

# Lifestyles

**Free**

Vol. 17 Issue 5

**May 2015**



**Celebrating  
16 Years**



# ***Happy Mother's Day***

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

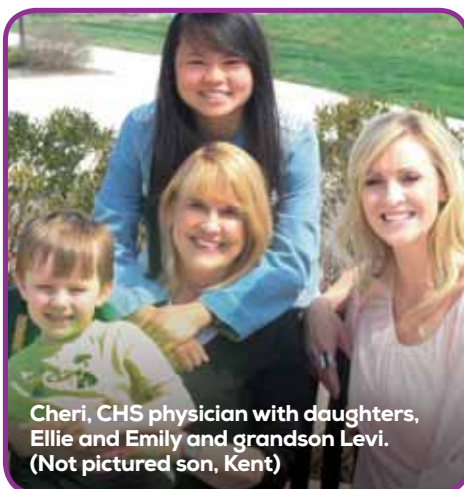




Mandy, CHS Patient Accounts Manager  
with her sons Ebon and Dane



Heather, CHS nurse with daughter  
Annabelle



Cheri, CHS physician with daughters,  
Ellie and Emily and grandson Levi.  
(Not pictured son, Kent)

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## *Happy Mother's Day to Moms Everywhere!*

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# Lifestyles 2000

May 15

Vol. 17 • Issue 5

www.lifestyles2000.net



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

By Grace Sidell

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Where does the time go? The 2015 Old Farmers Almanac answers that question and predicts the weather with frost dates and growing seasons. It even contained recipes for Chocolate Brownie pie and one for Carrot Ginger soup that I would like to try.

Why, you ask, did you buy the Almanac? Well, I was researching old weather sayings and other 1800's weather information, in preparation for the "Victorian Experience" that will follow the April High Tea on the 28th.

So where does the time go? We sleep third of our lives or 26 years. We commute to and from work which consumes an average of 52 minutes per day or a little over a year of our lives. We cook and clean an average of two hours per day. The average American woman will spend six years of her life doing housework. (American men 3 years and 8 months) We watch TV an average of 2.8 hours a day or nine years and two months of a lifetime.

Here are a few more times related facts. The current average life expectancy for Americans is 78.62 years. (Men 76.19 years and women 81.17 years)

I thought you might also like to know that the Almanac claims, Boston is the fastest-paced American city followed by Buffalo, New York City, and Salt Lake City. As a nation due to a much slower pace in small towns and rural areas, the U.S. comes in 16th in the list of pace-of-life nations; Canada is 17th; Switzerland, Ireland, Germany, and Japan in that order, were listed as fastest. The slowest paced countries were Brazil, Mexico and Indonesia.

Other studies have shown that it's now common for office workers to interrupt what they are doing to check email 30 to 40 times an hour and that the more a worker self-interrupts, the more stress he or she experiences. Studies show that college students, while studying, loose focus every three minutes, on average, to check Facebook or to text a friend.

Now when you hear the question where does the time go, you will have some answers.

What did the Old Farmer's Almanac say about the weather in the lower great lakes? April and May will be warmer than normal with nearly-normal rainfall. Summer will be hotter than normal with near-normal rainfall. The hottest periods will be in early June, mid to late July and mid to late August. September and October will be warmer and slightly rainier than normal. What about frost and the growing season? For our section of Ohio, they are predicting a growing season of 192 days; with a last spring frost on April 18th.(whoops- missed that one) and the first fall frost to be on October 28th. It was a fun read. I especially liked the words,"warmer"" hotter" and even "rainier" Yeah! Summer, bring it on!

So, until next month, go to a wedding a graduation or two, some cookout and track meets. Sit in the porch swing and watch a sunset and even get up early enough to watch a sunrise... and in my case bake a couple chocolate brownie pies and make some carrot ginger soup! Smile... because LIFE IS GOOD!

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

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30 Ponds Side Drive  
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## Publisher's Letter

This month is Lifestyles' sixteenth birthday! We are so very happy to continue bringing you the very best in reading each month. If you add "Celebrating 16 Years" to your entry you will have the chance to win one of five prizes including a pass for six to African Safari, a Dairy Queen cake and Miller Boat Line tickets.

What a great sixteen years this has been, so very rewarding to not only love what you do, but know you bring pleasure and joy to your readers. Thanks for all of your kind words and congratulations.

Our cover is in honor of mothers, whether they are still with us, or now only in our hearts. My beautiful nieces, Melissa and Amanda Shank, who were born and raised in Fremont, and my sister Annette, are gracing our May cover. I recently visited Florida to see them and their new family members. So happy my little sister now has two grandsons. Happy Mother's Day to all of you.

Enjoy this beautiful month, see you in June.  
*Joanne*



There were 160 entries, 93 were emailed this month. Several of you guessed Otto and Urban, but the correct answer was North Branch Nursery. I thought this one was way too easy, we will have to make it harder this month!

## Find Pete Winners

Winners of the African Safari pass for six (\$130 value) are Ashley Pugh of Burgoon and LaDonna Weisenberger of Bellevue. Linda Stine, Fremont, won the Dairy Queen cake. We will again do 2 passes and a cake for May to Celebrate our 16th Anniversary. Just mention "Celebrating 16 years" on your entry to be in the drawing.

Winners of Find Pete are: John Whittaker, Linda Risner, Vicki Houdeshell, Al Nowak, Beth Dorobek, Donna Henkel, Kelly Dayringer, Michael Koebel, William Booher, Mary Zimmerman, Payton Shively, Janet Sloma, Debby Howey, Bernie Hineline, Fremont; Sandy French, Rose Kowalski, Clyde; Thomas Myers, Bettsville; Carter Myers, Kansas; Edna Miller, Monroeville; Linda Gladieux, Oak Harbor. Congrats to our winners!

## Find Pete Prizes

Prizes are from Jenesis Salon, Pond Builders, Dairy Queen West, Rally's Fremont, The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry. Mention "Celebrating 16 Years" to be eligible for a pass to African Safari for 6, valued at \$130!

## Find Pete Contest Rules

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

## Lutheran Social Services

Lutheran Social Services, Fremont branch, responds to the agency mission statement: "In response to God's love for all persons, LSS will strengthen the mental, moral, physical, social and spiritual well being of those who seek this agency's services". We provide hope, compassion and stability to those in need. Counseling services are offered to children, youth and family for crisis intervention, mental health, drug and alcohol abuse, divorce and PTSD, just to name a few.

Our new focus concerns the increasing awareness of and understanding of domestic violence and how we can offer help in saving lives in our community. Many victims of domestic violence hide the physical abuse they suffer out of fear, shame and low self esteem. The batterer tries to isolate their victim so that family and friends do not try to convince the victim to leave.

LSS can provide education about the types and dynamics of abusive relationships and help empower the victim. Our agency can provide support, courage and resources to leave the relationship and to get to a safe place. This effort is achieved thru a partnership formed with Liberty Center of Sandusky County: Domestic Violence Victims' Advocacy Services.

Domestic violence has no boundaries. One in every four women will experience domestic violence in her lifetime. An estimated 1.3 million women are victims of violence each year, most never reported to police. Intimate partner violence results in more than 18.5 million mental health visits each year.

Help, Hope and crucial Empowerment is a phone call away! Lutheran Social Services (a United Way Community Partner) at 419-334-3431

Liberty Center Domestic Violence Victims' Advocacy Services at 419-332-8777. The Domestic Violence Hotline at 1-800-799-SAFE (7233)

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# SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR MAY:

**Canoe with Eagles:** May 1, 4, 6, 5-8pm. Meet at the Countryside Park: Main Office. Enjoy a canoe trip along Green Creek and through Decoy Marsh in search of bald eagles. Must register with a partner. Registration, call 419-334-4495. No online registration.

**Warblers & Wildflowers:** May 5, 5-7pm, Peninsular Farms, meet at the Countryside Park: Main Office.

**Babies in the Park:** Frogs & Toads, May 6, 2-3pm, Wolf Creek Park: Campground.

**Warblers for Beginners:** May 7, 7-8:30pm, Creek Bend Farm: Wilson Nature Center. We will be discussing the identifying characteristics of the common warblers currently migrating through the area.

**Puddle Jumpers:** Terrific Turtles, May 11; 4-5pm, White Star Park: Doug Haubert Wetland. For kids 2-5 years old.

**Hike the Bike:** May 11, 4:30-6pm, North Coast Inland Trail-Clyde. Our goal is to hike all 26 miles of the North Coast Inland Trail!

**First Annual Kid's Bird Banding:** May 16, 8-9am, Creek Bend Farm: Wilson Nature Center. Come discover what it's like to be a migrating bird!

**Hands-on Science:** Fish Trap Survey: May 16, 2-3pm, Creek Bend Farm: Wilson Nature Center.

**Stream Quality Monitoring:** May 21, 6:30-8:30pm, Wolf Creek Canoe Launch. No open-toed shoes. A change of clothes and towel are suggested.

**Wild Turkeys:** May 22, 5:30-7:30pm, Ringneck Ridge. Explore turkey habitat as we discover more about these once extirpated species.

**Bird Banding and Brunch:** 23 or 30, 8-10am, Creek Bend Farm: Wilson Nature Center. Start your morning with the birds!

**Hike the Bike:** May 25; 4:30-6:00pm, North Coast Inland Trail-Biggs Kettner Park

**Senior Stroll:** May 26; 9-10am, Creek Bend Farm: Wilson Nature Center. For seniors who want a little bit of exercise and a little bit of nature.

**Wild Edibles:** May 27; 5-6pm, White Star Park: Log Cabin.

**Amphibian Survey:** May 28; 6-7:30pm, Shelley Wetland, Meet at Tea Kaufman Homestead.



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Finally some warmer weather! I will never complain that it is too hot, no matter how hot and humid it is this summer! I am just going to enjoy the heat and the warmth it brings to our days. May brings us Mother's Day and Memorial Day to celebrate this month. This year surprise your Mom, or wife, with the Breakfast Casserole. Then let her do whatever she wants to do for the rest of the day, then take her out for dinner. She will really appreciate that! Now Memorial Day is a different story. Stay home, invite family and friends over for a cook-out. You fix this easy salad and the easy entrée, then have everyone else bring side dishes and desserts. That makes entertaining so much easier and more relaxing for the hostess and/or host. Enjoy this wonderful weather and the recipes!

## \*Baked French Toast

1 cup packed brown sugar  
 ½ cup butter  
 2 tbsp. corn syrup  
 5 eggs  
 1 ½ cups half and half  
 2 tsp vanilla extract  
 1 loaf French Bread, cut into 1 inch thick slices

In medium saucepan over medium heat, mix and melt brown sugar, butter, and corn syrup. Spray a 13x9 baking dish with non-stick vegetable spray and fill with butter mixture. Mix eggs, half and half, and vanilla. Arrange all the bread in baking dish. Pour egg mixture over bread, don't miss any area and use all of mixture any extra will be soaked up by bread. Cover dish and refrigerate overnight. The next morning, simply

uncover and slip into a preheated 350 degree oven for 30 minutes, then serve.

## Bonus Recipe for French Toast - Orange Syrup

1/4 teaspoon finely shredded orange peel  
 2/3 cup orange juice  
 1 tablespoon honey  
 1 1/2 teaspoons cornstarch  
 1/8 teaspoon ground cinnamon  
 In small saucepan stir together all of the ingredients, cook and stir till thickened and bubbly. Cook and stir for two minutes more. Serve with your French Toast. (4 servings)

## \*Crunchy Romaine Salad

2 heads Romaine lettuce, chopped  
 1 head broccoli, cut into bite size pieces  
 4 green onions, chopped  
 1 package Ramen noodles, no seasoning  
 1 cup walnuts, crushed  
 4 tbsp. butter  
 Dressing – 1 cup sugar, 1 cup oil, ½ cup red wine vinegar, 2 tab. Soy sauce, salt and pepper to taste.  
 Brown noodles and walnuts in butter, add to rest of ingredients. Make dressing and pour over salad mixture. Refrigerate one hour. Toss before serving.

## \*Chicken with Herb and Balsamic Marinade Kabobs

3 pounds skinless, boneless chicken breasts, or thighs, trimmed of fat and cut into 1 ¼ inch chunks.  
 ½ teaspoon freshly ground black pepper

Assorted vegetables (your choice\*) cleaned and cut in 1 1/2 inch pieces and lightly brushed with oiled.

\*Some suggestions for vegetables - green / red peppers, red or white onions, mushrooms, cherry tomatoes, zucchini, red skin potatoes parboiled and cut into chunks the size of your other vegetables. Try some of your favorites.

## Marinade

1/3 cup olive oil  
 3 tablespoons balsamic vinegar  
 3 tablespoons chopped fresh basil leaves  
 1 tablespoon fresh rosemary leaves or 1 teaspoon dried  
 3 garlic cloves, finely minced (I buy the already minced in the tube, much easier!)

1 ½ teaspoon kosher salt divided

Combine marinade ingredients in a non-reactive bowl and mix until well combined. Add chicken to marinade and mix until all is well covered. Can also use a large resalable plastic bag.

Marinate in refrigerator for at least 4 hours and up to 8 hours.

Heat grill to medium high, when hot brush grates till clean of any debris and oil. Thread the chicken on skewers and sprinkle all sides with remaining salt. Place kabobs on grates and grill turning every 1 ½ minutes until chicken is well browned on the outside and no longer pink in the inside, 8-10 minutes total. Transfer to serving platter and serve! Two things use metal skewers because they absorb more heat and cook the middle of the chicken at the same time as outer portion than the wooden ones. And I grill my vegetables off the skewer, on the grill like you are grilling any other item. They cook more evenly that way! But if you prefer to put them on the skewer do so. Enjoy!

Any questions, comments, suggestions and your recipes contact me at [chris-timkograte@roadrunner.com](mailto:chris-timkograte@roadrunner.com)

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## Generic medication may not be best for all ADHD patients

If your child takes medications for ADHD (attention deficit hyperactivity disorder), you may be noticing that your insurance company is now denying coverage for these prescriptions, or is wanting to use a generic version of the medication your child is taking. It seems this is becoming more and more prevalent and I'm getting calls from patients asking what they should do.

Medications for ADHD have never been inexpensive, and for some families, especially those without insurance coverage, they're cost prohibitive. For a child who's been diagnosed with ADHD, it is known that a combination of medication and behavior modification provides the best outcome.

When I begin a child on medication for ADHD, I typically start with a brand-name drug rather than a generic. I explain to parents that although I'm a believer in generic drugs, and use them frequently, I want to make sure that any side effects of the drug (positive or negative) are indeed due to the medication and not influenced by a difference in a generic drug.

Once a patient has been on medication and is doing well, if there is a generic available, I will often prescribe it in order to be more cost effective.

Over the years, patients have commented to me that they don't feel as if the generic version of their given ADHD medication is working well. While these are anecdotal reports, they have not been uncommon. In some cases, patients have opted to pay for the more expensive brand-name medication.

The U.S. Food and Drug Administration recently released an interesting article stating just that: Studies have recently found that generic versions of the drug Concerta (by two different manufacturers) "may not provide the same therapeutic benefits for

some patients" as does the branded medication.

While Concerta has a "drug releasing system" that provides 10 -12 hours of extended effectiveness, it seems that the generic drugs may release more slowly, and the diminished release rate may not provide the same effect for the patient.

So, if your child is on these medications and you've tried a generic version and were concerned about its effectiveness, now is the time to discuss the matter with you doctor. This may not be the case for all patients, but it's certainly worth knowing there's now some data on this subject.

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

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## Orchard

Several weeks ago a dear friend invited us along for her birthday dinner, it turned out to be a new restaurant on Catawba Island called "Orchard". The eatery is near the entrance to Gem Beach, a place that holds many dear memories for those of us who went to the dances there in the sixties. (Did I just admit to that?)

I believe the name is due to the fact that Catawba Island has always been known for its numerous orchards. Who can remember going to Catawba every summer to get peaches?

Since we were there on a Saturday evening we had the dinner menu. For a starter Pete and I shared an order of Angry Mussels, \$11, sautéed in garlic, herbs, white wine and butter, served with smoked tomato and crisp bread. They were fantastic! We then tried the Orchard Clam Chowder, New England Style, \$4.00 for a cup, and it was delicious. There is also a daily soup of the day.

Some of the other Starters included: Pork Belly Taco, BBQ Pork Flat Bread, Sweet Potato Fries, and

Artisan Cheese Plate, prices range from \$5-\$9.00. There was a Scallop Slider special that evening that we also tried, I don't care for Sliders, but loved the Scallops. Many of these starters are also included on the lunch menu.

There are daily specials, that particular evening it was Ahi Tuna, which two of us enjoyed and is pictured with this article. Other choices for dinner included Kobe Beef Burger, Beef Filet, Pecan Crusted Trout, Bay of Fundy Salmon, Sea Scallops and Ohio Port Chops, ranging from \$15-\$29.00.

Lunch menu items include Buffalo Buttermilk Chicken Sandwich, Malibu Vegan Garden Burger, Orchard Burger, Lake Erie Perch and an Orchard Crab Cake BLT, to name just a few.

There is a Sunday Brunch from 11 a.m. to 4 p.m. which includes a Bloody Mary Bar for an additional \$5.00. Our friends highly recommend the brunch and bar.



The food was excellent and we will return soon to try a few other dishes, probably at lunch time. Remember, summer is coming and it gets more difficult to get a seat, so consider a reservation, unless you go at an off time. It is definitely worth the drive.

Orchard is open seven days a week, hours are 11 a.m.-10 p.m. The address is 3266 NE Catawba Road. Reservations are available by calling 419-797-7324. You can also find them on Facebook. Enjoy!

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# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): The more you shake the tree, the more fruit will fall. You can be highly productive, your ability to make money through hard work is enhanced, but your drive and ambition to spend money are powered up, too.

**TAURUS** (April 20-May 20): You may be gripped by a pioneering spirit. Count on loved ones to keep the home fires burning while you bring home the bacon. Cooperate to the fullest in any new projects.

**GEMINI** (May 21-June 20): With sociable Venus in your sign it's easy to be cheerful and carefree. Don't let unpredictable people upset your plans. A friend or coworker might undermine your efforts, or group dynamics may put you in an awkward situation.

**CANCER** (June 21-July 22): Seek the best and highest in everything you do. Ignore emotions and use a cool, rational approach when dealing with financial affairs. Let your instincts be your guide and you can improve your financial situation.

**LEO** (July 23-Aug. 22): Take pride in your accomplishments. The things most worth having are the things you worked hard to get. You've already been diligent, admit that you deserve some rewards.

**VIRGO** (Aug. 23-Sept. 22): Behave like a cheerleader and shake your pompoms. You might find that people are somewhat fickle about small things, however, you can cheer them on and support valiant efforts to tackle the big things.

**LIBRA** (Sept. 23-Oct. 22): Be thrifty and economical, but don't be a miser. Someone may be happy to go "Dutch treat," or will generously pick up the tab, yet you should remember to even the score and repay one kindness with another.

**SCORPIO** (Oct. 23-Nov. 21): If you comply with the rules of social behavior in public, you can do whatever you want in private. People are more likely to approve of your actions if you explain them in advance.

**SAGITTARIUS** (Nov. 22-Dec. 21): Make the grade by putting your whole heart into it. You may be passionate about money-making activities as the month/ unfolds. Use drive and ambition, as well as good judgment, to turn those red money columns black.

**CAPRICORN** (Dec. 22-Jan. 19): In the month ahead, you can ferret out secrets. Solutions to business or financial problems can be found by diligently researching facts and figures. Schedule some time to enjoy the fruits of your labors, too.

**AQUARIUS** (Jan. 20-Feb. 18): Get started on the ground floor. Listen carefully to the gripes on the grapevine, as someone's astute observations may help you solve a financial problem. Those in your inner circle are in a tolerant and charitable mood this month.

**PISCES** (Feb. 19-March 20): There's an abundance of good will in the workplace, so use it to your advantage. Sow the seeds of cooperation by working your hardest to smooth out ruffled feathers. Avoid making major changes in your career.

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# PERMANENT MAKEUP AND SKIN CARE FOR CHEMO PATIENTS

By Alisa Florio/Profiles by Alisa

I would like to thank Joann McDowell for asking me to do this write up for women who are dealing with cancer. Women undergoing treatments are dealing with fatigue and want to rediscover their beauty and maintain their self-esteem. When a woman feels good about herself, she can conquer any circumstance. Many women are able to continue working and live out their daily lives with a desire to look their best.

Thirty years ago I was diagnosed with bone cancer and six months later my mom was diagnosed with breast cancer. The psychological effects of having cancer are tremendous; let alone the side effects of medications, hair loss, skin discoloration and sensitivities.

Permanent eyebrows and eyelash enhancement can ease the stress of patients wanting to preserve the appearance of their brows and lashes when entering into chemo treatments. When our eyebrows and eyelashes fall out it leaves our face looking blank and featureless. Permanent makeup can be done before chemo or radiation to help with this transition. Having esthetic areola re-pigmentation is the finishing touch to a surgical mastectomy procedure. This helps to restore more of a natural appearance to the breast by completing the nipple area.

Skin Technologies skin care products are formulated by a plastic surgeon I have been working with for over twelve years. I have seen beautiful results for oncology clients, and those with health challenged skin. Cancer treatments can make a woman's complexion look pale and sallow, what we use on our skin does make a difference.

Sometimes ongoing medication can cause women to experience unwanted peach fuzz on their cheeks, chin, lip, forehead and neck area. These areas can be sensitive to waxing and other conventional products causing the skin to hyper pigment. Dermaplanning helps remove this fuzz along with dead skin cells that cause dullness and dark spots. This hair removal technique revitalizes the skin allowing a new pink/healthy glow to reappear, and it is painless.

If you have any questions please feel free to contact Alisa Florio at 419-680-1486

I am very thankful to God for the gift he has placed in my hands to help women feel more confident in any circumstance. I have worked one on one or in a conference with a few hundred women designing hair, doing permanent makeup, consulting with skin care or helping to dress them to go out into the professional world; working with both the healthy as well as the afflicted. It has been a wonderful journey being a useful tool for over twenty years to bring together the beauty of women from the inside out. In memory of my beautiful mother Judith Walby and in honor of all the women who have gone through cancer, enjoy no more tears or smears with permanent makeup at 20% off selected services by Alisa Florio at Profiles thru June 30, 2015.



# My Mother's Recipes

By Joanne McDowell

It really is spring, or at least that is what the calendar says...so here are some recipes to get you ready for summer cookouts and graduation parties, and the best part, both are fairly simple. Enjoy!

## Classic Deviled Eggs

### Ingredients

6 hard-cooked eggs, peeled and halved  
 1/4 cup Hellmann's® or real Mayonnaise  
 1 tsp. Hellmann's® or Creamy Dijon Mustard  
 1/2 tsp. white vinegar  
 1/4 tsp. salt  
 Separate egg yolks from egg whites. Mash egg yolks in small bowl. Stir in remaining ingredients except egg white halves.  
 Spoon or pipe yolk filling into egg whites. Chill, if desired. Garnish, if desired, with parsley and sprinkle with paprika.  
 TIP: For a different taste add 1 tablespoon pickle relish or finely chopped sweet pickles; or 2 tablespoons cooked crumbled bacon; or 1 tablespoon chopped green onion,

3/4 teaspoon chili powder and hot pepper sauce to taste.

## Original Potato Salad

### Ingredients

2 lbs. potatoes (5 to 6 medium), peeled and cut into 3/4-inch chunks  
 1 cup Mayonnaise  
 2 Tbsp. vinegar  
 1 1/2 tsp. salt  
 1 tsp. sugar  
 1/4 tsp. ground black pepper  
 1 cup thinly sliced celery  
 1/2 cup chopped onion  
 2 hard-cooked eggs, chopped (optional)

### Directions

Cover potatoes with water in 4-quart saucepot; bring to a boil over medium-high heat. Reduce heat to low and simmer until potatoes are tender, about 10 minutes. Drain and cool slightly. Combine Mayonnaise, vinegar, salt, sugar and pepper in large bowl. Add potatoes, celery, onion and eggs and toss gently. Serve chilled or at room temperature.

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## Pastor from Cameroon to Speak at Grace Lutheran Church

Pastor Bangbe Amba Claude, from Cameroon, Africa, is visiting the Fremont area sponsored by SNAP Ministries, Inc. SNAP Ministries is a team of volunteers from the Fremont and Marblehead area who have been working with Pastor Claude for nine years helping him build churches that will someday be self-supporting and self-reproducing. This is being done through micro-enterprises that are helping to support the pastors and their families as they build a church in a village.



Pastor Claude will be speaking at Grace Lutheran Church, 705 W. State St., on May 3rd at all three services (7:45 a.m. worship, 9 a.m. Sunday School hour, 10 a.m. worship). During the Sunday School hour there will be a question and answer session. He not only wants you to know what micro-enterprises are working in Cameroon, but also would like to receive advice from the farmers and business owners in Ohio as to how to improve what they are doing.

The public is invited and encouraged to come to one or all the services.

A Seminary and Bible Institute has already been established in the capital city of Yaoundé to train young men and women to minister in the churches as teachers, pastors, evangelists, etc. Since Cameroon's main languages are French and English, this is being done through downloadable, on-line training in English from Tyndale Theological Seminary and Bible Institute out of Houston, Texas and in French from ProFAC Bible Institute out of Canada. At present there are 35 students.

Because Cameroon is a very poor country, the pastors cannot depend on their small churches to fully support them, consequently a team of SNAP Ministry pastors came up with the idea of micro-enterprises to help supplement their income, enable them to feed their families and build a small church. In 2012 funding was sent for small shops, cocoa tree farms, fields of corn, potatoes, plantains and cassava and raising goats. Since it has worked so well, Pastor Claude and his team would like to expand this idea and they need your help. For more info visit [www.snapministries.org](http://www.snapministries.org)

## Celebrating Ten Years!

Color Haven, on Stone Street in Fremont, is celebrating ten years in business. Opening their doors in April of 2005, after being a part of Spieldenner's paint department for seventeen years, John has continued to grow the business adding art supplies, and now custom framing to the mix.

With the ever changing market, John and Brenda Havens decided to take on custom framing with the closing of Da Vinci's in downtown Fremont. Color Haven hired the designer and purchased the equipment and are now ready to begin their new venture. The designer is available Wednesday to Friday from 10 a.m. to 5 p.m. and Saturday from ten till noon.

Color Haven carries Pittsburg Paint and Benjamin Moore paint and will gladly assist you with your painting needs. I enjoyed the new PPG Color Work Station, a digital kiosk that lets you choose colors and experiment with them on a large computer screen. If you are like I am, and cannot make up your mind about what color to use, this is the program for you.

Congratulations Color Haven and best wishes for another successful ten years!

(If your business is celebrating a mile stone, give us a call and we will be happy to celebrate your success).

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## NOMS Healthcare Now Offers OB/GYN appointments in the Fremont area.

Brian Printy, M.D. is scheduling patients at the Fremont Family Practice office of Mary Bower, M.D. & Jennifer Hohman, M.D.

Dr. Printy is a Board Certified Ob/Gyn physician providing the full scope of women's healthcare including:

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

## Green Box Derby

**Saturday, May 16, 2015**

First race begins at 11am

Come see the youth and adult participants race down Haynes Street hill behind the Sandusky County Fairgrounds.

Accepting applications for racers until May 2nd.

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Visit our website at [www.GreenBoxDerby.com](http://www.GreenBoxDerby.com) to see what it's all about!

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# Calendar of Events

May 2015 – Sandusky County

**May 2,** Sandusky & Ottawa County Master Gardener's 11th Annual Plant Sale 9am- 2pm at the Sandusky County Fair Grounds 4H Building.

**May 2,** Kentucky Derby Celebration: Terra State College benefiting the Council for Developmental Disabilities. 4pm-7pm, \$50 p/p, must be 21 to enter. Join us at the Neeley Center (Terra State College) for the Kentucky Derby experience while supporting those with developmental disabilities. We will have live streaming of the event, signature refreshments, heavy hors d' oeuvres, fancy hats and attire, and more. Call Lisa Celek at 419-332-9296 x131

**May 1-3, 8-10,** Gypsy, at the Fremont Community Theatre, 1551 Dickinson Street, Friday and Saturday 8pm, Sunday 2pm. [www.fremontcommunitytheatre.org](http://www.fremontcommunitytheatre.org).

**May 3,** Band Concerts, 3-4:30pm, Norwalk Senior High School, 360 Shady Lane. This concert features the North Coast Concert Band and North Coast Big Band Concert Band. Admission is FREE! [www.northcoastconcertband.com](http://www.northcoastconcertband.com).

**May 7,** National Day of Prayer, "Lord Hear our Cry" Noon to 1pm, Front Street Entrance, Fremont City Building.

**May 9,** All you can eat Pancake Breakfast, Girton Church of God, 2112 S. C.R. 32(Corner of C.R.32 & C.R.21). 7-11am, \$5.

**May 9,** Second Saturday R 4 Kids, 11-2pm, Hayes Presidential Center. A hands-on educational series designed for children and parent/adult companions. \$1/child 6-12, \$7.50/Adult, which includes Hayes Museum admis-

sion. 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**May 9,** Make A Book Class 9:30-11:30am, Hayes Presidential Center. Learn how to make your own great quality, personalized book economically with Blurb.com. \$10/Adult, \$5/ Student through High School. Pre-register by calling 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**May 15,** Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historical Jail, 622 Croghan Street, Fremont. \$25 p/p. Must pre-register, 419-332-4470.

**May 15-17,** 4th Annual Sandusky County Art & Music Festival, Front St., Downtown Fremont, free.

**May 17,** Music in the Parlor 4-5pm, Hayes Presidential Center. Limited

seating, tickets required. [www.rbhayes.org](http://www.rbhayes.org).

**May 18 & 19,** Green Springs Civil War Days, 401 N. Broadway St., Green Springs, Saturday 8am-10pm, Sunday 10am-4pm, free.

**May 23,** Woodville's Farmers Market, Main Street, 9am-1pm, free.

**May 25,** Memorial Day Parade, 10am.

**May 30,** Create a Family Tree on "Ancestry.com", Class 9:30-11:30am, Hayes Presidential Center. Admission is \$10/Adult, \$5/Student through high school.

Pre-registration, call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**May 31,** Vintage Base Ball, Featuring the Spiegel Grove Squires. 1pm at Elmwood at the springs, free.

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## Let your anger be a motivating force, not a self-defeating one

Q: I work too much and feel pretty much underpaid and underappreciated. Promises were made when I first took this job, and none of these promises have been fulfilled. When I try to meet with my manager, he avoids me. I figure it's time to hit the job hunt trail. I can't wait to see my manager's face when I tell him to shove this stupid job. Is there a best way to look for a job while still employed?

A: I'm a huge fan of always keeping one resume out the door all the time, no matter how happy you are in your job. However, I strongly suggest you don't seek your next job clinging to that revenge plot of telling your current manager to "shove it."

Obviously, as a counselor and executive coach, I completely understand the fact that you feel like telling off your boss. You feel betrayed and disappointed over how you've been treated, and it's normal to be pissed off about that.

You'd do better, though, to channel all that anger and determination into looking at all the cool jobs you could do and all the great companies you could investigate. Putting your anger into feeling victimized gives away the power you need to land a great job.

Feelings, in most respects, are just energy. Consider a feeling to be a force of nature, like water. Clearly, the earth needs water. Rain clears the air and nourishes the plants, but tsunamis can be very destructive. We don't have the option not to have feelings, but we do have the option to use them well.

I find when I'm really mad, I often bust open my old boxes of thinking and solutions. For instance, I might go ahead and send out some resumes. I might Google the names of everyone I admire in my

field and find any excuse to talk to them. Could I interview them for an article? Could I ask for an hour of their time and pay them for that hour? Do we have anything in common that would get me in to see them?

Remember, companies may put up job postings, but human beings decide who the person would be who can best solve their problems. If you can focus more on helping your future employer, you'll focus less on self-esteem issues, like do you have confidence or are you good enough?

When I'm mad, I also find that I'm not afraid of taking risks. There's something liberating about being truly pissed off. Suddenly, whatever you fear happening shrinks in importance and you become bold and creative. I always think to myself that when I'm already on the floor, it's hard to fall any lower, so sometimes being down can lead to moving up in your career.

Also, be grateful that you've learned a critical career lesson: People in business will do whatever they believe is in their best interests at that moment. If you haven't received a promise in writing with a penalty for not fulfilling that promise, the promise is pretty much worth the paper it's not written on. Those who hired you might have meant what they said when they hired you, but that was then.

Once you get a good job offer, remind your current boss that you did discuss many possibilities when you took the job that haven't developed. Let him know you've been offered a great opportunity and can't turn it down unless you renegotiate your current position. If he doesn't want to lose you, make sure he writes down any promises this time.

If he makes no effort to keep you, then you'll know you were never valued at your current job. This doesn't mean you aren't valuable; it just means this boss or this company wasn't capable of valuing you. You don't want to stay in a job where your contribution means nothing because all your good work is going into a black hole where gratitude should exist.

The last word(s)

Q: I've been finding it very hard to get out of bed, I'm weepy a lot and feel hopeless.

Everything I read says to just keep trying and think positive. I can't. Is something wrong with me?

A: No, something is wrong with that stupid advice! Brain chemistry is real and extremely powerful, just like diabetes. See a psychiatrist and realize you can't change your brain chemistry through positive thinking.

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

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## THE PERFECT TEN

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**DEAR MAYO CLINIC:** My father, 71, was diagnosed with early-stage prostate cancer last month. He's worried about the side effects of surgery and radiation, so he has instead decided to wait and see if the cancer progresses. His doctor agrees that he doesn't need to have treatment anytime soon. Should I have him get a second opinion?

**ANSWER:** Active surveillance is a reasonable approach for men with low-risk prostate cancer. However, prostate cancer has a wide range of possible treatment options. It is important to consider all the options before making a decision. Obtaining a second opinion often can be quite useful when deciding on the best approach.

Prostate cancer is common, particularly in older men, and it often grows slowly. Because of that, many men with prostate cancer actually die due to some other cause. About 1 in 6 American men are diagnosed with prostate cancer at some point in their lives, but only about 1 in 30 actually dies from the disease. Therefore, it's important to distinguish between the forms of prostate cancer that may not require treatment right away and those that may be aggressive and need to be addressed more quickly.

Choosing to hold off on treatment and instead closely monitoring prostate cancer through active surveillance may be a good choice when the cancer is small, expected to grow very slowly, confined to one area of the prostate and is not causing signs or symptoms. For older men or those who have another medical condition that limits life expectancy, active surveillance may also be the best option.

Active surveillance does require a commitment to follow-up appointments on the part of those who choose it. Most experts recommend regular blood tests, rectal exams and periodic prostate biopsies to see if the cancer is progressing. If, based on results of those follow-up tests, the cancer looks like it is growing, treatment may be performed at a later date.

If treatment is needed, a variety of options are available. As you noted, surgery to remove the prostate may be recommended. But other treatments can be used for prostate cancer, too. They include radiation therapy, hormone therapy and chemotherapy, among others. An individual's specific treatment plan is developed based on a number of factors, such as how fast the cancer is growing, how much it has spread, and the person's overall health. These factors combine to determine the benefits and the potential side effects of treatment.

Treatment for prostate cancer can cause side effects. Along with other possible complications, incontinence, or leaking urine, and erectile dysfunction can occur after surgery or radiation. The risk of these side effects can be lowered with state-of-the-art radiation therapy or when an experienced surgeon performs the procedure. If surgery is recommended, do not be hesitant to ask the surgeon how many of these surgeries he or she does each year. Surgeons who perform 50 or more a year typically have better outcomes than surgeons who perform fewer.

Keep in mind, too, that prostate cancer - even if it is an aggressive form of the disease - is not immediately life threatening. That means you can take time to talk to several physicians, get their

recommendations, and decide on the best approach for you.

You should never be afraid to ask for a second opinion. Most physicians understand and even encourage their patients to seek additional input if they have any hesitation or concerns about a diagnosis, recommended testing or treatment plan. If your surgeon or your doctor is offended by a request for a second opinion, you may want to consider switching to a different doctor. - Matthew Tollefson, M.D., Urology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGNmayo.edu](mailto:medicaledge(AT)SIGNmayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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### Pins for Pets



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# In Your Own Backyard

**Civil War Days, Green Springs, May 16 & 17 beginning at 8 am** with the flag raising, 11-4, photo shoot, outfit and scene provided, sponsored by Old Fort Country Market; 3:30 Battle for Grey Goose Creek, 4:30 Pie Contest sponsored by Old Fort Country Market, Family movie night at 9 pm. Sunday at 10 am Open Air Church, 11-2:30 photo shoot, outfit and scene provided. Old Time Bathhouse and Period games, food and period vendors, all weekend. Closing ceremony at 4 pm on Sunday.

**Fremont Area Women's Connection luncheon and program at Anjulina's Catering**, 2270 W. Hayes Ave., Tuesday, May 12, 11-12:30 pm., cost \$12.00 incl. Feature will be The Summer Kitchen Interiors, owners Karrie Meyer and Karla Militello. Speaker will be Sandi Lemmon, Toledo. Sandi will tell you the "Confessions of a Workaholic" with a Type A Personality and becoming a workaholic in college. For luncheon and free child care, call by May 7th, Donna 419-680-2251 or email fawcluncheon@gmail.com.

**Bethel Church Garden Club, plant sale** on May 9th from 9 am until 2 pm at The Block located at 320 Toledo Street in Elmore.

**Senior trip to Laurel Highlands in western Pennsylvania, July 30-31**, two-day, overnight trip includes a visit to the Johnstown Flood Museum, Flight 93 Memorial, Que Creek Mine rescue site, Mt. Pleasant Glass Museum and more. Also included is a performance at the Mountain Playhouse theater. Cost is \$299 p/p and includes motor coach transportation, lodging, a souvenir gift, breakfast, lunch, two dinners, taxes and meal gratuities. Contact Barb Ward at 419-334-8181, or visit the Fremont Senior Center, 600 W. State St., Fremont, 9 a.m.-2 p.m., Monday-Friday.

**Green Box Derby**, Sat., May 16th, first race at 11 a.m. down Haynes St. hill behind the Sandusky County fairgrounds. Visit [www.greenboxderby.com](http://www.greenboxderby.com) for more information.

**Village of Lindsey Farmers Market:** 6th year, this market is held the second Saturday of each month through October, from 9 am until noon, in the Village Park on Main Street. Open to vendors selling produce, baked goods, crafts, plants, etc. Vendor fee is only \$5 for unlimited space. Shoppers will find a wide variety available. For info call 419-665-2045.

**Mt. Carmel UMC**, 4997 CR 183, Clyde, May 16th, 9 am—4 pm, annual Garage Sale, this includes our Lunch Stand with homemade foods, a baked goods sale and aluminum recycling.

**The Liberty Aviation Museum, PC Seniors, and Serving Our Seniors, will host a Big Band Dance in honor of all branches of the US Armed Forces**, all services personnel and veterans. The tribute will take place on Sunday, May 17th, from 2-5 p.m. at the Liberty Aviation Museum, 3515 State Road, Port Clinton. General Admission is \$20 p/p or \$35 per couple. Admission for Seniors and Military/Veterans is \$15 p/p or \$25 per couple. Music by the 16-piece big band – Night Session. Hors d'oeuvres and beverages are included with door prizes and 50/50 raffles, and period-appropriate civilian or military attire, adding to the fun. A 2 p.m. military tribute will start off the activities. Free dance lessons from 1:30-2 p.m. Tickets can be purchased at the Liberty Aviation Museum (419-732-0234) / online ([www.libertyaviationmuseum.org](http://www.libertyaviationmuseum.org)), PC Senior Center, 321 E. Third St., PC (419-734-1481), or call Juanita (419-341-1080). Proceeds to Liberty Aviation Museum, PC Seniors, and Serving Our Seniors.

**2015 Relay For Life of Sandusky County**, June 13th at Connor Park in Fremont. There are activities for all ages throughout the day. Come hungry because there will also be all kinds of good food for sale throughout the park. Some of the bigger events that you don't want to miss are: 11 a.m.: Pre-Relay Survivors Reception, 12: Opening Ceremonies and Survivor Lap; 1 p.m.: T.T. Lite (a 2 piece Country and Classic Rock band from Fremont) will perform until 3; 3 p.m.: Project Runway, watch the teams compete in this fun activity; 4 p.m.: Treasure Hunt; 5 p.m.: Survivor Dinner – for info contact Brian Gibson at (888) 227-6446, Ext. 5205; 6 p.m.: "Chair"ity Auction – come and bid on special chairs donated by the teams; 7 p.m.: Ms. "Relay" Superhero – Fun event that you just have to see to believe; 9:30: Luminaria Ceremony – Please join us for this touching ceremony to honor those that are touched by cancer and remember those that have lost their battle with cancer; 11 p.m. Free Ice Cream

Social in the Barn. Visit the website at [www.relayforlife.org](http://www.relayforlife.org).

**Heartbeat/Hope Medical, 2015 "WALK FOR LIFE", One Walk...** Two Locations. Sat., May 9th at our Fremont location, 1209 Oak Harbor Rd., and our Tiffin location, 120 1/2, Suite 206, Washington St. Registration begins at 8:30 a.m. and the Walk will begin at 9 a.m. When you reach \$150 in donations you will receive a FREE "Walk for Life" t-shirt. The top 3 individual youth walkers, aged 18 years or younger, will receive a cash prize. Fun activities and tours of our facilities will be offered throughout the morning as well as the opportunity to meet with staff members, board members, and volunteers. We will also have "Walk for Life" t-shirts, sweat-shirts, and beautiful flowers. Register for the "Walk for Life" online: [bit.ly/walkforlife2015](http://bit.ly/walkforlife2015), click on participate if you are a walker, complete the info and share with your friends. Have your sponsors go to the same website, click on the word

*Backyard, cont'd on page 16*

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Spaghetti Dinner, Silent Auction to raise money for the Leukemia and Lymphoma Society on Sunday, May 17th at Memorial United Methodist Church, Fremont, behind the YMCA, from 11:30-1:30. For pre-sale tickets contact Beth at 419-680-8042 or Pam at 419-601-1963. Auction items include wreaths, sports items, home décor, Disney Frozen items, and more! Dine in or take out. Adult- \$8, children-\$4, auction closes at 1 pm. (Fundraising has brought about needed research and saved a local man, a father of five. Please support this event!)

**DART, The Sandusky County Disaster Animal Response Team is currently recruiting volunteers to join our team.** We have a wide variety of positions open, in addition to those opportunities, we also have specialized groups with the DART team. These groups require additional training which is all provided to you. We currently have a medical team, and are in the process of developing a Search & Rescue Team and an Equine Team. If you are the owner or manager of an animal related business, you can help too! In the event of an emergency or disaster, the DART team will be in need of resources to help us with the care of the animals. For more information on becoming a volunteer, or assisting with supplies and equipment, please join us on May 14th, from 6pm-8pm for our open house. We will have snacks and refreshments available while we give a short presentation and answer all your questions. If you cannot attend the open house, but are still interested in becoming a DART volunteer, please call the Sandusky County Emergency Management Agency at 419-334-8933 for more info.

**Pontifex, located at 416 W. State Street inside the old post office, is having a rummage sale on May 8th and 9th from 8 A.M to 5 P.M** we have everything you can imagine and more. Baby items to antiques. Won't you stop by and do a little shopping and in doing so you will be supporting the different things Pontifex does for the community. We have 2 weekly soup kitchens, a food pantry open every Monday, little Giants Locker free uniforms for local school children, and we house several support groups and more. We are asking anyone who has items they no longer need

to donate them, in exchange we will give you a receipt for your income taxes. Drop off your items any time. If you have questions call us at 419-333-9667

**Chicken Barbecue Dinner**, Sunday, May 10th, Our Lady of the Pines Retreat Center, noon to 4pm, eat In or take out.  
For tickets or to reserve a space for a large group call 419-332-6522.

**GIFT OF TIME:** Evening Prayer, May 18, 7-8 PM. This evening prayer invites us to look at the gift of time with wonder and awe.  
Sister Marianne Longo, RSM 419-332-6522 or e-mail olprc@pinesretreat.org

**Just for Men: Barbecue Spirituality: SINNERS AND SAINTS.** May 21, 6-8pm.  
Father Ed Schletert, 419-332-6522 or e-mail olprc@pinesretreat.org

**Reflection with a Cup of Tea:** 'Tis the Mary Month of May, May 12, 9- 10:30 AM.  
Facilitator: Fran Benlein; 419-332-6522 or e-mail olprc@pinesretreat.org

**SPRING DAY RETREAT: ENHANCING OUR CREATIVITY**, May 16, 9:30-3:30 PM, Presenter: Anne Kertz Kernion from "Cards by Anne"  
Contact us at 419-332-6522 or e-mail us at olprc@pinesretreat.org

**LUNCH AND LECTURE** "On Being a Merciful Leader", May 19, noon-2:30 PM. Sr. Karen Schneider, RSM, MD. Bridging cultural barriers, providing pediatric care and education to less cared for countries. 419-332-6522 or e-mail olprc@pinesretreat.org

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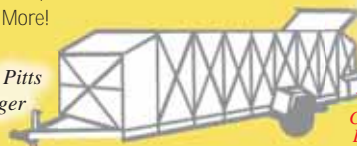
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# Helen Marketti's Music Corner

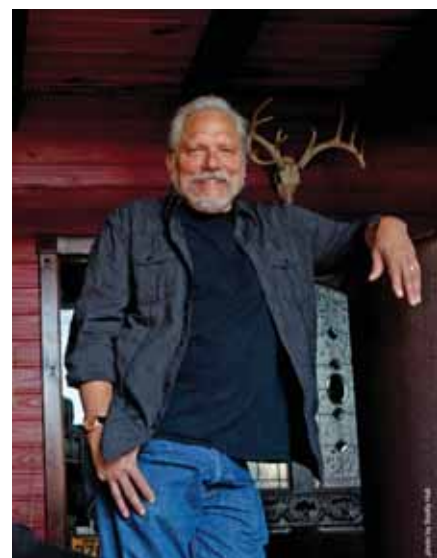
## Jorma Kaukonen



The name is synonymous with the 60s whenever you hear a song by Jefferson Airplane who were inducted into the Rock and Roll Hall of Fame in 1996. He still tours with Hot Tuna and his good friend, Jack Casady. Today we are still hearing great music created by Jorma Kaukonen. His new album, *Ain't In No Hurry* (Red House Records) was released in February. It is a combination of familiar and original tunes. Music fans will hear a combination of blues, traditional and folk styles. If that is not enough, Jorma and his wife, Vanessa runs Fur Peace Ranch in Pomeroy, Ohio.



*In My Dreams* is a track from the new album, which speaks to what we all go through in life. All we have is this present moment in time and it is important to make the most of that time with those in your life. "I first started thinking about putting the album together in 2013. Normally, I am deadline driven," said Jorma. "*In My Dreams* came to me while I was in Pennsylvania. I was just waking up and the line 'we never seem to age in my dreams' was in my thoughts. I hurried to write it down before anything could be a distraction. I did not turn on the TV or the com-



puter which would have been spirit killers and the moment would have been lost. I like to use pencil and paper when I'm writing. I usually put the first drafts on paper and play my guitar. I wrote most of the song in one day. I started playing it at a few of my shows when it occurred to me that it had been a number of years since I did my last solo album. We approached Red House Records who gave us the go-ahead and then I had a deadline. I had some older songs too that I was thinking about including. I am happy with the album."

"The song, *Sweet Fern* is a song by the June Carter family. It is a lesser-known song from their catalog. I used to play it when I was in New York in 1961. The song is from a female perspective but I changed the wording so it would be coming from a male perspective," explains Jorma. "Many of my friends are younger than I am and I had thought about the ones who have daughters who are in the service and had to leave their family behind which is why I included that song on the album."

"I am trying to do better at jotting down ideas when inspiration hits. It's good to carry a little pocket notebook because you never know what you might see or overhear. It could be something a waitress said in a diner or two people having a conversation in a parking lot. Any time you hear anyone say anything vaguely interesting; write it down because you never you know when you can turn what you heard into a song."

Jorma started out playing the piano before he switched to guitar. "I wish I would have stuck with piano a little longer because everything I know and converse about music in a traditional way stems from my taking piano lessons. I switched to the guitar when I was a teenager because first of all, it's cool! I think guitars are cool looking and make you look cool. When I started playing guitar, the instruments of choice at that time were drums, piano or saxophone. The guitar came into its own with rock and roll. You can play any kind of music on the guitar. It's versatile; it's portable and the perfect instrument."

Jorma discusses meeting deadlines and finishing albums. "Well back in olden days when I was with the Airplane and we were popular for about twenty minutes (*laughs*), we finished *Surrealistic Pillow* in less than two weeks. When we started to gain more power and money then we were able to take longer periods of time to create and finish albums. I like to work painlessly and quickly. I know the musicians from San Francisco and we were not trained musi-

cians per say unlike the ones that came out of LA, New York or Chicago. I didn't have a lot of confidence because the recording process can be a little intimidating. I have long since realized that live music and recording music are different," said Jorma. "When you are working on a recorded project in the studio, you don't need to be as conscientious as you had to be in the early days and what I mean by that is there are more tools of technology to use for editing and so forth. We simply did not have that kind of luxury back in the day."

Jefferson Airplane will celebrate their 50th anniversary on August 13 to be exact as being part of the 60s music influence. "It was a really exciting time from a creative point of view. What was happening in San Francisco for the pop scene was so different than what was happening anywhere else in the U.S.," remembers Jorma. "The approach to music was unique and out of the mainstream. In my opinion, it was an era that created history. We did it our own way."

A very close friend to Jorma is Jack Casady who shared the stage with him in Jefferson Airplane and later with Hot Tuna. Hot Tuna still tours and has several dates scheduled over the summer. "Jack and I have played together since 1958 and we've been friends even longer. We each have different personalities and may not always agree but we don't argue. We respect each other as friends and musicians."

Jorma and his wife, Vanessa own Fur Peace Ranch in Pomeroy, Ohio. Fur Peace Ranch is a place where musicians from beginners to seasoned pros can attend guitar camps and clinics with popular teachers such as Jorma, Jack Casady and many others. Everyone is invited regardless of skill level and the clinics usually sell out quickly. Fur Peace Ranch also offers concerts and other special events. "We bought the property in the early 90s," said Jorma. "I have always enjoyed teaching and helping others so we started the ranch. It's hard to describe but it's a great place."

Jorma is always looking ahead to what life has in store and enjoying the journey. "My mind's eye is always open to watching life go on without me. I have never gotten bored. In a normal world, I would probably be a grandfather by now and a great grandfather. I have a teenage son and an eight-year-old daughter and I'm not saying that keeps you young although it does keep you tired. (*laughs*) I try to stay tuned in to the world at all times. I would like to think I would be this way regardless. I love learning. I love music and playing the guitar. My

favorite music is around 90-years-old but that's OK. Life excites me."

For more information: [www.jormakaukonen.com](http://www.jormakaukonen.com)

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**Q:** Molly, my 5-year-old Jack Russell, had her teeth cleaned previously with no problems. About a month ago, after having her teeth cleaned again, she was listless for a few days. While she's back to herself, she now wakes me at around 11:30 p.m. and again at 1 a.m. each night to go out, even though my husband walks her before bed. After coming back in, she gets a treat and we go back to bed. Could this behavior be related to the dental procedure? - L.K

**A:** Dr. Kate Knutson, past president of the American Animal Hospital Association, says to first contact your veterinarian to determine if the anesthetic protocol was any different this time. It's also important to inform your veterinarian about the lethargy following the dental cleaning, so that next time around the "anesthetic cocktail" might be adjusted.

Knutson, of Bloomington, MN is a proponent of full-mouth x-rays before a dental procedure to determine everything that's going on your pet's mouth. So much of what happens occurs below the gum line, and is otherwise impossible to detect. Your veterinarian might want to see Molly again to make sure her mouth checks out healthy and pain free. The vet may also want to eliminate other issues, such as a urinary tract infection.

If medical issues can be ruled out, why is Molly bothering you at night?

Well, she obviously enjoys the cookie game - getting up late at night to go out, then being rewarded with a treat upon returning. It might be that for whatever reason she really needed to go one night, and after receiving a reward, she instantly learned what happens when she goes out late at night - whether she really has to relieve herself or not.

"Some dogs are very good at training us," Knutson adds.

**Q:** My 17-year-old dog's health is failing badly, although there's no cancer or heart disease; just what my veterinarian calls "old age catching up." How do I know when the time is right to put Emma to sleep? - V.D.

**A:** "This is the question I hear most often," begins Los Angeles, CA-based co-founder of Lap of Love, Dr. Mary Gardner. Lap of Love is a nationwide network of veterinarians whose goal is to empower pet owners to care for their geriatric or sick pets, offering counseling and in-home euthanasia.

"If there's disease or illness, and/or the pet is in pain which can no longer be relieved, those are initial considerations," says Gardner. "In this pet, that's apparently not the issue, so next we consider quality of life, which can be hard for pet owners to decide (about) on their own."

To help pet owners navigate the issue, there are several quality of life scales, including Lap of Love: [http://www.lapoflove.com/Pet\\_Quality\\_of\\_Life\\_Scale.pdf](http://www.lapoflove.com/Pet_Quality_of_Life_Scale.pdf) and another from pioneering veterinarian Dr. Alice Villalobos: <http://www.pawspice.com/downloads/QualityofLifeScale.pdf>.

Gardner says it's helpful to seek the opinion of a third party who knew your pet in better times - a friend or neighbor, for example. Also, consider a medical opinion from a veterinarian.

"It's difficult to judge when it's your own pet. I've personally been at that place and this is what I do for a living," she says.

Gardner says that the quality of life for people who live with an aging pet should also be considered.

"If you have to drag a 90-pound dog up three flights of stairs to the apartment, it's a real consideration. And realistically, cost of care may be an issue," she notes.

Gardner sums it up, "It's best to euthanize a pet before there's suffering, and while the pet is still smiling; that's the goal." Indeed, the entire idea of euthanasia is to prevent suffering.

**Q:** About three months ago, I adopted two 2-year-old Havana Brown cats from a breeder, who's also a veterinarian. From day one, one cat was very friendly and the other was just the opposite, even peeing on my bed and on my clothes. She spends most of her day hiding. Any advice? - K.B.

**A:** Have this cat checked out medically to rule out a physical explanation. Also, call that breeder back. It's possible the "unfriendly" cat has always been shy and/or anxious, and has a history of soiling outside the box.

While littermates generally get along well, as many readers will attest, siblings aren't always best pals. Not only is this cat tentative around you, but might also be worried about her sister. Cat relationships can be complex and surprisingly difficult for mere humans to figure out.

Veterinary behaviorist Dr. Debra Horwitz, of St. Louis, Mo., recommends keeping the shy cat in an extra bedroom, den or office. Place a litter box there and put the cat's food and water on the opposite side of the room. Provide a scratching post, some toys, empty boxes and other places for the cat to hide. If there's anything in the room you think she might

piddle on, such as a bed or sofa, cover it with plastic

Plug in Feliway MultiCat in this room (and in places where the other cat hangs out). These devices diffuse a copy of a calming pheromone, which will help lower tension between the cats.

If the shy cat begins to venture out of her hiding places when you enter the room to feed her, stay awhile. Watch TV or a read a children's book to the cat (the soft sing-songy way we read children's books can relax cats). Wait for her to come to you. Bribery is accepted; use treats for encouragement. Playing with an interactive toy is a great stress buster.

Without your other cat or you around to intimidate her, hopefully she'll become re-trained to the litter box.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state.) TRIBUNE CONTENT AGENCY, LLC.

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### Lettuce Welcome Spring / The Grebes Move In

Sorry about the title--we couldn't resist! Spring is here and for many of us it means planting our flower and vegetable gardens. For the past few years we've had good luck planting lettuce in large containers in the backyard around the deck. It was readily available, easy to care for and one of the few spots that the chickens couldn't come in and dig up. This year the problem wasn't keeping the chickens out--the problem came from an unexpected source. Robin wrote about it in her blog at [www.duckmarshstudio.com](http://www.duckmarshstudio.com). and we'd like to share that blog post along with the photos that went with it:



"Our big goal on April 4th was to plant some lettuce in containers. Originally, we were going to buy bags of dirt to fill the tubs, but we stumbled upon a pile of nice black dirt on the dike running along the back of our property. Where we live it's hard to find anything but heavy dense clay so this was a real find. It was too wet to drive the mower back so we dragged a little wagon to

this spot, shoveled in the dirt and then dragged it all the way up to our backyard. We were proud of ourselves after we filled the containers with the black gold and planted the lettuce seeds. Gena was so thrilled with it she was admiring it from the back window when she frantically screamed (note: I didn't exactly scream--it was more like exclaiming) for me to come back and look at "something." I thought it was a rare bird but this is what I saw: (note: here you have to look at her photos) Dolly, our Pekingese was having a grand 'ole time standing in the middle of one of the containers, digging in the dirt. We no longer have cats hanging around, so other than the cottontails looking for a nice meal, we thought we were safe. We should have known--you are never safe with a dog like Dolly. She also thought the dirt was exceptional and made a nice bed in it. "

Of course, we replanted the container with a different packet of lettuce seeds and covered it with plastic fencing. Now we're waiting to see if we got Dolly all cleaned off so she doesn't sprout lettuce and look like some kind of weird chia pet.

A few weeks ago Robin commented that other than a stray duck or two passing through, none of the ducks or geese landing in our marsh seemed to be staying around.

Not long afterward, as she was walking along the dike she saw a lone duck pop up on the surface of the water at the far end of the marsh. It was a little diving duck known as a "grebe." Robin later identified him as a "pied-billed" grebe.



Robin Arnold

Grebes are sometimes overlooked because they dive and can remain underwater for long periods of time, sometimes surfacing quite a distance from where they started. This one surprised a small flock of blue-winged teal that flew into the marsh by popping up right in the middle of them during one of his dives. The teal took off and didn't return. In spite of his small size, Robin saw him chase off other ducks that tried to land in "his" marsh.



Gena Husman

Occasionally, we heard him call as he swam about...and soon he was joined by a female. So far, they appear content and show no signs of leaving. We're hoping they'll stay and nest in the marsh--especially since he's chased everyone else out.

On a final note, the spring bird migration is underway! Mark your calendars-- "The Biggest Week in American Birding" runs May 8 - May 17, 2015 in northwest Ohio, "The Warbler Capital of the World." Again this year we will be part of three birding tours from Black Swamp Bird Observatory.

For more information go to [www.biggestweekinamericanbirding.com](http://www.biggestweekinamericanbirding.com). Hope to see you out there! Check out Robin's website and blog at [www.duckmarshstudio.com](http://www.duckmarshstudio.com). There you will find her blog, a link to her photos, and a link to her etsy store.

**BECAUSE YOU DO HAVE A CHOICE!**

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### FOR SALE

Will Buy any and all of your Indian Artifacts, Arrowheads. USA and International coins and currency bills. Taking orders for jumbo crab: Snowcrab in 11# boxes and 20 # boxes of King Crab. Call 419-680-5548.

FOR SALE: Model Fire Trucks, Fire Figurines, Fire Memorable. Call 419- 332-7632.

### BUS TRIPS

Travel with Blue Lakes Tours: New York City Aug 6-9; Outer Banks Sep 8-13; Nova Scotia Quebec Sep 13-24; Southwest National Parks Oct 5-16; Branson Oct 19-24. Call 419-874-4225 for information

### EMPLOYMENT

Clyde-Green Springs Schools Transportation Dept. is in need of substitute bus drivers, \$12.50 per hr with a 2 hr minimum. Training is provided. Please call 419-547-0588 for an application.

Employment: Mature, responsible, hard working kennel workers needed. Part time, some weekends, apply at Humane Society shelter, 2520 Port Clinton Road in Fremont.

### GARAGE SALES

Bethany Drive Garage Sale: May 15th & 16th. Much to choose from including housewares.

Garage Sale: 1118 Rawson Ave., Fremont, May 8 & 9 Friday 8-4, Saturday 9-4. 3 family garage sale. Wooden outdoor decor/crafts, 2 Ceiling fans, Fostoria glass, kids clothes, toys, housewares and decor.

### SERVICES

Dust Free Cleaning: Get ready for summer with us! Call 419-603-6667 for a dust free clean. Rates are \$12 per hour 4 hour minimum, references, insured.

### RENTAL NEEDED

Rental needed: Low income elderly woman, her care-giver and pet need a two bedroom lower unit with a walk in shower and possibly a garage, by July. Would like to be in Fremont near family, medical facilities and friends for needed assistance. Call and leave message or text to: 419-680-0350.

Mail a check for \$25 and your classified, up to 30 words, to Lifestyle's Classified, 30 Ponds Side Dr., Fremont, 43420. Deadline is May 20th.

**SATURDAY NIGHT BINGO!**

Doors Open at 4pm Early Birds at 6:30pm

**YMCA - 1000 North Street, Fremont 419-332-9622**

<p><b>More FUN added</b></p> <p><b>Patriot Progressive Game</b></p> <p><b>Win up to \$3000</b></p> <p><b>Joker's Wild Bonanza</b></p> <p><b>Win up to \$1000</b></p> <p>Four admission prizes of \$25 given nightly</p>	<p>- \$100 every game (with 100 players)</p> <p>- \$1000 progressive jackpot</p> <p>-Triple Jackpot Keno</p> <p>- Handicap Accessible</p> <p>-Homemade refreshments</p> <p>-Lucky numbers</p> <p>-All PAPER - Lots of Instant</p>
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Wellness & Walking Trail  
Women's Imaging Center  
Yoga Classes

**Bellevue:** 419.483.4040

**Clyde:** 419.547.0074

**Fremont, Green Springs,  
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# THE BELLEVUE HOSPITAL COMMUNITY BENEFITS of 2014

The Bellevue Hospital has been providing *Quality Care, Close to Home* since we first opened our doors in 1917. The benefit of our hospital is measured not only in the health and wellness of the individuals touched by our excellent patient care, but also in community services and activities offered through disease prevention, health promotion and education. Together we continue to work toward improving our community's health status. We also provide jobs and support our local schools and businesses by the taxes we pay and the products we buy from area businesses. We are always here to help those without insurance or a means to pay for needed care. Listed to the right is a brief summary of the benefits we provided in 2014.



## Uncompensated and Charity Care

*More than \$2 million in patient care was given to individuals who were uninsured or under-insured.*

### COMMUNITY INVESTMENTS

Wages & Benefits.....\$21,602,614  
Bellevue City Income Tax .....\$214,028  
Bellevue City Schools Taxes .....\$32,607  
Clyde/Green Springs Local School  
Taxes .....\$16,940  
Fremont Local School Taxes .....\$11,058  
Monroeville School Taxes .....\$4,217  
Seneca East School Taxes .....\$6,302

Capital Investments .....\$1,286,642  
Dollars Spent Locally .....\$2,788,000  
Cash & In-Kind Donations .....\$84,500  
Volunteer Hours .....8,022

### HEALTH SERVICES

Admissions .....1,538  
Births.....376  
Diagnostic Imaging Procedures .....31,164  
Emergency Department Visits .....15,453  
Rehabilitation Procedures.....38,798  
Occupational Health Visits.....3,967  
Outpatient Visits.....62,503  
Surgical Procedures .....3,569  
Lab Tests .....206,750