often spend here and there on little things could mount up.

CAPRICORN (Dec. 22-Jan. 19): It is difficult to be carefree when locked into a serious mood. Give in to sentiment and put family pictures in order. Make your home a pleasant, restful haven.

AQUARIUS (Jan. 20-Feb. 18): It pays to discriminate, especially about romantic hookups. You may be tempted to accept the first offer that comes your way, remember there will be no doubts with true love.

PISCES (Feb. 19-March 20): Keep the faith. Sleep on major questions and concerns, and wake with the perfect answer. Important decisions may be made with little effort if you are patient.

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St. John's Lutheran Church in Fremont has begun its year of Celebration for 175 Years of "Travelers on a Journey-Living our Faith"

In February it started with three large banners on the outside of the church and a banner in the Sanctuary. Many people purchased celebratory t-shirts and will wear them on special occasions. On February 25 Northwest Ohio Synod Bishop, Daniel Beaudoin, spoke at one Service and a meal was shared afterward. A timeline of our history has been started from 1843 with pictures and history color-coded. It will be added to as the year progresses. A theme/hymn was started and will be sung with new verses concerning St. John's history at each month's Anniversary service.

Further plans for the year include: March 25: Music Celebration-10 (all music groups participate) Organ Concert by Dr. John Roberts- 2 (All are welcome) April 29: Youth Sunday-8 & 10:30 (youth participate) Pastor Jon Bull returns to preach. May 27: Old Fashioned Sunday- 8 & 10:30 (History repeated, costumes) June 24: Homecoming-Bishop Patricia Lull (She grew up in St. John's) 8 & 10:30 Services and Reception at 9:15-10:15. July 29: Ecumenical Service - 7 PM (Other churches will participate) Aug. 26: Sunday School Rally Day. Sept. 23: LIFT Service at Anjulina's (Living In Faith Together) Oct.: Stewardship Sunday - TBA. Nov. 18: Women's Thankoffering (Women's history and do the Service) Dec. 23: An Old Fashioned Christmas (Reenacting the past) Jan. 27, 2019: "The Future Faith" (Original play looking to the Future Journey)

Pastor Matthew Wheeler, in addition to his usual special sermons spoken from the heart, will create the January play. A steering committee of ambitious and excited members is researching the Archives to find historical information to include in interesting ways for the congregation, and several other churches will be included in these services, as they all were one at the beginning.

We hope to see you at 212 North Clover St. in Fremont. For info call: 419-332-7341 Office

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Calendar of Events

March 2018 – Sandusky County

All Month - Special exhibit “Bhutanese-Nepali Neighbors: Photographs by Tariq Tarey.” Rutherford B. Hayes Presidential Library.

2 - 4: Sandusky County Builders Association Annual Home, Garden and Business Show & I Do Too, Bridal Show, Fremont Recreation Complex, 600 St. Joseph Street, Admission and Parking – FREE.

8: Tales to Tails, Creek Bend Farm, Lindsey. 10-10:45 p.m. Join us at the Wilson Nature Center for storytime, crafts and adventure. Toddler to preschool. Call 419-334-4495 to register.

10: Second Saturdays R 4 Kids, Hayes Presidential Library. Interactive, educational program for kids thru age 12. A scavenger hunt will be available from 9 a.m.- 5 p.m. in the museum. \$1 for kids ages 1-12 and \$7.50 for adults. Grandchildren are admitted for free. Reservations required, contact Maggie Wilson at 419-332-2081, ext. 246, or mwilson@rbhayes.org.

10: Dog Walks in the Parks, White Star Park, Gibsonburg. 10-11 a.m. Come enjoy your Saturday mornings out in nature with man’s best friend. Leashes, vaccinations, and tags are required. Call 419-334-4495 to register.

11, 19, 27: Bird Banding, Creek Bend Farm, Lindsey. 8:30-10 a.m. Join Tom Kashmer, staff researcher, as he bands migrating birds. Meet at Wilson Nature Center. registration. Call 419-334-4495 to register.

13: Mason Bees: Pollinating Powerhouses, Creek Bend Farm, Lindsey. 7-8 p.m. Discover more about the underappreciated mason bee and make your own mason bee house to take home. 419-334-4495 to register.

15, 22, 29: Botany 101, Creek Bend Farm: Wilson Nature Center, Lindsey. 6-8 p.m. ! Come hike with us to view wildflowers in the park and learn to identify a few as well. available for use during the program. Field Trip: April 17 Register separately. 419-334-4495.

16: Holiday Innkeepers, Bellevue Society for the Arts, 205 Maple St.,Bellevue. 7 p.m. as they tour the world in song! bellevuearts.net or call 419-484-2787.

16, 17, 18, 23, 24, 25: Fremont Community Theatre – “The Nerd” , 1551 Dickinson St., 7:30 p.m. on Thurs., Friday and Sat. and 2 p.m. on Sunday. Rated PG Cost: \$15 for Adults, Seniors/Military \$12, Children 12th grade and under \$5.

17-18: Annual Toy Show, Sandusky County Fairgrounds. 9 a.m. - 4 p.m. on Saturday and 9 a.m. - 3 p.m. on Sunday. Cost: \$3.- Under 10 is FREE. Over 200 tables of collectible toys and die-cast racing collectibles.

23: Uncork the Fun, Camp Fire Sandusky County. Come out and taste great wines while bidding on silent auction and raffle baskets. campfiresc.org or 419-332-8641.

24: Easter Shop Hop Saturday! Downtown Fremont. Small Business

Saturday is a day to celebrate and support small businesses and their contributions to our community. Special discounts and promotions will be happening all day long.

24: Annual Golden Bear 10K Run, Gibsonburg High School, 9 a.m. Start Time. Runners 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 various age groups. www.gibsonburgohio.org.

24: Using Free Genealogy Websites, Rutherford B. Hayes Presidential Library, 9:30 - 11:30 a.m. Learn how to utilize the free genealogical websites in family history research. Cost is \$10 and can be paid the day of the class. Sponsored by RootsMagic.

24: Wild Art, Creek Bend Farm, Lindsey. 2-3pm. Call 419-334-4495.

24-25: Baker and Bonnigson Consignment Sale, Sandusky County Fairgrounds. 9:37 a.m. 419-547-7777 or www.sanduskycountyfair.com.

28: Presidential History Book Club, Hayes Presidential Library. Noon. Free. All are invited to read and discuss books about the American presidency at this free book club.

28: Back to Basics, Creek Bend Farm Lindsey. 6- 7:30 p.m. Explore eco-friendly ways make cleaning products and laundry soap. Call 419-334-4495 to register.

31: Easter Egg Roll, Hayes Presidential Library. 2- 3:30 p.m. Free. Kids ages 3-10 are invited to participate in a variety of egg games that replicate the famous White House Easter Egg Roll started by President Hayes. Prizes are awarded in 6 age categories, and each child receives a balloon, a pass to the Hayes Home or Hayes Museum and treats. Admission is 3 hard-boiled colored eggs for use in the egg games.

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Slow Month / iNaturalist

February was a slow month around here—no exciting bird or wildlife adventures. It seems like we spent the beginning of the month digging out of the snow, and filling bird feeders. The chickens stuck their heads out of the coop long enough to see the snow...then disappeared back inside to await the arrival of spring. In fact, it's so slow around here that all we saw on the new trailcam we bought with Christmas money were a few deer, a squirrel on its way to pillage our bird feeders, and one small field mouse chewing on an ear of corn.

We have a long driveway—but unless the snow is too deep, we shovel it by hand, starting at opposite ends and meeting somewhere in the middle. With both of us shoveling, it usually takes 45 minutes to an hour. That was before the chickadees: Scruffy, Pip, and Number 3 (who still doesn't have a name yet) discovered us out in front shoveling snow one afternoon. I was at the far end shoveling when I happened to look up and see Robin leaning against her shovel at the other end feeding two or three chickadees who were sitting in a nearby tree. As I watched, they took turns hopping down to eat out of her hand. Each time she tried to ignore them, Scruffy dove off his branch and flew around her head to remind her that they needed more treats. At that rate, I'd have to shovel the whole thing myself, so I stopped shoveling and went up to help her feed them. It took more than an hour to finish the driveway that day.

Since Robin is no longer working she has had to find other ways to occupy her time besides cooking, cleaning and feeding chickadees (and shoveling snow). She recently discovered the "iNaturalist" website, a website that may interest many of you if you haven't already found it. It's a place where you can upload photos (recent or past) of animals, birds, insects, plants—anything existing in the natural world—and others will either confirm your identification

or help you to identify it if you are not sure what it is. It's a place where amateur and professional naturalists can "get together" to share information. You don't need a degree to participate—only a curiosity for the natural world around you. Robin has begun to contribute some of her photos to the site.

We've been doing bird counts on our property—not daily, but often. We did some of the counts while walking around the property and some were at the feeders. During one of the heavier snowstorms we were amazed to see about thirty cardinals at the front feeder and ten at the back one. It's interesting to see which birds stay all winter and which ones begin to magically appear as spring approaches.

One of the nice things about winter is curling up with a good book and not feeling guilty about it. Robin and I both love to read. In some of our previous articles we've mentioned books that both of us have read and enjoyed—this month we'd like to recommend *One Man's Owl* by Bernd Heinrich. It is the account of a juvenile great horned owl, too young to fly or survive on its own, that was found by Heinrich during a late spring snowstorm. The story covers three summers in the Maine woods and follows the experiences the two share as they get to know each other and as Heinrich works to prepare the owl for survival on its own. It is a heartwarming, personable account of the relationship between them. At the time this book was published in 1987, Bernd Heinrich was a Professor of Zoology at the University of Vermont and the author of several books, many of which we've read. Robin says it's the best book she's read this winter. Finally, thank you to the reader from Oak Harbor for sharing your story about the gray rooster with the frozen comb and wattles. She wrote that she noticed he couldn't close his mouth so she took him in and put him in a parrot cage in the kitchen to thaw out. He seemed to enjoy being inside so much that

she kept him in until the weather warmed up. There was one slight problem with this arrangement, however: he would crow every time the phone rang and she had to explain the crowing to the caller. We enjoy hearing

your stories as much as we hope you enjoy ours!

Spring is just around the corner!

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Helen Marketti's Music Corner

Pop Culture and the Hippies



Helen Marketti

During the late 60s and early 70s, hippies were not only concentrated in California. They were sprinkled everywhere in the United States. One of Ohio's main cities where they congregated was in Cleveland, more specifically, The Coventry neighborhood.

Steve Presser who is the owner of the novelty and nostalgia store, Big Fun in the Coventry area will be engaging in a "Q and A" at the Music Box Supper Club in Cleveland for those interested in the hippie culture and looking to escape cabin fever on Wednesday, April 25 at 7:00 pm.

"I would say I have an eclectic taste in music," said Steve. "When I was younger, it was obviously classic rock like The Stones, The Beatles, Tommy James and The Shondells and Simon and Garfunkel. When I went to college, I became interested in reggae, new wave and punk. I like nearly every genre of music."

Steve's career path has taken several interesting twists and turns. "I attended the University of Michigan and graduated with a Bachelor of Science in Pre-Med but I never went to med school. I went out to California after college to attend graduate school at Berkley. At that point, California was not my thing so I moved back to Cleveland. I started working with people who had developmental disabilities and I loved it. I did that for a couple of years. THEN I totally switched gears, started wearing a suit and tie every day and worked as a stock broker for seven years at Paine Webber," he remembers. "It was 1990 that I initially opened up a pop up shop of Big Fun while we did renovations. We opened Big Fun on April Fool's Day in 1991. So the big joke was I went from stock to schlock! (laughs) What people embrace when they were younger, they want to recapture when they become adults. Nostalgia never goes out of style."

Steve is often asked to give talks about a variety of topics ranging from trending toys, days gone by or thoughts on any topic ranging from soup to nuts and that could be quite literally.

"I give talks all the time. I work the library circuit and gave a dozen talks last year. I sometimes talk about the history of toys, the evolution of Mom and Pop stores, independent storeowners and pop culture. We discuss how things have changed over the years," explains Steve. "I am also enamored with the whole hippie philosophy. Everyone talks about free love. While that was part of it, I am more interested in the music, the styles, the independent thought and social



activism. I find it fascinating. I grew up in the University Heights and Coventry area of Cleveland. The area was a hot spot for the Bohemian Hippie district. 1967 through 1970 were magical years. Working at Big Fun I am a collector of history so that time period is of interest."

He continues, "It was a time period of great social consciousness and the greatest time for music. The Music Box Supper Club contacted me and asked if I would talk about the hippies and that generation. It will be set up as a Q and A. I can talk at nauseam on a great many topics!" (laughs) "Coventry has always been one of the cool, hip neighborhoods. It now has competition such as Tremont and Ohio City but Coventry has always been the leader, a welcoming neighborhood."

When asked what he hopes the audience will take away from the discussion, Steve said, "I hope they understand that these are definitely different times. There are many memories. I am sharing stories and thoughts from that time from my own interpretation. There were many small businesses around then, today not so much. Rent goes through the roof and sales go down. There isn't the infinity of love and loyalty that places used to have. Sadly, the next generation is more of a disposable generation and they are not collecting or showing much of an interest. Many factors change the landscape of the way things once were. It's important to preserve what we can."

www.musicboxcle.com

**Writer's Update: After nearly 30 years of being in business, Steve Presser recently announced that Big Fun will be closing its doors at the end of May. "After recently going through some personal losses of close friends, you begin to reevaluate where you are in life. It is time close to Big Fun and move on to another chapter."*

BIRDSCAPING: Let your garden take wing

March is that pivotal time when we shake off the winter coat of snow and begin planning and dreaming of warmer days ahead. Although many gardeners plan which plants they'll grow, you can also Birdscape, which means you can develop a garden that will also attract a wide variety of birds.

To get started, you need to remember what is most important to birds – finding food and not becoming food! Food is more than just some suet. Birds are drawn to berries, insects and safe nesting places. Think about how birds travel horizontally from plant to plant, high enough above ground to be safe from cats and other predators. Then remember how they also need vertical elements to perch high on for a lookout and place to dive from.

Although most Americans try to keep a neat, orderly garden and yard with space between plants, birds will benefit from a variety of plants which connect together and leaves left underneath to create a source for worms and insects. If you can hold off cutting back flowerbeds in the fall, this will allow many birds the cover they need in winter while they search for food. Allowing more of a natural freeform garden with its ebb and flow of plants growing and dying, will make birds feel more welcome to your yard.

So if you're up to doing something new this year in your yard, try birdscaping, and let your garden be "for the birds."

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St. Patricks Day • Easter • Gardening Items
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March Madness is all month at
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"Great food and drinks every day"

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expires 03/31/18

In Your Own Backyard

Fremont Eagles, 2570 W. State, is hosting "Breakfast with the Easter Bunny", Sat., March 10 from 9-11am. Tickets are \$10 adults, \$5 children 10 and under. Tickets include 2 Easter basket drawings at 10 and 11 am. You must be present to win. Tickets can be purchased online at lutherhome.org; Lutheran Social Servies or at the door the day of the event.

Fastraxx: March 2, Ohio Oval Series, Slot car race on the large and fast oval. Open at 8am. May 12: Ohio Challenge Cup Enduro Race at 2201 Commerce Dr. in Fremont. Doors open at 8am.

Free Investing Event: "Demystifying Investing" is a free introduction to investing. Sponsored by BetterInvesting's Northwest Buckeye Chapter and Terra College Foundation., April 12, Ronald Neeley Conference and Hospitality Center at Terra State Community College, 4:30- 6:45 p.m.— walk-in discussions for future investors, students & staff welcome. 7:00 to 8:30 p.m., presentation on "Demystifying Investing." Refreshments and prizes! Seating is limited. For info call 419-986-5232 or register online at Demystifying Investing Registration Terra 2018 Survey

Briar Middle School is hosting a chess tournament for middle school students, grades 6, 7 and 8, March 10, Saturday, 9 am. Contact Tim Balduff, Chess Club Advisor at 419-626-3872.

Issac Walton Pop Up Shoots: March 10, April 7, May 5, June 2, July 7, Aug.4, Sept.1, Oct.6, & Nov.3. Held at the Izaak Walton League, Fremont Chapter, C.R. 170 from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5 for 20 target presentations. For more info call Larry Perkins 419-355-8374 after 5:30.

Countryside Drive Community Gardens, Sponsored by Ottawa/Sandusky Co Master Gardener Volunteers, is accepting applications for plots in the Community Garden, located at the corner of 5th St (SR 6) & Countryside Dr. Call OSU Extension office of Sandusky Co 419-334-6340 Deadline: March 31.

FREE presentation to the public. What: Scott Thomas of Pennsylvania will be coming to reenact General James B. McPherson in 1st person. When: Tuesday, March 13 at 7 pm. Where: Clyde Museum (Hurd Room) 124 W. Buckeye St., Clyde. Located directly across from the Clyde Post Office. Light refreshments will be served following the presentation.

Sandusky County Positive People's Spring Power Packed Luncheon: March 20, 11:45-1, at Vanguard Career Center's Café, 1306 Cedar St. in Fremont, lunch and speaker is \$15. Call 419-332-1940 by March 11th for a reservation. "Youth Asset Development Today", presented by Cassandra Tucker, is the topic. Ms. Tucker is a social worker with Fremont City Schools who serves the student population in grades 6-8 at the Middle School. She dedicates herself to providing support to students, youth of the community and anyone she encounters by enabling them to see their value. Visit <http://www.scppohio.org/> for info..

Annual Spaghetti Fundraiser: Sat., March 10 the Green Springs Lion Club, Calvary United Methodist church at 111 S. Kansas St., from 5-7 pm.. The cost is \$7 per person and includes spaghetti with sauce (with or without meat), salad, garlic bread and coffee, iced tea or water. Homemade desserts are available at an additional cost to support the church. All major credit cards accepted, cash or check.

Reiki and Natural Healing: Bellevue Hospital, 1400 W. Main St., Conference Room A-B

Begins at 6 PM, Dismiss at 8 PM, Speaker Dr. Paul Silcox. Dr. Silcox is now offering a broader scope of all natural health and wellness

services. His personal work in the community against the opioid epidemic is opening new avenues for our communities. Traumatic stress disorders, depression, addictions, dependency on medications are impacting many individuals and families. Who can we turn to for help? Who do you trust? Please join us and bring a friend.

Music is in the Air ! You are invited to join us at Anjulina's Catering, 2270 W. Hayes Ave., Tues., March 13, 11 am-1 pm, Cost \$12 (an opportunity for wearin' of the green!!) Our Feature will be the Rutherford House performing Karaoke. The Speaker will be Bethany Widmer, Gibsonburg, telling us about "The Parent in Control". Reservations for luncheon & free child care, Donna at 419-680-2251, or emailing Carrol at fawcluncheon@gmail.com by March 8.

Riders Unlimited, Inc. is seeking volunteers 14 years old and older to help as horse leaders and sidewalkers. Training will be provided on either March 12th, or March 14th, at 5:30 PM. For more info and to register for training, please call 419-898-6164 or email ridersunlimited@gmail.com.

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1312 Oak Harbor Rd. – Fremont

Dear Cathy,

I have a Havanese dog who is approximately 7 years old. My daughter and I adopted him from North Shore Animal league five years ago, but since she moved out he's become very attached to me. He is very loving. He follows me all over and sleeps with me. He is walked at least three times a day.

The problem is, he can sometimes become very aggressive and bark and growl when he sees strangers on our walks through the neighborhood. Sometimes, I take him to the beach with me and he will sit quietly next to me, but if someone approaches us, he will growl and bark in a very aggressive manner. I am always very careful with him, especially around children who he does not seem to like either. He is also very aggressive toward my significant other when I'm around, but during the day when I'm not home he is fine with him. - Toby, Syosset, NY

Dear Toby,

You have an overprotective dog. While that trait might be great if you are in a danger, it's not a welcome trait in the everyday life of a family dog.

Sometimes, without knowing it, dog owners reinforce overprotective behaviors simply by not correcting a behavior when it happens. Correcting a behavior is basically not letting him get away with it. It's a verbal correction of "no," and removing him from the situation so he can't continue the behavior. Saying "no" at the beach for example, might make him stop growling, but it doesn't make him stop looking at the people around you who he sees as a threat. His eyes need to be focused on you, so he can learn from your body language and voice and tone as to whether a situation needs his attention.

The good news is, your Havanese is a very smart and trainable dog, so through obedience training, you can teach him to shift his gaze from looking outward to always looking to you for instructions on how to behave. Begin teaching him to look at you by saying his name about 25 times in a row during one to two-minute training sessions held three times a day. When he makes eye contact, click a clicker and give him a tiny treat. When he

makes eye contact every time you say his name, than use the clicker to train him to "sit" and "down," again doing this several times a day. Don't worry about "stay" right now. Do these sessions quickly, so he doesn't have time to think about anything else but what you are asking him to do.

Next, if he barks and growls at anyone while you are walking him on a leash, you have two options. One is to stop abruptly, turn, and walk in the other direction. If you do this even when no one is around, he will begin to think he better pay attention to you.

The other option, which I use frequently when my dog barks at other dogs or people, is to step in between him and the thing he is barking at, ask him to sit, and then turn with my back to him, but facing the perceived "threat." Keep the leash tight so he can't get in front of you or peak his head around you. The idea behind this is to let him know you got this, and you don't need him to protect

you, and that it's actually your job to protect him. Again, you are letting him know it's OK to relax and leave things up to you.

Finally, never force him to interact with people, but socialize him little by little. Determine how far away people need to be before he relaxes and give him treats for relaxing. Slowly move closer to people as he progresses, always giving him a treat for staying calm around people. Stay vigilante with this training, and you will begin to reshape his behavior.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.) (c) 2018 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.

No, this is not an Ann Lander's advice column, or Dear Abby either, it's just Ms. Grace with a story and, yes, a request.

Eighteen years ago, in the year 2000, many of you were readers of this column and followed my battle with lymphoma that had gone undiscovered until it was in stage four. It was after my recovery that my doctor and I made a plan for every three month's wellness visits. They include a schedule of routine test; blood work, EKG's, reminders for me to schedule my mammograms and any other important health checks. This plan has been able to keep me "in good shape" with all "my system numbers" where they need to be, it can also catch things early while they are preventable or treatable. Thus, was the case for me when a couple months ago the mammogram showed a very small spot in my left breast. The plan was made to do an ultra-sound guided needle biopsy to determine if it was cancerous. This

Kiss Me, cont'd on 11



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Local Program Offers Cost Effective Help for Drug Addicts

By Dr Paul Silcox

On October 15-16th, 2017, Dr. Paul Silcox, chiropractor and acupuncture practitioner of Fremont, attended training for certification by the National Acupuncture Detoxification Association, called NADA, in Ann Arbor, Michigan. The training emphasized procedures that have been used for over 40 years to help drug addicts detox, recover and rehabilitate to drug free, productive lives.

Beginning at Lincoln Hospital in South Bronx, New York in 1974, the simple ear acupuncture procedure has been applied on hundreds of thousands successfully, and now is being used around the world by thousands of NADA trained practitioners.

NADA protocol has application for drug addiction by reducing cravings and their triggers, decrease withdrawal symptoms, PTSD and increased calmness. The recipients usually have less agitation, and report reduced stress and often decrease of emotional trauma. In addition, there is frequently an easier connection with counseling. Also reported as a frequent benefit is the dis-

covery of an inner quietness and a strengthened resolve for the recovery process.

The unique NADA protocol uses a non-verbal approach to healing that uses the gentle placement of 5 small sterilized disposable acupuncture needles into specific sites on each ear. The recipients sit quietly for 30 – 45 minutes. Dr. Silcox has added another procedure to aid in the detoxification process.

Dr. Silcox has used this protocol successfully in his Fremont practice and will be working with the Mental Health & Recovery Services Board of Seneca, Sandusky & Wyandotte Counties to treat their clients. This protocol is hoped to be of benefit to the judges and parole offices of Sandusky County as they consider options for dealing with the deadly epidemic.

For further information or a brochure about the NADA protocol and fee structure, contact Dr. Silcox at 419-307-8094.

Classifieds

SERVICES

Dust Free Cleaning: Get your house ready for spring! Referencers, insured, 4 hour minimum, \$18 per hour. Call 419-603-6667.

Donna's Sewing: Alterations; pants, zippers, curtains, now taking prom dresses! Quick turn around. Call Donna at 419-332-1654, 922 Carbon St., Fremont.

TAG SALE

5th Annual Benefit Tag Sale for the Humane Society. Location: Fremont Yacht Club off Port Clinton Road. Hours are Sat., March 24th from 9-3 and Sunday, March 25th, noon-3, 50% Off.

Advertise here for \$25, just send your check and classified, 30 words or less, to 30 Ponds Side Drive, Fremont, 43420.

Kiss Me, cont'd from 10

process is less invasive than surgery and does not require an anesthetic. However, the spot was located very close to an artery leading from the heart. The radiologist, wisely did not wish to risk nicking the artery causing severe interior bleeding in my closed chest. So, the spot was removed surgically and it was cancerous. The good news is, none was found in the surrounding tissues. A second surgery to remove the lymph nodes that were fed by the cancerous spot, found no cancer there either. So, long story short, once again I am cancer free. I credit the good Lord of course, and our plan for those wellness visits which reminded me to schedule the mammogram. We found it early and took prompt action.

Please allow me to suggest that not only the older girls and women among us, but older boys and men, schedule wellness visits as well. Please remember how much you are needed and loved by your families. Take care of yourselves. We love you!

We hope to see you at the Home Show March 2nd, 3rd, and 4th. Visit our Old Garden House booth and try your hand at our guessing game. You could win a Ms. Grace baked pie, your choice of kind and date you want it.

We will have "Tea at Two" schedules for you to pick up. At this writing, we have not yet met to plan speakers/ programs.

We will be Celebrating the new Season on March 20th, the first day of spring. We will be serving dinner at 5:30pm and reservations can be made for one person or more. Our limit is 30 people. I think I'll fix Pot Roast and go-with-its and make pies and yeast rolls. Call 419-332-7427.

So, we'll shovel snow a couple more times, maybe make one more snowman and then we should feel the warmer breezes and see the little sprigs and sprouts pushing through the soil. Meantime, let's light the fireplace one more time and watch the flames do their magic and remind us that LIFE IS GOOD.

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2018 UNCORK THE FUN!
Friday March 23, 2018 7:00—9:00 p.m.

Rain Date: Saturday March 24th

Doors open 6:15 Raffle drawings start at 7:30
Ticket Price: \$25/person - Wine & Pop Cash Bar
Camp Fire, 2100 Baker Road, Fremont, Ohio

Light Refreshments, Silent Auction,
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To support Camp Fire Sandusky County

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Camp Fire Sandusky Co. is now accepting credit cards for ticket purchasing as well as purchases that evening.

Donated by Rick Holland, CPA Pre Sale Tickets Only

The Bellevue Hospital Recognizes Our Medical Staff



Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.

Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2018. Pictured from left to right are: Steven Zieber, M.D., Secretary-Treasurer; Karen La Salle, M.D., Member-at-Large; Donald Smith, Jr., M.D., President; Corey Fazio, D.O., Vice-President; and Douglas Hoy, M.D., Chairman, Credentials Committee.

In observance of National Doctor's Day and our Centennial Year, the Family of The Bellevue Hospital would like to congratulate and thank all of the members of the hospital's active, courtesy, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.

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Samuel Agubosim, M.D.
William Cleveland, M.D.
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David Nitzsche, M.D.
Paul Potter, M.D.

Cardiology

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Ehab Eltahawy, M.D.
Blair Grubb, M.D.
Rajesh Gupta, M.D.
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Philip Hutchison, D.O.
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William Bauer, M.D.
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James Fanning, M.D.
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Optometry

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Mark Pifer, O.D.

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James Huddleston, D.O.
George Stepanic, D.O.

Otolaryngology

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Vimal Kumar, M.D.

Pathology

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