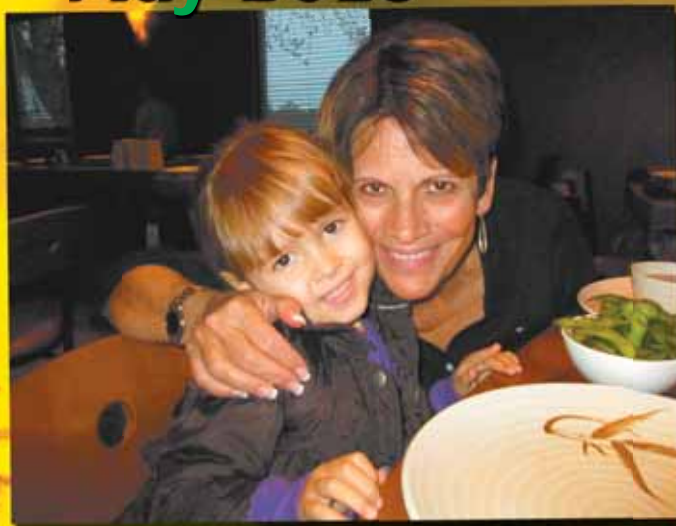


Lifestyles

Free

Vol. 15 Issue 5

May 2013



Happy Mother's Day

www.lifestyles2000.net

The Bellevue Hospital Welcomes Dr. Maher Salam

Maher Salam, M.D. has joined the Family of The Bellevue Hospital as a gastroenterologist and will be accepting patients in Bellevue. He joined the practice at Bay Area Gastroenterology, Norwalk, in 2012. He specializes in cirrhosis and liver disease, and in gastroenterology procedures including colonoscopies, EGD and ERCP. He is married with children and enjoys playing soccer and table tennis.

Board Certified:

Internal Medicine, Gastroenterology

Fellowship:

Gastroenterology/Hepatology ~ Virginia Commonwealth University, Richmond, VA

Residency & Internship:

Gastroenterology ~ Cleveland Clinic Health System, Fairview Hospital

Work Experience:

Gastroenterologist ~ Bay Area Gastroenterology, Norwalk

Hospitalist & Site Director ~ Fisher-Titus Medical Center, Norwalk

Hospitalist ~ Lutheran Hospital, Cleveland

**Now Accepting & Scheduling New Patients in
Specialty Care Clinics of The Bellevue Hospital**

Maher Salam, M.D.

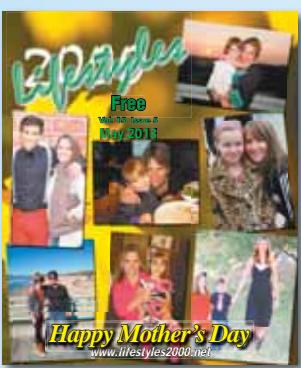
Gastroenterologist

419.663.8061



1400 West Main Street • Bellevue, Ohio 44811

*Dr. Salam is a member of The Bellevue Hospital's Medical Staff
with office hours in Bellevue.*



Lifestyles 2000

May 2013

Vol. 15 • Issue 5

www.lifestyles2000.net

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Green Springs Civil War Days are Here!

It is that time of year again, time for the annual Green Springs Civil War Days at The Springs on May 18th and 19th. Once again the event will be held on the beautiful grounds of Elmwood at The Springs, 401 N. Broadway Street.



On Saturday there will be a vintage baseball game featuring The Stentown Stinkers vs. The Spiegel Grove Squires. Ladies Victorian Tea with a vintage fashion show will be held at Elmwood "The Inn Beautiful," straight across the street from the springs. You can also get your picture taken in period costumes for a small fee and take it home with you. The Battle for Gray Goose Creek will be an exciting Civil War battle re-enactment, featuring cannon fire. Also on Saturday will be the pie contest and auction with all proceeds going to next year's event. A lantern tour of the camp, flag retirement ceremony and artillery night fire will round out the day.

Sunday there will be church at the fountain, buggy rides from Lil Bit Country, the Stinkers will take on another baseball team and the final Civil War battle will take place. The lowering of the flag will take place at 3pm.

All week-end food vendors will be available along with ice cream. The Old Time Bathhouse will be open for business Saturday and Sunday. Come out and walk around the camp and experience stepping back in time. For more a detailed itinerary please visit www.greenspringscommunity.com.

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Lifestyles 2000

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For advertising and general information call, 419-334-3602, or e-mail 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."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

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

It is with much excitement I write this month's letter! Fourteen years ago we introduced Lifestyles2000 to Sandusky County. We are so pleased that we are having another anniversary, and hope to have many more. Thank you readers and advertisers, we couldn't have done it without all of you.



A big thank you to Dairy Queen West, Memorial Hospital and Bellevue Hospital that were in our first issue and have continued with us for fourteen years.

Happy Mother's Day! Our cover features our daughters Kelly with son Tristen and daughter Chloe; daughter Briana with her daughter Ella; daughter-in-law Mary, with her twins, Brynn and Kieran; and myself with my two grand kids, Ella and Kayden, that live in NYC and LA.

Remember our veterans this Memorial Day, congratulate a graduate and welcome those spring flowers-May is indeed a month of new beginnings.

God bless,
Joanne



There were almost 200 entries in what was a really difficult contest! About 20 were incorrect, the rest got it right; Bellevue Hospital's Dr. Bunni ad.

Find Pete Winners

Winners are: Annette Mavros, Tammy Taylor, Jane Crouch, Sandy Kessler, Bernadine Riegel, Clyde; Mary Ohms, Vickery; Kay Steinmetz, Bettsville; Maria King, Pat Garcia, Green Springs; Linda Gladieux, Oak Harbor; Maretha Cook, Bellevue; Melissa Francis, Lindsey; Lindsey Sabo, Helena; Nicole Laviola, Bellevue; Judith Schleter, Tiffin; Brad Kleper, Ethella Cook, John Shiets, Susie Missig, Hannah Foos, Fremont.

It is time again for Miller Boat Line tickets to be sure to enter this month!

Find Pete Prizes

"Find Pete" prizes for May, include gift certificates from Miller Boat Line, Jenesis Salon, Dairy Queen West, Rally's, Old Fort Market, and Calico Cat.

You may request a specific prize.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!

Campfire News & Notes

Tuesday April 9th was a festive evening as Camp Fire held it's annual Birthday Pot Luck with the theme "Celebrating the 70's!" There was tie-dye, flared jeans, leather, silk and creative styles as far as the eye could see! The entertainment consisted the song "Lean On Me" sung by Teens in Action, the Kinder Kids got all involved with the Welcome Song, Star Flight groups demonstrated Lemmy Sticks, The Friendship Arch, and we were visited by Characters from the 70's. Adventure Levels had a 70's fashion show and a skit titled "The Transformation." The Discovery girls quizzed us with 70's trivia and showed their version of the "Gong Show." The yearly "Fly Up" ceremony concluded the activities for the evening, with members from the 2nd, 5th and 8th grades advancing to the next levels of Camp Fire. Special recognition went to our Senior members, Alicia Juan and Danielle Vigil, who will be graduating soon. We want to thank club members and their families, club leaders and all who helped make it a night to remember.

Awards have been distributed for the National Art Competition, with this years medium being "Printmaking." From all the wonderful entries, fifth grader, Lexus Greear received "Best of Show." From

the Starflight level (grades K-2nd), Violet Warren placed 1st, Kaleigh Hall placed 2nd and Jacob Mariscal received 3rd. From Adventure level (grades 3-5th), Carrie-Ann Leibengood placed 1st, Angel Moser received 2nd and Cassandra Leibengood placed 3rd. From the Discovery level (grades 6-8th), Justine Michael placed 1st, Tori Meggitt received 2nd and Gabrielle Hilt placed 3rd. Congratulations and thank you to all that participated.

We would like to thank vendors, volunteers, Camp Fire Board Members and participants in the "Uncork The Fun" fundraiser. Your hard work, support and dedication are truly appreciated.

Summer Camp registration begins May 2nd. Camp flyers will soon be distributed to K-3rd grades in Sandusky county. Camp information and registration forms are available at the Camp Fire office, 2100 Baker Rd, Fremont or you can go on line at: www.campfirefremont.com. We look forward to seeing everyone this summer!



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Classifieds

MISC.

Wanted, hair dresser with clients and manager's license. No rent-50% commission. Send notes of interest to Salon, PO Box 751, Fremont, Ohio, 43420.

Spring is here, Dust Free Cleaning is ready to get your house in shape! Cal 419-603-6667, \$12 per hour, four hour minimum, references, insured.

Humane Society Garage Sale, May 17, 18 at the UAW Hall on Stone St., Fremont. Hours are 9-5 Friday and 9-4 Saturday.

Fremont Sealcoating, LLC, pot hole repair, concrete sealing, seal coating, line striping, crack repairs for asphalt parking lots and drive ways. Call Keith at 419-603-1148, or Matt at 419-603-9759.

FOR SALE

Boat for Sale: 1993, 37' Silverton Convertible, Fiberglass, 200 hours, sleeps 6, new bottom paint and many extras! Price reduced, call 419-332-4246.

For Sale: Sauder Entertainment Center, oak, glass doors, 59x19x51, 32", lots of storage, with 32" Sanyo TV included. Asking \$150, call 419-332-7265.

For Sale: 1990 Glendale Mobile Home, 14' by 70", 2 bedrooms, 2 baths, updated kitchen, call 419-208-2901.

Mail your check for \$25 to Lifestyles, 30 Ponds Side Dr., Fremont, OH 43420 by May 20th to be included in the classifieds.

Ads can be up to four lines.

Cholesterol, Blood Pressure Screenings Offered

The Bellevue Hospital will be performing cholesterol and blood pressure screenings at seven different locations in Bellevue and Clyde during the month of May.

A fee of \$10 will be collected for each cholesterol test performed, while blood pressure checks are free of charge. For more accurate results, participants should fast for at least eight hours prior to the cholesterol test.

Screenings will be held in Bellevue at the following locations: Medicine Shoppe, May 1, 9:30-11:30 a.m.; Bassett's Market, May 14, 9-11 a.m.; Hogue's IGA, May 21, 9-11 a.m.; and Senior Center, May 28, Noon-1:30 p.m.

Screenings will be held in Clyde at the following locations: Miller's SuperValu, May 15, 9-11 a.m.; Rite Aid, May 20, 9-11 a.m.; and Senior Center, May 23, 10:30-11:30 a.m.

Information can also be obtained on the hospital's website at www.bellevuehospital.com.

For additional information, phone 419.483.4040 (Bellevue); 419.547.0074 (Clyde); or 419.639.2065 (Fremont, Old Fort, Green Springs and Republic). Dial or ask for Extension 6610.

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"A Heart in Purple Cloth"

John Bricker governed the state of Ohio throughout World War II. Like all Americans, he was well aware that the war would transform the state and its citizens for decades. Late in 1942, he established the Ohio History War Commission and charged historians and archivists around the state with collecting data on Ohio's service members. Some 20 historians complied with the governor's request, but were less than successful. Many records were closed for security reasons.

Watt Marchman, former longtime director of the Hayes Presidential Center, set about clipping local newspaper articles and searching for individual records. He made a special effort to collect as much information as he could on those who received America's most recognized military decoration and its oldest - the Purple Heart. General George Washington, who established the medal, described it as "a heart in purple cloth to be worn over the left breast."

Although far from complete, questionnaires on nearly 50 Sandusky County Purple Heart recipients were compiled. (Ten include a wartime photo.) It was not until September 1942, that the Purple Heart was given to those serving in the Navy. Perhaps this is why only one sailor appears in Mr. Marchman's records. He was U.S. Navy Seaman 2nd Class Norman Lee Cole of Fremont. He received the Purple Heart posthumously. Just 17 years old, Norman Cole lost his life while serving on the aircraft carrier "Gambier Bay" during the horrific Battle of Leyte Gulf.

Screened by her sister ships, the "Gambier Bay" escorted transports and landing craft to Leyte Gulf. When Admiral Halsey departed with his carriers, the "Gambier Bay" moved off to the island of Samar. But during the night, Japanese cruisers and destroyers slipped through the San Bernadino Strait and down the fog-shrouded coast, targeting the "Gambier Bay."

Surprised and outgunned, Cole's ship was severely damaged even though



2nd Class Seaman Norman Cole

U.S. planes flew close cover, trying to defend the wounded ship with repeated bombings and torpedo attacks. Dead in the water and engulfed in flames, the "Gambier Bay" capsized and sank. Patrol boats rescued some 800 sailors from the shark-infested waters, but Seaman Cole and more than 160 others were lost forever.

The U.S. Navy and "Gambier Bay" survivors have never forgotten Seaman Cole and those lost that day at Leyte Gulf. They honor their sacrifice by paying homage at annual reunions held on the battle's anniversary and through photographs and reminiscences on websites devoted to the crew of the "Gambier Bay."

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SLEEP IN A BOX; HELP THE HOMELESS

Have you ever had to sleep in a box? Probably not as most people are able to avoid the desperation of homelessness. The folks at Liberty Center of Sandusky County invite you to both experience a hint of that desperation and help people who are homeless by becoming a resident or sponsor of Box City 2013. A city of boxes will be rising up in Fremont's East Side Park at 5:30 p.m. on June 7. Box City residents will be provided boxes thanks to Green Bay Packaging or may bring their own boxes in which to spend the night. Constructing and decorating the box structures are a big part of the Box City fun. Residents will enjoy a hotdog dinner and, after dark, a candle light service.



Box City 2013 is a wonderful opportunity for church youth, 4-H, Girl Scout, Campfire, Boy Scout, Cub, neighborhood, school, and family groups to experience homelessness and help the homeless. Additionally, Box City 2013 is an opportunity for individuals, service clubs, and businesses to be advertised sponsors of the event. Incidentally, as a fund and awareness raising event, Box City 2013 replaces the once annual Hat Box auction. Those interested in sponsoring or participating may contact Liberty Center at (419) 332-8777 for registration and information.

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Cough that lasts may be sign of underlying problem

DEAR MAYO CLINIC: What could cause a cough that lasts for months? I take antihistamine tablets and use nasal saline spray, but still cough throughout the day and at night.

ANSWER: Coughing is a normal reaction to irritants in your respiratory system. Coughing forcefully expels foreign bodies, mucus and other irritants, such as pollution, from your throat and clears them from your airway.

However, when a cough lasts too long, it may be a sign of an underlying problem or disease. Moreover, coughing itself becomes a problem. The forces exerted on your body by persistent coughing can result in direct physical problems - such as damage to your vocal cords, rupture of small blood vessels in your airway, fainting spells, hernias or even broken ribs. It can also harm the quality of your life, sleep and social life.

When a cough lasts longer than six to eight weeks, it's considered a chronic cough. Diagnosing the cause can be time-consuming, but is usually a critical first step which involves systematically eliminating probable causes through history taking, testing and trying different treatments. Common causes of chronic cough include:

1. Postnasal drip. This is a sensation of mucus trickling from the back of your nose down into your throat. It may be due to hay fever, allergies or irritants. How postnasal drip causes a cough is still not clearly understood. In some cases, this sensation may not even be noticed. In chronic cough, postnasal drip may be due to inflammation of your nasal passages including your sinuses.

2. Asthma. While unusual, asthma can present with only a cough. This is known as cough variant asthma. It doesn't necessarily mean that you will develop chronic asthma with wheezing.

3. Gastroesophageal reflux disease (GERD). With GERD, stomach acid, digestive enzymes and bile back up (reflux) into your esophagus. It may reach up to the voice box.

In severe cases, reflux material may get into the lungs. These substances are irritating to your respiratory tract and can trigger a cough.

Coughing itself may cause acid reflux, turning it into a vicious cycle. While heartburn is common in reflux, not everyone with reflux experiences it. Hoarseness, throat clearing, the sensation of a tickle in the throat and cough - usually when in an upright position - may be associated with GERD affecting the throat. This is called laryngopharyngeal reflux (LPR).

4. Pertussis. Chronic cough may be due to an unrecognized case of whooping cough (pertussis).

5. Angiotensin-converting enzyme (ACE) inhibitors. Taken to lower blood pressure, drugs in this class include enalapril (Vasotec), lisinopril (Zestril) and others. Chronic cough can occur long after these drugs have been started. And, it may take two to three weeks for a cough to improve after stopping these medications.

6. Lung disorders. Chronic cough can be caused by airway damage called bronchiectasis, and by a condition that causes asthma-like symptoms, but with normal lung function (eosinophilic bronchitis).

In smokers, persistent cough and phlegm production (chronic bronchitis) is common. Throat or lung cancer may be suspected in a smoker or former smoker who has a chronic cough that changes abruptly or lasts for more than one month following smoking cessation, or if they cough up blood or note a change in their voice.

Usually, chronic cough can be stopped by treating an underlying cause. In about 90 percent of cases, the underlying cause is postnasal drip, asthma or GERD. If sinus disease or reflux is suspected, response to treatment may help determine the cause. Sometimes, there can be more than one cause that needs to be addressed.

Depending on your diagnosis, treatment may include:

1. Antihistamine allergy medications and decongestants. These are standard treatments for postnasal drip. If you can identify a trigger that causes symptoms, avoiding that trigger may be helpful. Nasal corticosteroid sprays also may be of value.

2. Inhaled asthma medications. These reduce inflammation and spasms and open your airways.

3. Drugs to suppress stomach acid. These help manage acid reflux. Additional measures for reducing acid reflux include losing weight if you're overweight, eating meals three to four hours before lying down for bed or elevating the head of your bed a few inches.

4. Antibiotics. If your coughing is suspected of being caused by a bacterial infection, such as a persistent sinus infection or a lung infection, antibiotics may help.

5. Not smoking and avoiding secondhand smoke. In addition to causing chronic bronchitis, smoking irritates your lungs and can worsen coughs from other causes.

If no cause for your cough is found, or if the cause can't be effectively treated, drugs may be prescribed to suppress the cough, loosen mucus or relax airways. - Kaiser

Lim, M.D., Pulmonary and Critical Care Medicine, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGNmayo.edu](mailto:medicaledge(AT)SIGNmayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For more information, visit www.mayo-clinic.org.)

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The Bellevue Hospital Welcomes Dr. Hala Bunni

Hala Bunni, M.D. has joined the Family of The Bellevue Hospital as an obstetrician/gynecologist. Dr. Bunni was born in Great Britain and raised in Canada. She now resides locally and in her spare time enjoys cooking, entertaining guests, trying new foods, traveling, snorkeling, and most of all, shopping!

Education:

University of Western Ontario, London, Ontario, Canada • American University of the Caribbean School of Medicine, St. Marten, Netherlands Antilles

Residency:

OB/GYN Residency • Franklin Square Hospital, Baltimore, MD

Hala Bunni, M.D., OB/GYN
1005 W. McPherson Hwy. • Clyde, Ohio 43410
419.547.4285



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

Now Accepting New Patients

SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR MAY:



SANDUSKY PARK DISTRICT COUNTY

NEW for MAY: online program registration and facility reservation. Now you can either call 419-334-4495 or use www.LoveMyParks.com to sign up!

Canoe with Eagles: Meet at 5 pm: Wed, May 1; Mon, May 13; Tues, May 14. All programs meet at the Park Office, 1970 Countryside Place, Fremont, then travel to launch site at Decoy Marsh. Registration required @ you must register with a partner, at least 12 years old. Canoes provided to travel along Green Creek, a prime eagle watching area. Canoe program registration is only by phone.

Stream Quality Monitoring, Sat, May 4, 10:30am-12:30pm, Wolf Creek Canoe Launch, 2409 S. State Route 53, Fremont. Dress to get wet & bring an extra pair of shoes. Registration required.

HIKE for the Health of It: Mon, May 6, 5pm, North Coast Inland Trail, Biggs-Kettner Park, 601 St Joseph St, Fremont. No registration required.

Puddle Jumpers: Wonderful Worms: Thurs, May 9, 10am, Park Office, 1970 Countryside Place, Fremont. Ages 5 and under should dress to get dirty as we examine worms up close. Registration required.

Meet Me at the Cabin: Dandelions & Other Spring Edibles: Thurs, May 9, 1pm White Star Cabin, 5013 C.R. 65, Gibsonburg. Discover dandelion's amazing facts and enjoy them along with other spring edibles. Registration required.

Fish Research: Creek Bend Farm, 654 S. Main St (SR 590), Lindsey. 2 pm: Sat, April 27; 4 pm: Sat, May 11; 4 pm: Sat, May 25.

Dress to wade into the creek and assist with ongoing research. Fish traps have captured over 6,000 fish of 42 species since studies began in 2002. All ages welcome. Registration required.

Nature Discoveries-Aquatic Insects: Sat, May 18, 10:30am-12:30pm, Wolf Creek Canoe Launch, 2409 S. State Route 53, Fremont. Explore the underwater world of insects in the Sandusky River. Discover different types of insects, their unique eating habits, and the enemies they try to avoid. Wear closed toed shoes and prepare to get wet. You are welcome to bring a hand lens for extreme close-ups. Registration required

Stargazing: May 18 at sunset, Wolf Creek Park Campground. All ages are welcome to view the night sky with telescopes set up by Sandusky Valley Amateur Astronomers. You are invited to bring your own binoculars, telescopes, and questions about astronomy. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, 2701 S.R. 53 south of Fremont.

Kayak with Eagles: Sun, May 19; Meet at 5pm. For those who have their own kayak, join Tom Kashmer to travel along Green Creek, a prime eagle watching area. Meet at the Park Office, 1970 Countryside Place, then travel to launch site at Decoy Marsh.



Monday-Thursday
7-5:30, Friday 7:30-5,
Saturday 8-2

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of May OR purchase a weight
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Registration required. Kayak program registration is only by phone.

Compost Workshop: with OSS Solid Waste District: Wed, May 22, 10am-Noon & 6:30-8:30 pm. Catawba Island Twp Building, 4822 E. Cemetery Rd, Port Clinton. Join Naturalist Debbie for instructions on how to start and maintain a compost pile using kitchen scraps and yard waste. Afterwards, take a hike through Cedar Meadow Reserve. Registration required by calling Ottawa Co. Soil & Water @ 419-898-1595. \$5 fee payable on site.

Campsite Chat: Fri, May 24, 7pm, White Star Campground, 910 S. Main, Gibsonburg. Meet at the information board, then we'll find a site to sit and chat about the wonders of nature. Could be snakes, turtles, mammals... or maybe just answers to your nature questions. No registration needed.

WHITE STAR SWIM BEACH! Open Noon until 8:00pm, weather permitting, on the following dates: May 25-27; June 1-2; June 8-Aug 18 every day; Aug 24-25; Aug 31-Sept 2. Daily rates: 2 years and under free; ages 3-12: \$2; ages 13 and over: \$4. For season pass prices and more beach info visit LoveMyParks.com under "White Star Park"

Canoe Odyssey - Park to Park: Meet at 7 am: Sun, May 26. Meet at the Park Office, 1970 Countryside Place, Fremont. Enjoy following a 'water trail' from Decoy Marsh to Muddy Creek Reserve. We provide canoes and lifejackets, you pack a snack. Travel with Tom Kashmer on Green Creek to the mouth of Sandusky River, through Muddy Creek Bay to Muddy Creek. Canoe experience required, allow 5 hours for the trip. Canoe Odyssey registration is by phone only.



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Helen Marketti's Music Corner



Ohio Bike Week, 2013! (May 31 - June 9)



Ohio Bike Week enthusiasts will soon be revving their engines for another season, which kicks off on Friday, May 31 and will run until Sunday, June 9. Steve Ernst (Advantage Entertainment, promoter) is looking forward to a new year for Ohio Bike Week that will be better than ever. "Our line up this year is probably the strongest we've ever had. I'm very excited about it,"

said Steve. "May 31 is the first day at Toledo Harley Davidson with the band, Queensryche. The next night we are back at Mad River Harley Davidson in Sandusky where fans can enjoy listening to Skid Row. The following night (June 2), Blackberry Smoke will be playing. They are exceptional and have sold out many of their venues during the House of Blues tour. Blackberry Smoke is part of our Southern Fried Country

Sunday as we call it. We're excited for them to be with us this year."

Many will recognize the band, Jackyl with Jesse James Dupree from the TV show, Full Throttle Saloon. Jesse has participated in Ohio Bike Week in previous years and will return once again for another season of fun and riding. "Jackyl will play a free concert in downtown Sandusky on Thursday, June 6. The following night the band Drowning Pool will entertain the block party. We will have other familiar favorites such as the Barrel House Saloon along the waterfront, which will have live entertainment. Keep checking back on Ohio Bike Week's web site for updates and details," said Steve.

"We're trying something new this year. We would like to keep branching out and this year we will have an event in Cleveland. If we can break into the Cleveland area and market the event then we hope to have a full-blown concert there for next year. We are working with Karen Huebner who is the General Manager for South East Gears & Cheers in Bedford Heights, which is part of South East Harley Davidson. Nigel Dupree (Jesse James Dupree's son) will be doing a show there on Tuesday, June 4. Jesse will perform a few songs with his son and also make a celebrity appearance."

Karen is excited to be part of this year's Ohio Bike Week and hopes this will be the beginning of an annual event. "I have personally supported the Cleveland music scene for over twenty years. I've attended shows at The Agora, Cleveland Café and so many more places," explains Karen. "We are actually getting ready to experience our first full season of what

we can offer. Gears and Cheers is a beautiful place. It's open to everyone not just to the bike riding community. We are booking great local music on Saturday nights and on Tuesdays we are hosting bike nights."

Karen continues, "We are very excited to have Jesse James Dupree here on June 4 to celebrate the Jesse James Bourbon Bash! His son, Nigel will be here with his own band as well. I am very excited to be part of this. Jesse will be good for business. It's an opportunity to combine my love for music with my job as General Manager. As for the music scene here, I am opening our doors to bands. If we can work something out where they can bring excitement to our place then we can build them a crowd. I am constantly promoting, shaking hands, talking with people and meeting bands. We're trying to bring something back to the music scene that seemed to be lost."

"Wednesday, June 5 will be Kelleys Island Day. Ferry service over to the island is free for that day only," said Steve. "Last year we had over 600 bikers over to the island! We would like to give a big thank you to the Kelleys Island ferry service that assists with transporting the bikes over and we would like to thank all of the business owners on Kelleys Island for making the opportunity available. The businesses benefit from the ferry service and the ferry service wants to introduce people to the island. An interesting fact, too is that over 700 people were surveyed last year and 76% of those people said they would return to the area within the same year."

On Thursday, June 7, there will be a special Cancer Ride with Jesse James Dupree. "This is a special ride," said Steve. "Jesse's uncle passed away from pancreatic cancer as did a dear friend of mine. We invite anyone who wants to ride and participate."

"Our annual bike parade will take place on Saturday, June 8 before the block party

starts. Bikers will meet at Roeder Racing in Monroeville. Another attraction we will have this year is the "Wall of Death" where fans can watch professional stunt bikers. Last year, the attendance with all of the events totaled around 165,000 for Ohio Bike Week. We want to break that record this year and of course, we want great weather!"

For more detailed information about Ohio Bike Week: www.ohiobikeweek.com

For information on South East Gears & Cheers:

www.segearsandcheers.com



Photos courtesy of Patrick Joreski



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5/1-31: The War of 1812 on the Ohio Frontier, Hayes Presidential Center, www.rbhayes.org

5/4-18: 1813 Jail Birchard Public Library, 423 Croghan St, Fremont. Every Saturday through May 18, look for you elementary school teacher or principal in our 1813 jail in the Children's Department at Birchard Library. THE only way out for them is by reading to them for a few minutes. Call 419-334-7101 for a schedule of "prisoners", grab a favorite book and make bail

5/4: The Gospel Harmony Boys, Pemberville Opera House, 115 Main Street, www.pembervilleoperahouse.org, \$10/person. The Gospel Harmony Boys as part of the Live in the House Concert Series. Doors open at 7pm and the show starts at 7:30pm.

5/4: The Papas and Mamas Tribute, Clyde High School Auditorium, 1015 Race St. Communities for the Arts, 7:30 PM, \$20/person.

5/6: Gluten-Free Cooking: Gluten-Free Muffins, Bella Cuisine, 2224 County Road 239, Fremont, 6 PM, \$15/person. Please contact us @ bellacuisine@hughes.net or 419-333-0027 to register for a class.

5/10-19: Annie, Fremont Community Theatre, 1551 Dickinson Street, \$12/adults, \$10/students. Curtain Times

are as follows: May 3, 4, 10, 11, 17 and 18: 8:00pm. May 5, 12 and 19: 2pm. Season Tickets are available www.fremontcommunitytheatre.org

5/13: Historic Jail and Dungeon Tours, Historic Sandusky County Jail, 5PM, \$2.00/person. Visit Sandusky County's historic jail and dungeon and hear stories of restoration, intrigue and escape. Tours last approximately an hour and are great fun for people of all ages! Tickets can be purchased at the Sandusky County Convention Bureau located at 712 North Street. Call 419-332-4470 for info.

5/18: 2nd Annual Arts and Music Festival, Downtown Fremont. The Fremont Arts and Music Society present the 2nd Annual Arts and Music Festival. This event features art work from local schools, live music, an Art Walk, performing arts and food. Watch for details of this county wide event!

5/18: Searching Your Ohio Roots, Hayes Presidential Center, 9:30 AM, \$10/adult, \$5/students. Head Librarian Becky Hill will concentrate on Ohio resources for tracking down your family in the Buckeye state - vital records, land records, printed and online materials. She will also touch on the migration patterns to the state. Pre-registration required. Cost is \$10/adult, \$5/students through high school.

This month I've got a "one thing leads to another" story to tell you and a "two gifts and an idea" story to follow that one!

About five years ago, a good sized willow tree in our side yard died. At about the same time, I was having some serious tree trimming done to our 100 year old Chinese Elms and other large trees in the yard. So, I asked the trimmer if they could 'shape' the dead willow to look like a regular tree. I won't describe the strange look I got from him before I explained that I wanted to use it as a trellis to support wisteria vines. "Oh", he said, "Sure, no problem". All went well. The wisteria grew like crazy and covered the tree/trellis. But, it didn't flower much. Then this winter, one of our strong winds blew the tree down-vines and all! What to do? I gave it some thought and decided to do nothing until spring. In the meantime, I researched Wisteria and found that the old canes need to be trimmed often and it will produce lots more flowers if the vines are kept under control. Obviously, I couldn't do that when they were 30 feet in the air! Looks like the wind did me an unrecognized favor. Here's where grandson, Aaron and his buddy Brandon equipped with a chain saw, posts and 2 X 6's strong backs and willing hands, came into this story. They constructed 62 feet of fence on the far side of the Woodland Garden. It makes a nice finished edge for the mulched paths that lead to the garden. The vines can grow along the fence and I can easily reach to keep them trimmed and under control. The next day Aaron and I dug halfway to China to get the Wisteria out of the ground and finally resorted to using the Kubota and a log chain! I dug large holes and planted my poor abused Wisteria, so far, so good. Some green has appeared on three of them. The fourth one

still needs lots of prayers-perhaps even a miracle.

Now, for the "two gifts and an idea". Several years ago Jill McCullough, who with the staff of the Clyde Library, has come to dinner here, brought me a large well-made thatched tiki Hut. Not knowing for sure what to do with it, I put it in the Woodland Garden and used it for a bird feeder. Then another friend, Joan Paulsen who likes garden elf's and gnomes, gave me a set of really neat doors and windows that were designed to be put at the base of a tree to create the thought that an elf house existed in the tree. One day last fall, I was working in that area and my eye caught both of those gifts at the same time and an idea was born! Why not make an Elf hut out of the tiki using the door and windows. So, that evening, I filled in three sides of the open hut with dry broom straw and then put the doors and windows on the front. Instant Elf Hut! Cute as can be! Over the winter, I collected woodsy creatures, gnomes and elves for the little hut. This week I mounted it on a "just the right height" limb of an Austrian Pine in the Woodland Garden so children can enjoy playing with it when they come to The Old Garden House.

It's May---That means flowers and sunshine and newly mowed grass...All signs that LIFE IS GOOD!

Ms. Grace

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



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Out to Lunch

By Joanne McDowell



Cousino's/Oregon

It was a cold Saturday afternoon in April, (forty degrees and windy) and Packer Creek Pottery was having their Spring Open House. We decided to make a trip to Genoa to visit Packer Creek, and then head up Woodville Road and have lunch at Cousino's in the hopes of maybe seeing Pete's old friends, Tom and Eileen Cousino. (Cousino's was originally Earl's Steak House, anyone remember that?)

Back in the early nineties Steve McDowell was the manager of Cousino's. Tom had gone on to open the Navy Bistro on the docks, but later had closed the restaurant when the recession put him out of business. We used to love eating at the Bistro and really miss the wonderful menu. In fact when we started Lifestyles2000 in 1999 the Bistro was an advertiser!

We were quite pleased to see the large crowd dining at 2p.m. on a Saturday afternoon. This was especially so after traveling down Woodville Road and seeing so many old landmarks destroyed, or falling down. Woodville Mall looked ready for demolition; many of the restaurants are gone, as are many of the stores.

The menu had so many good choices that we took awhile to browse. There was a great selection of draft beer and imports to choose from, however not being a beer drinker I passed. There is a full service bar.

The soup du jour was beef vegetable and there was a great array of appetizers including Escargot, potato skins, spinach artichoke dip, shrimp cocktail, baked brie and green bean fries, to name a few.

There were nine salad selections including The Wedge (another favorite), Caesar, Harvest Apple (Granny Smith apples, pecans and grapes), Caprese (Beef steak, tomatoes, and mozzarella cheese), Orange Ginger Chicken and several more that sounded delicious.

Sandwich selections were varied, from Open Face Pulled Pork to Fried Tilapia to the Ultimate Grilled Cheese (onion, tomato with four cheeses). All came with fries, or you can get the casserole potatoes for a dollar more. (I still remember

eating them when I was a kid and the name of the place was Earl's Steak House!)

The burgers were described as: Portabella & Hickory Smoked Bacon Burger: Balsamic marinated portabella mushrooms with hickory smoked bacon, aged Gouda cheese & creamy horseradish sauce. Or the Cousi Burger: Sliced sweet white onion, aged Swiss cheese with our homemade cousi sauce. Need I say more?

There is a nice dinner menu that includes several nice steaks, roasted turkey, perch, salmon and more ranging from \$10 for a chopped sirloin to \$30 for a filet.

You can dine outside in the summer in an enclosed area. Since it was a cold day we chose the cozy fireplace location.

The food was plentiful, enough that we took the leftovers home for dinner. Our total bill with tip was \$25.00. To review the entire menu visit : www.allmenus.com/oh/oregon/58904-cousinos-steakhouse/menu/

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The "We Care for Claire" was a huge success, a big thank you to Joanne Darr Wagner at Dairy Queen. The fund raised \$2,300 from family and friends.

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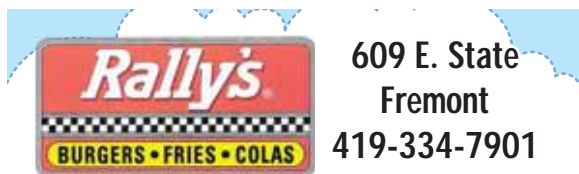
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Only a Mother

By John Fehl

Each May we think of how only a mother can have special influence on a family!

I still have the letter my mother wrote to me in a safe place that I found tucked away in the cover of her Bible after she passed away! It said:

"We want our children to have an opportunity to develop their own special potentialities. We want them to feel good about themselves, as worth lovable human beings. We hope that they will have a sense of wonder about life, an ability to care deeply about other people. We hope our children will find satisfying goals that will offer personal enrichment as well as contribute to the lives of others. All these goals are possible to attain. We know this because we see it happening every day – in different ways to different families. We know too that in the deepest sense each member of a family is an "Only" precious, valued one for the wonder of his or her uniqueness, for the part they play in adding color and zest to our lives."

Only a Mother can make a house a home where you can be silent and still be heard. Where you can ask and find out who you are. Where people laugh with you about yourself. Where sorrow is divided and joy multiplied. Where we share and love and grow.

The virtuous mother is described in the Bible Book of Proverbs 31:10-31. In fact, Proverbs 31 is a Mother's guide for finding her son a good wife and for young women to follow. Verses 10-31 are literally the ABC's of motherhood! ["An excellent wife, who can find? For her worth is far above jewels.

The heart of her husband trusts in her, And he will have no lack of gain. She does him good and not evil

All the days of her life. She looks for wool and flax and works with her hands in delight. She is like merchant ships; She brings her food from afar. She rises also while it is still night and gives food to her household and portions to her maidens. She considers a field and buys it; From her earnings she plants a vineyard. She girds herself with strength and makes her arms strong. She senses that her gain is good;

Her lamp does not go out at night. She stretches out her hands to the distaff, and her hands grasp the spindle. She extends her hand to the poor, and she stretches out her hands to the needy. She is not afraid of the snow for her household, for all her household are clothed with scarlet. She makes coverings for herself; Her clothing is fine linen and purple. Her husband is known in the gates,

When he sits among the elders of the land. She makes linen garments and sells them, and supplies belts to the tradesmen. Strength and dignity are her clothing, and she smiles at the future. She opens her mouth in wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and bless her; Her husband also, and he praises her, saying: "Many daughters have done nobly, But you excel them all." Charm is deceitful and beauty is vain, But a woman who fears the Lord, she shall be praised. Give her the product of her hands, and let her works praise her in the gates."] I am grateful for the only 'Proverbs 31' mother I had!

Submitted by John Fehl, an electrical engineer and Sunday school teacher at Fremont Alliance Church, 936 Brush St, Fremont, OH 43420. John and his wife Barbara have been volunteers with Youth for Christ / Northern Ohio for over 25 years. They can be reached at jbfehl@hotmail.com

The Kid's Doctor

By Sue Hubbard, M.D.
www.kidsdr.com

Too man teens still ignore the hazards of smoking

During checkups for adolescents, I talk with each teen about smoking. While the rates of cigarette smoking among teens continue to drop, 20 percent of teens in the U.S. consider themselves regular smokers.

Added to that statistic is the fact that every day almost 3,900 young people under the age of 18 try their first cigarette. Little do they know how addicting nicotine can be. Thirty percent of those teen smokers will continue smoking into adulthood.

Smoking carries many health hazards we all know about: it causes cancer, emphysema and heart disease. It also shortens a person's life by 10 to 15 years. But teens know these facts and continue to smoke. What many need to be reminded of is that smoking also causes more immediate side effects, such as bad-breath, yellow fingernails and teeth, smoke smell on their hair and clothes and premature aging of their skin! Such factors should resonate with image-conscious youth.

I just saw a study out of Australia in which teens tested a software program that showed them what they might look like in their 50s and 60s if they continued to smoke. A Canadian-based company has also developed face-aging software called April (for details, check <http://www.agem.com>).

The researchers conducted a randomized controlled study at eight pharmacy

sites in Australia targeting young smokers. There were 160 participants (ages 18-30), 80 in a control group and 80 in the intervention group. The study was conducted over a 6-month period.

Participants were asked to complete a baseline questionnaire. All received a self-care guide on smoking. For the intervention group, the researchers took pictures of all participants and downloaded them on a laptop, showing the subjects what they'd like as smokers or non-smokers at age 55.

Those in the intervention group who saw the pictures were more than three times as likely to show less dependence on nicotine. Overall, one in seven smokers quit after viewing their photo-aged selves.

Knowing that 1 in 5 teens who smoke say they smoke 13 to 15 cigarettes a day, if this photo-aging software can dissuade them from smoking or to reduce their nicotine habit, it may be more effective than lectures on the hazards of smoking.

(Dr. Sue Hubbard is a nationally known pediatrician and co-host of "The Kid's Doctor" radio show. Submit questions at www.kidsdr.com.)

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Heavy wet snowflakes were falling on a lone robin huddled on the ground under the feeder. It was early morning at the beginning of April and we were having coffee in the back room. Robin reached for the ever-present binoculars and leaned forward for a closer look. "I think it's Jack! I wonder what he's eating out under the feeder?" We knew that robins don't normally visit feeders so we did some research and found out that they will eat hulled sunflower seeds and bits of seed that other birds toss out of the feeder onto the ground.

Jack is a one-eyed robin that we've noticed every year for the past couple of years. The nest that he and his mate occupied in 2011 was spared by the tree-trimmer who topped a couple of our poplar trees that year. We were concerned that with the branches gone the nest was out in the open, exposed to the elements and clearly visible to any predators. The pair chose to remain with their nest and started a family. We don't know how many babies they actually had, but we did see one poking its head up every once in a while.

One day Robin saw Jack chase a blue jay away. She couldn't tell if Jack was upset because the blue jay got too close to the robins' nest or if the jay was trying to raid their nest and Jack caught him. (There have been isolated cases where blue jays have broken the eggs or killed the nestlings of other birds.) Shortly after that, she noticed the male robin only had one eye. So, she named him "One-eyed Jack" and that's how we've been able to pick him out from all the other robins.

Anyone who has a purple martin house can relate to "Sparrow Wars." Last fall we lowered the purple martin gourd houses but decided to wait until spring to clean them. A few weeks ago, on one of the warmer days in early spring, I took all the gourds down and scrubbed them out. They were full of feathers, dried grass, strands of rope and dog hair, and it took a couple of hours to clean them and put them back together. I left the houses lowered; Robin and I would raise them in a couple of weeks—just before the martins were due to arrive.

The next morning, we were surprised to see dried grass and sticks hanging from the openings of several of the gourds. These were obviously sparrow nests... they must have started building them as soon as I walked away the day before. A group of sparrows peered at us from the safety of nearby trees, watching as we pulled all the new nests out and covered the openings with a piece of duct tape. We walked away thinking that would be the end of it, not realizing they were already planning their next move....

Early the next day we realized we had underestimated the persistence of a determined sparrow because the tape had been pulled off 2 or 3 of the upper gourds and there were sticks and grass hanging out of these openings. The sparrows had been working at the tape on some of the other gourds, too, but hadn't managed to get it loose. We cleaned the nests out and this time I criss-crossed ALL the openings with 3 pieces of tape. They'd have to be super-strong sparrows...or MAGIC!

When we found the tape pulled off 2 gourds the next morning, we gave up and took down the top section with the gourds attached and laid it on the ground next to the pole. While there were no clear-cut winners in this battle, we'd LIKE to think WE won since the sparrows had to look elsewhere for a nesting spot.

On April 14th, a birder on Facebook spotted the first martins in this area so we hurried out to pull the tape off and raise the gourds. Early the next morning Robin rushed in to tell me the martins were home.

We've had a busy spring here in spite of the cool, damp weather. For several days we watched a yellow-bellied sap sucker boring dozens of holes in our pine trees. On two different days several yellow-crowned kinglets flitted through the trees along the back dike and the arborvitae around the pond. We've seen green-winged—and blue-winged—teal,



bufflehead, redhead, gadwalls, scaups, and mallards on the pond or in the marsh. Robin saw a purple finch, a chip-ping sparrow, and heard a willow fly-catcher singing in the treetops. Mother goose is sitting on a nest in the marsh... spring has arrived.

To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

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**Hours: Mon-Fri 9-6;
Sat 9-4; Sun Noon-4**

"Grate" Treats & Eats

By: Chris Timko-Grate

"April Showers bring May Flowers"! We have certainly had the showers, but with this cold weather I'm afraid it might be awhile till we get those flowers. It sure has been a crazy spring, but it shouldn't be much longer till the warm weather finally gets here and we can start thinking about planting those flowers.

My husband is getting anxious because he has started a couple of things in the house and they are getting big and really need to be outside, they are Sun Flowers and potatoes.

I tried growing potatoes when I was a kid and ended up with just a couple little ones. Right now they are in a big pot in our family room and the pot is ready to over flow, they really need to get transplanted into a garden. The Sun Flowers are two kinds, the deep red ones and the giant ones. At the old house he grew a giant Sun Flower that ended up being 12 feet and a couple of inches tall and had 67 flowers on it! We saved a bunch of seeds from that flower and he put them in the garage, well we moved and now he can't find the seeds. We kept hoping they would show up someday, but so far, no luck. We did find our Cosmo seeds that we saved that last fall we were at that house and plan on spreading some of those around. I hope to find a place outside my office window at home so that I can see them when I am working. Lets all hope and pray the weather turns around soon!

May not only brings flowers but also brings Mother's Day and Memorial Day. The recipes I'm going to share today are good ones for those days. The first is a baked French Toast that is easy to make, is done ahead of time, and will make your home smell so good. Another is an Egg Scramble, which is also done ahead and baked. Both of these would be perfect to fix and surprise Mom on that Sunday morning. Then for your Memorial Day BBQ I have a Flank Steak Recipe that will melt in your mouth. Enjoy the Recipes!

Overnight Caramel French Toast

1 cup firmly packed brown sugar
½ cup butter
2 tablespoons light corn syrup
12 slices sandwich bread
1 ¼ teaspoon cinnamon
1 ½ cups milk
1 teaspoon vanilla extract
¼ teaspoon salt
6 eggs, well beaten

Combine sugar, butter, and corn syrup in a small saucepan; cook over medium heat until thickened, stirring constantly. Pour syrup mixture into a 13x9x2 inch-baking dish. Place 6 slices of bread on top of syrup mixture. Top with remaining 6 slices of bread.

Combine milk, cinnamon, vanilla, and salt, blend well then add beaten eggs and blend well. Pour egg mixture evenly over bread slices. Cover and chill eight hours. Bake uncovered in a 350-degree oven for 40 to 45 minutes, or until lightly browned. Serve immediately. Yum!! Serves 6

Fancy Egg Bake

1 cup diced Canadian bacon or cooked ham
¼ cup chopped green onions (I love onions so I use 2/3 cup)
¼ cup plus one tablespoon butter, melted
12 eggs well beaten
½ pound fresh mushrooms, sliced
2 tablespoons butter
2 tablespoons all purpose flour
½ teaspoon salt
1/8-teaspoon white pepper
2 cups milk
1 cup (4oz) shredded sharp cheddar cheese
2 cups soft breadcrumbs
1 tablespoon plus 1 teaspoon butter melted
1/8-teaspoon paprika

Sauté bacon and green onions in 3 tablespoons of melted butter in a large skillet over medium heat until onion is tender. Add eggs, cook without stirring, until mixture begins to set on bottom. Draw a spatula across bottom of pan to form

large curds. Continue cooking until eggs are thickened but still moist (do not stir constantly). Remove from heat, and set aside.

Sauté sliced mushrooms in 2 tablespoons of butter in a small skillet until mushrooms are tender. Remove from heat and set aside.

Melt 2 tablespoons butter in a large saucepan over low heat; add flour, salt, and pepper, stirring until smooth. Cook one minute stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Add cheese, stirring until cheese melts. Fold in egg mixture and sautéed mushrooms into cheese sauce.

Spoon mixture into a 13x9x2-inch baking dish. Combine breadcrumbs, 1 tablespoon plus 1 teaspoon-melted butter, and paprika in a small bowl, stirring well. Sprinkle breadcrumb mixture evenly over egg mixture. Cover casserole, and chill at least 8 hours. Bake uncovered at 350 degrees for 30 minutes. Serve immediately to 8 to 10 of your family or friends.

Grilled Marinated Flank Steak

4 Tablespoons freshly squeezed lime juice
2 tablespoons soy sauce
1 teaspoon minced garlic
2 teaspoons minced onion
1 teaspoon peeled and minced or grated fresh ginger or 1 teaspoon ground ginger
1-teaspoon sugar
Salt and fresh ground pepper to taste
1 flank steak 2 – 2 ½ pounds

Combine all of the seasonings in a shallow bowl or platter and marinate the steak in them for at least 30 minutes,

if marinating for longer than an hour refrigerate. Turn the steak over every ten minutes. Preheat your grill and make it very hot.

Remove the meat from the marinade and dry well with paper towels. Grill the steak about 4 inches from the heat source for 3 to 4 minutes per side, or until nicely browned. Move steak to a cooler part of the grill and cook for another 2 minutes per side. Check for doneness by touch or by an instant-read thermometer (125degrees) is about right for rare to medium rare. Let rest for five minutes before cutting into thin slices, across the grain, using a sharp knife. If you need your steak cooked more than medium rare this is not the steak for you. The longer you cook a Flank steak the tougher and chewier it becomes.

For questions, suggestions, comments, recipes and your stories contact me at christimkograte@roadrunner.com or ctimkograte@midohio.twcbc.com



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Local Author Writes Spy Series

Robert Morton of Fremont 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 has published the book "Thoughts On America: How to survive in the Land of the Free". It covers difficulties faced by the American family and sells in both Kindle and hardbound forms in Barnes & Noble book stores and on Amazon.com.

His lifelong dream is to publish realistic spy genre. How can a school psychologist and adjunct professor in education with no experience in being a spy accomplish such a wish? Morton joined the Association For Intelligence Officers (AFIO) and is often away from Fremont attending AFIO seminars and discussing spy tradecraft with intelligence professionals in and around Washington, DC. These experiences enable him to write the online spy series "Corey Pearson- CIA Spymaster in the Caribbean". Morton consults with 27 Intelligence Community (IC) scholars and field operatives (both retired and still active), in order to make the life of Corey Pearson factual and reality-based.

He has also published Op-Ed and Commentary articles about the U.S.

Intelligence Community (IC) in dozens of newspapers and in the AFIO's own Winn publication. His connection with real life IC operatives makes his spy genre writings accurate. For example, he wrote about the outing of CIA agent Valerie Plame, the CIA agent outed after her covert identity was leaked during the Bush administration. To do so, Morton interviewed Harry Mason, an expert on foreign and domestic intelligence and retired from the CIA after 35 years of service. Mason earned both the prestigious CIA Intelligence Medal of Merit and the National Intelligence Medal of Achievement awards. Morton also interviewed a classmate of Valerie Plame, CIA agent James Marcinkowski. They trained together at "The Farm", the mysterious CIA operative training school.

Morton enjoys his retirement and managing his Monarch butterfly waystation on Lincoln Street in Fremont. He plants milkweed in his yard and actually raises Monarch butterflies from eggs he collects off them. Retired for seven years, he readily admits, "You've got to keep mentally active in retirement. Conducting Monarch butterfly research and meeting real-life spies accomplishes that. I think people who enjoy vacationing in the Caribbean or who like to read spy novels will enjoy meeting "Corey Pearson- CIA Spymaster in the Caribbean."

Hospice of Memorial Hospital hosts child bereavement camp

During June and July, Hospice of Memorial Hospital is hosting Camp Fearless Children's Bereavement Camp for children ages 6 – 16 in Clyde and Fremont. Camp Fearless is a free program of therapeutic activities, arts and crafts and team building for children and adolescents who have experienced the loss of a loved one; it is led by a team of Hospice professionals and trained volunteers.

According to Monica Jay, bereavement coordinator for Hospice of Memorial Hospital, "Participants will explore issues related to the impact of losses in their lives, in a safe and supportive atmosphere. There will also be lots of fun, therapeutic activities each day, like swimming and crafts."

Parents will also be given the opportunity to meet individually with a social worker to discuss the individual needs of the child and family. Information and additional resources will be provided to help the child continue to grow and move forward on their grief journey.

Lunch and snacks are provided at the camps. Camp Fearless will meet at Clyde Elementary from June 24 – June 28, and in Fremont at Grace Community Church from July 15 – 19. The camp meets from 9 a.m. – 3:30 p.m., with registration at 8:30 a.m. each day. To register or for more information, contact Hospice of Memorial Hospital at 419.547.6419 or 1.800.413.1555.



Monica Jay

Enjoy reading spy novels, watching TV spy shows or visiting the Caribbean islands? If so, you'll enjoy the online spy series "Corey Pearson- CIA Spymaster in the Caribbean." Get to know Corey and read the first 3 episodes online for free- It's an online Caribbean spy adventure full of color photos taken on location throughout the Caribbean islands. Published by Robert Morton of Fremont, Ohio.

Go online now and get to know Corey Pearson and how the U.S. Intelligence Community really works!



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In your own back yard

Village of Lindsey Farmers Market: Second Saturday of each month through October, from 9 am until noon, in the Village Park on Main Street. This is open to vendors who wish to sell produce, baked goods, plants, crafts, jewelry, etc. A Flea Market area will be added during the months of July and October. The fee for all vendors is only \$5.00 for unlimited space. Shoppers will find a wide variety of items available and may register to win free merchandise. For info call 419-665-2045.

The annual Hospice of Memorial Hospital Dove Release Memorial Service will be held this year on Sunday, May 19 at 2 p.m. at the Eliza Ramsay Home at 430 S. Main Street in Clyde. This event is a time for family members and their friends to acknowledge loss. Service will include music, Moment of Remembrance, Reading of the names from the Book of Life, and release of the doves, "Wings of Love". Come and join others in order to honor loved ones in this special memorial. Please feel free to invite family and friends. No R.S.V.P. is required. For more information contact Hospital of Memorial Hospital at 419.547.6419 or visit memorialhcs.org.

Findlay Dance Party. Saturday May 18th. Held at the Findlay Moose Lodge (1028 W. Main Cross St.). Singles and couples welcome. Admission \$9. Dance 7 to 11pm. Call 419-992-1215 for details.

Pontifex "Knitting With Emilie". This is a free class taking place Wednesdays from 2-4pm starting May 8th. If you are planning on attending or for more info call Emilie at 419-484-8033.

Pontifex is holding casting tryouts for our dinner theater fundraiser, "Trouble at the Tropicabana" The tryouts will take

place May 4th from 10am-3pm. The actual date of the dinner theater is July 26th and 27th. Watch for more information.

Pontifex invites you to our annual Community Yard Sale on May 10 and 11th. The Sale will be located inside Pontifex and begins at 8am. Let us help you with your spring cleaning. We are accepting donations of gently used items until May 6th. All proceeds go toward the ministries of Pontifex, including the Soup Kitchen and Little Giants Locker (free school uniforms for those that qualify).

Pontifex Quarter Frenzy. Thursday May 23rd, the doors open at 6pm and the frenzy starts at 6:30pm. Wear your relay for life gear and/or purple to have a chance at one of the door prizes. Bring a friend (up to 5) and get a free paddle! Admission is \$5 (which includes 1 paddle) and get 1 additional paddle for only \$1. Food, snack, and drinks for sale or you can bring your own. Proceeds to benefit Angels Among Us and Pontifex.

Mt Carmel UMC 4997 CR 183, Clyde, May 18, Garage Sale 9am--4pm with lunch stand and bake sale.

Clyde's Eagle-Mania Quarter Auction, Sunday May 19, at 1 p.m. 1120 South Main St, doors open at 12:30 p.m. Proceeds benefit Women of Grace Ministries, Caring Women Mentoring Teen Girls. For info please call 419-332-1001.

Fused Glass Exhibition Open House, May 4, from 4 pm-6 pm at the Tiffin Art Guild Gallery, 178 S Washington Street.

Welcome Members, guests and friends of members. Elks Club, Croghan St., Fremont.

May 3rd: Cinco DeMayo Party; May 10th: BBQ Pork n Hot Dog Sandwiches with trimmings

May 17th: Beef Stroganoff over Noodles, Veg and Rolls; May 24th: Boneless Pork Chops, Mashed Potatoes n Gravy, Veg and Rolls

May 31st: Taco Bar with Nachos n Cheese, Chicken Tortilla Soup, All Meals include Soup, Salad And Dessert Bar

Searching for talented people to compete in the 4th Fremont's Got Talent show to be held on August 11th. BIG Prizes: \$1000 First Place, \$600 Second and \$400 Third with an additional \$300 prize for the top Youth 18 or under! Now open to anyone residing in Sandusky, Seneca, Wood, Ottawa and Erie counties. No professionals please. . To become a contestant, you can get an entry form and full rules by calling either Ann @ 419-986-6542 or Diane @ 419-332-8173 or e-mail Fremontsgottalent@gmail.com.

Dave Ramsey's Financial Peace University: This changes EVERYTHING! Your money. Your story. Your life. Learn God's way of handling money with Dave Ramsey's Financial Peace University! The average turnaround is \$8,000 in just the first three months, Hayes Memorial United Methodist Church, every Tues. 6-7:30 PM, through June 4. Call Ken Miller for details 419-680-6739

Garage Sale - Hayes Memorial Church, 1441 Fangboner Rd., Fremont. May 7, Election day Bakesale; Sat., May 11 Spring Garage Sale. 9am-3pm

Green Springs Civil War Days at The Springs, 401 N. Broadway St., May 18 & 19. This year we have vintage baseball games, ladie's Victorian tea, pie contest and auctions, vintage fashion show, artil-

lery night fire, flag retirement ceremony, lantern tours, food, plus much more. www.greenspringscommunity.com

Master Gardener Plant Sale: Sandusky and Ottawa County Master Gardener Volunteers, part of Ohio State University Extension, will be having their annual plant sale on May 18th from 9am-Noon (no early sales) at the Sandusky County Fairgrounds, RABBIT BUILDING, 901 Rawson Avenue, Fremont. Perennials, grasses, annuals, hanging baskets, shrubs and more will be for sale. he sales are used to support community gardening educational programs and gardening projects. The Master Gardeners are a non-profit organization. Call 419-334-8452.

Old Fort Fire Department Chicken BBQ, Sunday May 19th, 11 am- until gone, Fire Station #1, \$10 per meal. Meal includes half chicken, baked beans, baked potato, coleslaw, dinner roll, and ice cream. Dine in or carry out available. All proceeds from this meal will benefit the family of Assistant Chief Joe Shock. Presale tickets are available to purchase ticket, see any firefighter, the Old Fort Bank-Main Branch, Old Fort Country Market, or Fort Seneca General Store. Call 567-201-3907 after 4 pm with questions or to purchase.

Ethan's Camp Coast Kid's Team Make it Fit is hosting a FREE Autism Family Fun Day, June 15th at White Star Park in Gibsonburg from 10am-8pm. There will be Vendor/Craft show, Car Show, Face Painting, Concessions, Corn Hole & Volleyball tournaments. This is a fundraiser to help raise funds to send 5 Sandusky County families of Autism to the Surfers for Autism event this July in Treasure Island, Florida. Contact Cheryl Miller 419-638-1018 if you are interested in volunteering or participating.



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): It isn't necessary to strive to fit in when you are given a chance to stand out. You can just be yourself without artifice or restraint. Welcome praise and appreciation without guilt.

TAURUS (April 20-May 20): No one else can decide what is right or wrong for you. Listen to the little voice inside that cheers you on, this will counterbalance any doubts and negativity that others voice.

GEMINI (May 21-June 20): Meditate on the wisdom of your actions. You may be so consumed by making progress that you forget to enjoy whatever you progressed to. Enjoy the fruits of your labors.

CANCER (June 21-July 22): Make a list of your own personal greatest hits. Play them over and over again in your mind. Improve your confidence and bolster spirits by reminding yourself of all your triumphs.

LEO (July 23-Aug. 22): Both pleasure and pain serve a purpose, you can't appreciate one without the other. This might take the form of a new friendship or group association.

VIRGO (Aug. 23-Sept. 22): Think outside the box unless you can figure out a way to make a new, improved box. Use originality and creativity to your advantage. Understanding brightens your love life.

LIBRA (Sept. 23-Oct. 22): Cheer them on. An honest compliment can turn

someone's life around. Remember that everyone needs encouragement - and that most people can detect insincerity.

SCORPIO (Oct. 23-Nov. 21): It would be wise to get your most important tasks completed in the early part of the month. You might be burdened by extra duties late in the month and not have as much time to meet a deadline on time.

SAGITTARIUS (Nov. 22-Dec. 21): No harm, no foul. You may have been rebuffed in the past or felt excluded from a group, but in the month to come you may be given an opportunity to try again. Expect a warm welcome.

CAPRICORN (Dec. 22-Jan. 19): Put a halt to hesitation. You will be more disappointed by the things that you didn't do than by the ones you did. Grab every chance to embrace new experiences.

AQUARIUS (Jan. 20-Feb. 18): Turnabout is fair play. You might be called upon to pinch hit or take over for someone else. An ability to get along with people from diverse backgrounds is a decided asset.

PISCES (Feb. 19-March 20): Open the floodgates. Once you put your heart on the line with a romantic partner or commit to a creative project, the feelings come rushing though. Let your heart be your guide.

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Memorial Hospital offering summer educational programs for youth

Starting June 10, the Memorial Hospital Physical Medicine Department is hosting several summer youth programs that aim toward helping students with school and social skills. The hospital is hosting the summer programs in Fremont at the Memorial Hospital Herbert-Perna Center for Physical Health. The programs include:

- Sounds of Summer
- Mission Articulation
- Motions of Summer
- Social Skillathon
- Reading and Writing Workshop.

The Sounds of Summer program is considered an Extended School Year (ESY) services for students on Individualized Education Plans (IEP).


Each summer program focuses on different skills students need to succeed at school, such as reading, writing, speaking, fine and gross motor skills, socialization and much more. Certified physical and occupational therapy and speech language pathology professionals lead the program.

According Shannon Reardon, P.T., Memorial Hospital Director of Physical Therapy, "Our summer programs provide children with fun, engaging activities that improve school necessary skills and physical wellness."

Children who enroll in Memorial Hospital Sounds of Summer work towards their IEP goals. Participants are grouped with individuals who have similar educational needs. There are camps for toddlers, pre-school aged and elementary aged children.

"Children will also interact with other children of approximately the same age during the programs, which encourages proper social skills that are essential to a child's intellectual development," added Reardon. "Additionally, some of the programs greatly benefit students on IEPs."

Each of these programs meets on different days and times from June 10 - July 25. For more information, including costs, schedules and more visit memorialhcs.org/summer-wellness or contact the Memorial Hospital Physical Medicine Department summer program line at 419.332.6709.



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Pet World

Scooping may be only effective way to curb dog's poop-snacking habit

By Steve Dale

Q: Why do my two Shih Tzus eat one another's poop? I've tried different products available from pet catalogs to stop this behavior, but nothing has helped. Any advice? I'm 82 years old and running out of patience. - B.B.

A: No one knows for sure why some dogs start to sample their own feces or the droppings of other dogs. Once tasted, some dogs simply view poop as a delicacy. Some even have preferences, such as frozen "poop-sicles" in winter.

There are several products on the market that you can sprinkle on a dog's food, as you've learned. You could try some different products that might yield better results. You could also sprinkle on Lowry's seasoned salt (don't overdo it), but the results are mixed at best.

Some veterinarians suggest the problem in some dogs is a lack of proper nutritional absorption, and recommend a nutritional supplement called ProZyme. Sometimes this works, but sometimes it doesn't do a thing.

You can booby-trap a pet's feces by dabbing on unpleasant additives like lemon juice and hot sauce. However, you have to catch a dog in the act and quickly apply the concoction. Some dogs then learn to snack immediately after their bowel movements, before the mix can be applied. And remember, dogs who find their own feces delicious might view hot sauce and lemon juice as yummy condiments.

One website, www.dogpoopdiet.com, offers a supplement guaranteed to work or buyers receive 120 percent of their money back.

A leash with you at the other end is likely the best solution. After your dogs do their business, pick up after them. Once you get them out of the habit, you may not need to be so vigilant - or you could be packing plastic bags and scooping for the rest of their lives. If you're physically unable to do this, the only solution might be to hire a dogwalker, or ask a friend or neighbor for help.

Q: Our cat, Leona, poops in the kitchen sink. We adopted Leona from a shelter six months ago. To stop the problem, we put Leona outside. Now, when she does come indoors, she never does No. 2 in the litter box, so the problem is now worse. Our other three cats are just fine. We're running out of patience. Any advice? - T.J.

A: First, have your cat checked out by a veterinarian to rule out a physical explanation. However, my guess is the problem stems from the fact that your other cats weren't especially welcoming to Leona. The sink offered a secure place for her to do her business. Leona apparently feels safe high up and away from the other cats.

What's more, you may (or may not) have enough litter boxes. Ideally, with four cats, you should have five boxes. The rule is, offer (if practical) as many litter boxes as you have cats, plus one. All boxes should be scooped daily, and the boxes should not all be in the same room.

Ever since you "put Leona outside," she's been coming home smelling like other animals, including cats she's encountered on her adventures - and this is offensive to your other cats. I understand your frustration, but I'm not surprised the problem has worsened.

Ultimately, the only solution may be to improve Leona's relationship with your other cats. Begin by relegating her to a small room for about 10 days (a second bedroom or even a bathroom). Place a litter box in this room and plug in a Feliway diffuser to help ease Leona's anxiety. Spend time in the room and play daily with Leona using an interactive cat toy (another stress buster), like a fishing pole toy with feathers.

If Leona doesn't hit the litter box under these circumstances, contact a veterinary behaviorist or certified cat behavior consultant. If she does use the box, try spending as much time in the room as you can. Also, place Leona's towel or bedding a few feet from where your other cats eat (likewise, taking something any of the threesome sleep on and place it near Leona's food bowl).

When you finally re-introduce all the cats, only do so for moments at a time, and offer everybody an amazing treat like tuna or salmon. Hopefully, the cats will associate the treat with one another, giving them a reason to like each other. The other cats should only receive this amazing snack when Leona is present.

Q: My 2-year-old rescued Cocker Spaniel is adorable, but he's been marking the house. This dog is neutered. I've had him for six months, and every week or two, he marks. I yell at him and put him outside, but he returns all happy. He doesn't get it. Any advice? - H.H.

A: "Under what circumstances does he mark?" asks Dr. Theresa DePorter, currently completing her studies to become a veterinary behaviorist. "If this happens only when

you're away from home the problem may be separation anxiety."

Getting professional advice is helpful so you can communicate the entire history of the problem, step by step. For example, DePorter says she knows of one dog who suffered from separation anxiety, but often piddled when the owner was home - just as the owner "disappeared" to take a shower.

While DePorter, of Bloomfield Hills, MI, understands your frustration, hollering and then pushing your pet outside, unless you actually catch him in the act, does nothing to communicate why you're angry. The dog returns happy because he's glad to come back indoors to be with you.

In truth, the most likely possibility is that your pup is simply not as housetrained as you think. "Develop a new pattern and go back to Housetraining 101," says DePorter. "Take your dog outside on a leash to the same space, and reward him for going (there) with praise and a special treat."

It's interesting that your dog only has these "indiscretions" once a week or so. Could it be you're leaving him home alone for too many hours?

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.)

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Giving back in our community.

Memorial Hospital is committed to giving back in our community. Through Mobile Meals, free health screenings and family-focused events, Memorial Hospital is working to improve the health and well-being of the individuals we serve. Our Golden Threads Senior Program is another great example of how the hospital gives back to the community.

Check out how Memorial Hospital gives back through Golden Threads, which is free to people age 55 and older.



- **Free Medicare Enrollment Counseling** - Each year Golden Threads state certified Medicare counselors help hundreds of people find the Medicare plan best suited for their needs, sometimes saving individuals thousands of dollars.
- **Living Will/Ohio Health Care Power of Attorney Assistance**
- **Health Screenings**
- **Educational Programs**
- **Fabulous day and overnight trips**

MEMORIAL
H O S P I T A L
MEMORIAL HEALTH CARE SYSTEM

Call the Golden Threads office at 419.334.6613 for more information ▪ memorialhcs.org