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May 2016

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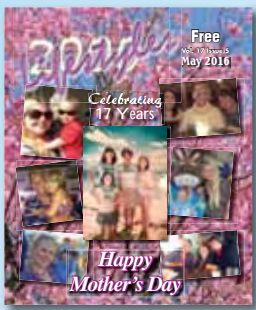
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Cover photos: Center, Carolyn Carr with her daughter Krista and grand daughters. Many of you know that my sister Carolyn passed away unexpectedly in January, this cover is in her memory. Other photos are of Carolyn's daughter-in-law, Mindy Carr and my nieces Amanda Schank Ernst and Melissa Schank Maitland and their beautiful children. Happy Mother's Day!

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Campfire News and Notes

As I drove into work today, it was a glorious morning. The sun was warm and bright, birds were singing and a soft wind whispered spring has arrived. Spring, a time of new life and new beginnings and the time for Camp Fire staff members to prepare for summer camps. This year Camp Fire will offer two traditional 4-day camps with a 5th day offered. We have many theme camps this year. Weather your child likes to play sports or do crafts we have the camp for them. We will also have a camp this year for the little ones to introduce them to summer camps.

Registration for 2016 summer camps is ready! For a detailed listing of camps and registration forms send an email request to campfirefremont@yahoo.com or call at 419-332-8641. Do you, as an adult, have free time on your hands? If so, you're more than welcome to join us at camp as a volunteer. Contact us today!

Do you have some 100% cotton t-shirts that you don't wear anymore? Camp Fire could use them for crafts. You can drop them off to Camp Fire during office hours.

Staff and members would like to thank everyone who supported Camp Fire during its Spring Product sale by purchasing candy bars, mint meltaways, beef sticks and bedding plants. We would especially like to thank Rural King for allowing members the opportunity to sell on site. There are still mint meltaways and beef sticks available for purchase in the Camp Fire office.



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

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

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

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

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30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

In May of 1999 we published our first issue! Seventeen years later we have seen several similar publications come and go, thus we are so happy that you have made it possible. For without readers we wouldn't have advertisers.



I have never had a job I love more than putting together this magazine each month, never am I bored. What better job could there be?

I especially thank Grace Sidell who has been with us from the start, even publishing a book with many of her past columns.

I want to say thank you to Bellevue Hospital and Dairy Queen for advertising with us since May 1999. Another thanks to Tammy Calhoun for her beautiful graphic design, she has been with us since 2003.

Enjoy this issue and be sure to note the new prizes starting May in the "Find Pete" contest, which is also 17 years young!

Joanne



There were over a 100 entries but about a third were wrong, "Pete" was hidden in the Dairy Queen ad, not Otto & Urban! Check the prize box this month for some exciting new prizes starting May to celebrate our anniversary! (Note, most of the winners this month were women!)

Find Pete Winners

Winners are: Vickie Willey, Barbara Behrendsen, Jerry LaGrou, Marilyn Rice, Karen Weissinger, Laverne Babione, Sandy Bennison, Betty Sanchez, Connie Burroughs, Lana Redding, Dick Hoffman, Fremont; Caroline Halm, Tammy Taylor, Audra Lowe, Paula Renfro, Richard Weasner, Clyde; Kay Collins, Cleveland Brown, Vickery; Mark Foos, Helena; Myles Miller, Green Springs.

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad. Anyone who mentions Celebrating 17 Years in their entry will be included in a drawing for Miller Boat Line tickets.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You believe the sun will rise even in the dead of night. In the month ahead you will have faith in your partner, your lover, or your friends even when a relationship is unpredictable or temporarily seems to be out of steam.

TAURUS (April 20-May 20): Make your way like a famous mild mannered reporter, people may be more impressed with your demonstration of perfect courtesy and attention to duty than your sparkling social skills.

GEMINI (May 21-June 20): Wishes may not be granted if you take people and things for granted. To appear tolerant and agreeable you might let someone get away with much too much in the month ahead. Be miserly with the benefit of the doubt.

CANCER (June 21-July 22): Join forces with others for the best results, when you have a major task to perform call on a friend to get the show on the road. Someone else may have the willpower and aplomb make ideas a reality.

LEO (July 23-Aug. 22): You've heard about the leopard and his spots. Those spots seldom change, so don't try to change him. Someone you know might act impulsively and clash with your preconceived notions of what is proper.

VIRGO (Aug. 23-Sept. 22): You may be blessed by having the biggest plate at the salad bar of life, you can enjoy the fruits of your labors as well as the appreciation other kindhearted individuals. Avoid making extravagant gestures.

LIBRA (Sept. 23-Oct. 22): Too many restrictions can lead to rebellion, you may be riled up by restless need for a more exciting social life. Major accomplishments are possible if you have the wisdom to ignore passing distractions.

SCORPIO (Oct. 23-Nov. 21): Try to work within the parameters and color inside the lines. A flamboyant style will not help you get ahead. Roll up your shirt sleeves and finish up whatever you start. Casual comments could be criticized.

SAGITTARIUS (Nov. 22-Dec. 21): Set your personal bar as high as possible and exceed the expectations of others. By pleasing yourself first you may bring pleasure for others. Accept your mistakes and vow to do better next time.

CAPRICORN (Dec. 22-Jan. 19): The achievement of your ambitions requires hard work and persistence. A quick fix can cause more damage than good. If it seems that a change is needed in the week ahead take your time to consider all angles.

AQUARIUS (Jan. 20-Feb. 18): Impulsive purchases appeal to packrats, you might be attracted to unique things that quickly lose your interest. Loved ones can remind you that you are immersed in too much of a good thing.

PISCES (Feb. 19-March 20): You are filled with sincerity and want to offer assurances. Be aware that even if you have the best of intentions that something could change the situation, don't get stuck making a promise you can't honor.



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History Notebook

By Nan Card - Curator of Manuscripts
Hayes Presidential Center

Hindenburg Disaster



Seventy-nine years ago this month, one of the most tragic spectacles to ever take place in the U. S. happened at Lakehurst, New Jersey. It was the explosion of the German airship, the Hindenburg, as it attempted to dock at the Naval Air Station mooring mast. Even now, nearly 80 years later, many, like myself have seen the spectacular photographs of the disaster, watched the horrific newsreel footage, or listened to the late Herb Morrison's emotional radio broadcast, one of the most famous in history. (Access <https://www.youtube.com/watch?v=CgWHbpMVQ1U>)

Interestingly, an eye witness of the tragedy and heroic rescuer of many of the victims was the late Fremont native Carl Murray, a career Army officer and corporal of the Quartermaster Corps at Camp Dix. Some weeks ago, his relative, Tim Merrill, was kind enough to share with me the remarkable letter that Captain Carl Murray wrote his parents, John and Ellen Murray of Fremont, after the disaster. Some of his eyewitness account is excerpted here.

Murray had taken 50 of his students to the Lakehurst hangar to see the arrival of the zeppelin. He wrote, "The field was crowded with spectators, but many were driven away by the rain and wind. When the rain stopped, the airship began the release of its hydrogen gas so as to make it easier to handle. Everyone was laughing and having a good time. Then a silence fell over the crowd as though hushed by some unknown, unseen hand. Then a large flash of fire and terrific explosion [occurred] in the tail of the ship, another and another. The crowds went wild with fright. Running, screaming, falling down, [and then] regain[ing] their feet and run faster and farther."

"I heard one deafening roar and turned again toward the great ship, seeing it quickly settling toward the ground, a mass of flames, you could see the people coming through the air, some jumping... others were blown out by the explosions of hydrogen gas."

Murray wrote that when he arrived, "The ground was littered with bodies. Fire trucks were immediately pressed into service, and when at last we could get into the mass of twisted metal, we began removing the bodies. I helped to take out 15 between 7:45 and 11:45 that night. Many acts of heroism were displayed by the soldiers and civilians there that night."

"The whole thing happened so quickly that after seeing it happen one wonders how anyone survived. It was less than a minute from the first explosion until the gigantic ship was on the ground, a flaming mass of wreckage and humans. It was the worst thing I have ever witnessed in my whole life."

When one watches the newsreel, one has to agree with Captain Murray in wondering how anyone survived, but they did. Of the 97 aboard, 35 died - 13 passengers and 22 crew. Truly, the quick action of the trained soldiers no doubt prevented an even greater loss of life. But the tragic event and the worldwide publicity brought an abrupt end to the entire air ship era. Captain Murray remained in the United States Army for the remainder of his life. Surely he possessed experiences from WWII and Korea, but that tragic night in early May 1937 certainly lingered long in his memory.



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"Grate" Treats & Eats

By: Chris Timko-Grate

Yea! Summer is coming, but until it gets here I am very happy to be enjoying spring! I am not even going to complain about the snow we got a couple of weeks ago, that was the most we got all winter and was mostly gone by the end of the day. I am enjoying the grass turning nice and green, and the annual flowers starting to bloom.

We are now thinking about what we want to plant in our garden this year. A couple herbs, always tomatoes, and usually cucumbers. Last year we had zucchini and still have some in the freezer, so might only plant one plant. Our acorn squash was pretty good, so maybe one of those, and I am thinking of Brussel Sprouts. We had some in our garden at the old house and they were good. Will let you know what we end up with.

We also have Mother's Day this month on the 8th. Hug and kiss them, and if they are far away call and tell them how much you care for them. If she is close by make this yummy dessert for her and enjoy it together, or these good German Butter Cookies.

Happy Mother's Day to all of you Moms and enjoy your day!

Brownie Dessert – this recipe came from Collen Delagrange, it is very pretty looking when served!

1 brownie mix bake in spring form pan as directed

2 – 8oz cream cheese, softened

1 cup powdered sugar

1 tsp vanilla

1 cup cool whip

Whip together, then fold in the chocolate chips

1 small bag of miniature chocolate chips

Spread over the brownie when it is cooled then freeze for 20 minutes

Top with any kind of fresh fruit, example, raspberries, blueberries, I would suggest a small fruit so that you do not have to cut it, which would make the juice to come out and stain the topping or canned fruit.

Refrigerate for 4 hours

Remove from pan and serve

German Butter Cookie

My sister-in-law Kris's mother was German and had a sister too, Kris's mother dies a few years ago but her Aunt is still alive and she got this recipe from her....yummmie!!!!

1 cup butter

1 egg

1 tsp. vanilla

1 tsp. baking powder

1 cup sugar

1 tbsp. milk

2 ¾ cups all purpose flour

¼ tsp salt

Cream butter, gradually add sugar and beat until light and fluffy.

Beat in egg mixture, milk, and vanilla

Combine flour, baking powder, and salt. Gradually add to creamed mixture. You shouldn't see any butter

Wrap in plastic wrap and refrigerate for one hour

Roll out, about ¼ inch thick and cut out, any shape you prefer

Put on baking sheet lined with parchment paper

Bake 350 degree's for 8 to 10 minutes, until golden but not brown around edges

New Feature – a monthly quote, this by Lisa Maxwell - Laugh at yourself before anyone else can! Any questions, comments, and your favorite recipes, contact me at

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By Sue Hubbard, M.D.
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How to handle teen drivers

I feel like it was not too long ago that I was talking to my own sons about driving. And at that time Texas did not have a lot of rules about getting your driver's license, besides being 16 and enrolled in school. (Thankfully, the laws in Texas have changed since then).

After much discussion about the perils of teenage driving and knowing that the death rate due to an automobile accident topped the list for teens, my husband and I came up with a driving contract (that I have shared with too many to count), which clearly outlined the rules and expectations for our sons when they began to drive. I can also remember the oldest looking at the three-page typed contract and announcing, "I am not going to sign that!" If I remember correctly, my husband's calm reply was, "OK, then don't drive." He is a man of few words, but very convincing.

Fortunately for us, all of our sons did sign the contract, knew the consequences and started off driving our family Suburban. They never had a serious accident, but one son backed into a fence and another hit a car in a parking lot. However, I felt fortunate knowing that was the extent of their accident history.

According to a recent article in The New York Times, there is a time to be a helicopter parent ... and that is when your "child" begins to drive. "In 2013, just under a million teenage drivers were involved in police reported crashes, according to AAA," wrote Bruce Feiler. "These accidents resulted in 373,645 injuries and 2,927 deaths." These statistics are probably under-reported, and it is estimated that "one in four teens are going to be in a crash in their first six months of driving." One would hope that these would be minor fender benders, which as we told our sons do count as an accident.

The biggest risk for a new teenage driver occurs when you add passengers to the car. According to Nichole Morris, Ph.D., a principal researcher at the HumanFIRST Laboratory at University of Minnesota, adding one non family passenger to a teenager's car increased the rate of crashes by 44%, that risk doubles with a second passenger and quadruples with three or more.

If your teen is not distracted by their passengers they are likely to be using their phones to stay in touch with their friends - either by texting, talking or checking their various social media sites - all while driving. Although teens will say, "I barely take my eyes off the road," anything more than two seconds can be deadly. Better to turn off the phone and all notifications before your teen hits the road.

Teens should be reminded that driving is a privilege, and earning more independence can be proven with time and a good driving record. Parents of teenage drivers need to have ongoing discussions about the expectations for obtaining the privilege of driving. Also, they need to be knowledgeable about their states' laws and enforce those laws. Too many parents of my patients seem to ignore some of the laws, such as limiting passengers in the car. Plus, the adage "nothing good happens after midnight" still stands.

If ever there is a time to be a hovering involved parent it's when your child begins to drive; it has been proven to save lives.

(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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Reverse shoulder arthroplasty may be best option to treat torn rotator cuff and arthritis

DEAR MAYO CLINIC: I have severe arthritis in my shoulder. I recently found out my rotator cuff is also torn. I can't lift my arm much anymore without a lot of pain. My doctor recommends reverse shoulder arthroplasty. What does this surgery involve? How successful is it for someone in my situation?

ANSWER: Reverse shoulder arthroplasty is surgery used to replace a damaged shoulder joint. The procedure differs from standard shoulder replacement surgery because it switches the shoulder's normal ball-and-socket structure around to allow for more stability in the joint after surgery. Reverse shoulder arthroplasty is particularly useful for people like you who have a damaged rotator cuff along with shoulder arthritis. In such cases, this surgery often can effectively reduce pain and increase shoulder mobility.

Your rotator cuff is a group of muscles and tendons that surround your shoulder joint. They hold the joint in place and help you raise your arm. When tendons in the rotator cuff tear, it often leads to pain and weakness in the shoulder joint.

In some cases, torn rotator cuff tendons can be surgically repaired. But when they are severely damaged, especially if arthritis also affects the joint, reverse shoulder arthroplasty may be a better treatment choice.

In your natural shoulder joint, the top of your arm bone fits into a socket on your shoulder blade. During reverse shoulder arthroplasty, that ball-and-socket mechanism is reversed. A surgeon attaches an artificial ball to the shoulder blade. An artificial socket is attached to the top of the arm bone. The new socket is fitted against the new ball to allow smooth movement. The tissue is sewn together around the joint, and the incision is closed. After surgery, the large deltoid muscle that covers

your shoulder typically is able to move the arm.

The surgery usually takes one to two hours and requires an overnight hospital stay. As with all surgeries, reverse shoulder arthroplasty carries some risks, including bleeding and infection.

After the surgery, you need to have your arm in a soft sling for several weeks. Physical therapy is often recommended after reverse shoulder arthroplasty, but most people can complete that therapy at home. The stitches placed during surgery dissolve on their own, so a follow-up procedure to remove them is not necessary. Full recovery can take up to several months.

The results from reverse shoulder arthroplasty usually are quite good. In approximately 90 percent of cases, people who have this surgery experience significant pain relief, and their ability to move their arm increases substantially.

Compared to other forms of joint replacement surgery, such as hip and knee replacement, reverse shoulder arthroplasty is relatively new. It was introduced in the United States in 2004, although it was available in Europe for about a decade prior to that. Currently in the U.S., only a handful of specialty health care facilities, including Mayo Clinic, do a high volume of these surgeries each year.

With that in mind, if you decide to pursue reverse shoulder arthroplasty, it is a good idea to find an orthopedic surgeon who specializes in shoulder replacement and who is familiar with performing this specific type of shoulder surgery. In the hands of an experienced surgeon, reverse shoulder arthroplasty can be a very effective treatment option for people in your situation who are dealing with both a rotator cuff injury and shoulder arthritis. - John W. Sperling, M.D., Orthopedics, Mayo Clinic, Rochester, Minn.

The Value of Afterschool & Summer Programs

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Research produces evidence that high - quality afterschool programs improves student achievement in school. Students who attend these programs on regular basis show significant gains in standardized testing, work habits, improvements in school attendance as well as reductions in behavior problems. Such programs have had a significant impact on low-income and low-performing youth.

Each day over 200 students in Fremont, Clyde and Green Springs attend afterschool and summer programs in Sandusky County. These programs provide structure and intentional learning opportunities which focuses on four priorities. The priorities involve improving student achievement in reading and math, implementing high quality youth development programs and engaging parents. All programs are located in public school buildings. The programs are designed with the needs of the students and families in mind.

WSOS Community Action Commission Inc., Fremont City School District and Clyde-Green Springs Exempted Village through partnerships have been providing afterschool and summer services for the past 16 years in Sandusky County. School-Age, middle and high school students receive consistent services throughout the regular school year and during the summer. Activities include enrichment in math, literacy, music, art, recreation, conflict resolution, cultural experiences, technology, character education, career readiness, parent engagement and workshops.

Local community leaders and agencies conduct presentations and students have the opportunity to explore the world around them by participating in field trips. These programs reconnect schools and communities. Afterschool and summer programs offer children of all ages the opportunity to move beyond the classroom and engage with their surrounding neighborhoods, organizations and individuals. Afterschool Programs also serve as a mechanism for crime prevention. Violent juvenile crime triples during the hours of 3:00-8:00 PM. It is during these same hours that children face the most serious danger of becoming victims of crime. Local law enforcement organizations endorse afterschool programs because they are effective in reducing violence, theft, vandalism, gang activity, and other adolescent crimes.

High quality afterschool programs have a history of proven success. They play an important role in helping students to grow up safe, healthy, educated, connected and employable. Fremont and Clyde's afterschool programs recognize the importance of helping working families and providing a safe supervised environment for students. Program staff is charged with recruiting students who are most in need to help alleviate additional afterschool stressors on high risk parents and their families. Polling shows that 87% of working mothers say the hour's afterschool is when they are most concerned about their children's safety.



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Fiduciary standard puts retirement investors first

Tensions are rising in the financial services industry, as the Department of Labor gets ready to release its final rule about the fiduciary standard for professionals who service retirement savers. The rule change is intended to crack down on "backdoor payments and hidden fees," which cost retirement savers up to \$17 billion a year in excess fees and adverse performance, according to the president's Council of Economic Advisers.

"Fiduciary" is a fancy way of saying that a financial professional must put your needs first and must pledge to disclose and manage any conflicts of interest that exist. For example, if an investment consultant, broker or insurance salesperson recommends that you roll over your old retirement account into a new one in which you will pay higher costs than your old plan, he or she must document why it is in your best interest to do so and must tell you if he or she receives any compensation for the investments within the new portfolio. Prior to the pending rule, many investment professionals were held to a lesser standard, called "suitability," which means what they sold you had to be appropriate, though not necessarily in your best interest.

Maybe you're thinking, "Who would argue that putting my interests first is a bad thing?" Well, over the past year, big financial firms have fought back against the DOL fiduciary standard, arguing that the new rules would make it prohibitively expensive to service smaller accounts. In fact, they have spent millions of dollars lobbying lawmakers on this very point and have been partially successful - that's why Speaker of the House Paul Ryan came out against the rule.

Why are they pushing back so much? Because there is a ton of money at stake: according to the Investment Company Institute, as of the end of 2015, IRAs totaled \$7.3 trillion and defined contribution plan assets, which are ripe for future rollovers, totaled \$6.7 trillion. Under the old rules, the industry made a fortune from these accounts. Joshua Brown, CEO of Ritholtz Wealth Management notes, the industry has had "a long and profitable tradition of selling high-cost products of dubious quality to the investing public. ... Insurance companies, broker-dealers, mutual fund companies, and other backers of the status quo will not go down without a fight."

And fight they have. The Securities Industry and Financial Markets Association, the lobbying arm of the financial world, said, "This proposal would lead to a number of negative consequences for individual investors." But Ray Ferrara, the CEO of ProVise Management and former chair of the CFP Board, said in his testimony before the U.S. Department of Labor, "The argument that this rule will diminish the availability of services to middle class Americans is simply not credible." Adding to Ferrara's argument: LPL Financial Holdings recently announced that it would lower, not raise fees for smaller accounts.

Still, any company that claims that working in its clients' best interest is not good business may choose to push out smaller retirement account owners - but that's good news for investors. If the company doesn't want to put you first, why work with it? Given the great strides in financial services technology, you are probably better off with robo-advisers like Betterment, Wealthfront or RebalanceIRA (all have embraced the fiduciary standard) than a conflicted salesperson who is pushing a more expensive retirement product than you need.

When the industry whines about the fiduciary standard, what it is really saying is that the new rules will hurt its profitability. As Jack Bogle told the Financial Times, "If the wealth management industry loses \$2.4 billion, investors are \$2.4 billion better off. This is not complicated."

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

Fremont Country Club



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Signs of a heat stroke include: heavy panting, glazed eyes, rapid pulse rate, dizziness, vomiting and a deep red tongue. If your dog has these symptoms, immediately get him into the shade. Apply ice packs or cold towels to head, neck and chest. Do not give an unlimited amount of cold water, let him lick an ice cube. Get the dog to your vet immediately, it could save his life.

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DEAR MAYO CLINIC: How soon after starting on antidepressants should I begin to feel better? What type of changes will I notice? It's been three weeks and I don't feel like my depression has lessened. If anything, it seems to be getting worse. Do I need to try another medication?

ANSWER: Many people who start taking an antidepressant begin to see some improvement in their symptoms within several weeks. But for others, it may take longer. The changes are not immediate or sudden, so you may not notice them much at first. Because of that, it's important to give the medicine time to work. Anytime you feel symptoms of depression getting worse, however, contact your health care provider.

As with all medications, you need to take an antidepressant at an adequate dose for an adequate length of time to see the most benefit. Typically, four to six weeks is a reasonable amount of time to use an antidepressant and decide if it is effective for you.

In most cases, the improvement you get from an antidepressant is gradual, and the benefits may be subtle. For example,

if tearfulness is a common symptom for you, it might become less frequent. But it's unlikely to disappear right away. If anxiety is a persistent problem, it may slowly diminish and your interest in returning to hobbies and other activities may gradually increase.

Sometimes family members and friends may notice that you're doing better before you feel significantly better. With that in mind, try not to rely only on your own perspective. Consider asking the people around you what their impressions are, too.

If you don't see any improvement within four to six weeks, then it may be time for another approach. Your health care provider may recommend you continue taking the same medication, but increase the dose. It's possible that taking another type of medication along with an antidepressant may be helpful. This is called augmentation. The purpose is to use an additional medicine, such as lithium, to boost the effects of the antidepressant.

In addition to medication, adding another type of therapy to your treatment plan may be useful, as well. For example,

psychotherapy, also known as counseling or talk therapy, often can be effective treatment for depression. Several kinds of psychotherapy are available. Your health care provider can help you decide which one may be right for you.

Switching to a different antidepressant is an option, too. Usually a medication from a class of drugs known as selective serotonin reuptake inhibitors, or SSRIs, is the first line of treatment for depression. These include medications such as fluoxetine (Prozac), paroxetine (Paxil) and sertraline (Zoloft).

Other types of antidepressants are available, though, if SSRIs are not effective for you. Among them are drugs known as serotonin and norepinephrine reuptake inhibitors, or SNRIs, and norepinephrine and dopamine reuptake inhibitors, or NDRIs. Studies have shown most antidepressants to be comparable across classes. That means there's no need for you to be on one certain type of antidepressant. You can work with your health care provider to find the one that best fits your needs and circumstances.

Communication with your health care provider is key to developing an effective plan for treating depression. It's important that you feel comfortable talking with him or her about your symptoms and how you're doing. If you don't feel you have good rapport with your provider, or if communication is challenging, you may want to consider seeking a second opinion.

Also, keep in mind that if your symptoms get worse at any point, it's critical for you to contact your provider to reassess your situation. The two of you can then decide if you need to make changes to your treatment plan right away. - Michael Reese, M.D., Psychiatry and Psychology, 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.)

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Here's another one of Ms. Graces "One thing leads to another" stories. It all started when I had bought a smaller desk before writing my book. We had an 1890's roll-top desk that had a long family history. My dad acquired it about 1929 and used it until about 50 years ago when my mom gave it to my husband, Rollie. After he passed away, I used it until I found the smaller one that fit me better. I passed the roll-top on to the next generation.

This meant that I needed to sort through over 50 years of saved things in the drawers and cubby holes of the desk. This led to the need to go through the hump-back trunk in the attic that was also full of memories, to clear a space for the additions from the desk. After two days spent with memories, smiles and tears, the trunk is stuffed full and the waste basket is nearly empty. Some things just need to be saved.

While I was at it, I took all the fly speckled memorabilia down from the bulletin board to sort as well. And there it was... my column for this month-a treasured Mother's Day tribute entitled;

"When You Thought I Wasn't Looking."

By Mary Rita Schilke Korzan, written as a tribute to her mother, Blanche Schilke

When you thought I wasn't looking
You hung my first painting on the refrigerator
And I wanted to paint another.

When you thought I wasn't looking
You fed a stray cat
And I thought it was good to be kind to animals.

When you thought I wasn't looking
You baked a birthday cake just for me
And I knew that little things were special things.

When you thought I wasn't looking
You kissed me good-night
And I felt loved.

When you thought I wasn't looking

I saw tears come from your eyes
And I learned that sometimes things hurt
But that it's alright to cry

When you thought I wasn't looking
You smiled
And it made me want to look pretty too.

When you thought I wasn't looking
You cared
And I wanted to be everything I could be.

When you thought I wasn't looking
I looked
And wanted to say thanks for all those things you did.

Thank you mothers everywhere.

In the words of Ann Landers, "In the final analysis it is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings."

We moms appreciate being told that we are loved and we need to tell our children how much we love them, even if they are grown up, 7' taller than we are and outweigh us by 60 lbs. It's just the way we celebrate the words, LIFE IS GOOD, especially on Mother's Day.

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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Heartbeat Hope Medical of Fremont and Tiffin Host Annual Fundraising Event

The 2016 "Walk for Life/5K Run" will be held at Conner Park, Ballville Township, 2220 Tiffin Rd, Fremont, OH 43420, Saturday, May 7, 2016. This is a fun 2-mile walk or 5K run for all ages! When you reach \$150.00 in donations you receive a FREE Walk/5K Run for Life t-shirt. Registration will begin at 8 a.m., the 5K run begins at 8:30 a.m. and the walk will begin at 9:15 a.m. You must register by April 15th to guarantee your free t-shirt will be available the day of the walk/5K run (be sure to include your shirt size.) The 10 walkers who raise the most sponsorship money will receive a FREE Walk/5K Run for Life sweatshirt. The three youth walkers, aged 18 years or younger, who individually raise the most sponsorship money will receive a cash prize: 1st place-\$100, 2nd place-\$75, and 3rd place-\$50. We will have bottled water, coffee, and healthy snacks available. We will have Walk/5K Run for Life t-shirts, sweat-shirts, and beautiful annual planting flowers and hanging baskets for sale.

For more information or to register call 419-334-9079 in Fremont, 567-220-7024 in Tiffin or email Shari at events@heartfre.com. You can also register online at <http://bit.ly/walk5krunforlife2016>



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Spring is now finally in full swing. With the coming warmer weather, a lot of people (myself included) like to take advantage of it by heading outdoors and doing activities we haven't touched since the cold winter months came around. Though we didn't have a very severe winter this year, it still seemed to last an eternity. Now that the weather is warmer, and the sun is shining, there is bound to be a plethora of spring and summer events right around the corner, and I am excited to see what this year has to offer. However, this month I decided to head indoors for my adventure. Close to my home in Gibsonburg, only about ten minutes away, stands a small building overlooking the pond in Williams Park. Surrounded by the varying sculptures that also stand in the park, the North Coast Veteran's Museum is a hidden gem of the small town.

The Museum, located at 411 North Main Street in Gibsonburg, is something most people might easily miss: it's nestled back in the park, surrounded by greenery and the walking trail that circles the pond. Even though it may be hard to see from the road, I took an interest in it. I've always been somewhat of a history buff, and an "old soul" to boot, so this building caught my eye. Since it's only open Mondays from 5:30 p.m. to 8:00 p.m., with special tours avail-



able on call, I took a considerably rainy Monday to head out to the Museum.

When you walk inside, it's hard to imagine how many things they have neatly put together in such a small space. They have memorabilia dating all the way back to the Civil War till today: military items from World War II, the Korean War, the Vietnam War, the Gulf War, and the Iraq War on Terror decorate every single inch of available space within the Museum. Items like traditional weaponry, original uniforms, and various literary items decorate the lighted display cases dotted around the Museum. I truly cannot do it justice- there is simply so much to see and learn within the Museum, that you must go for yourself. A bonus to the Museum in the friendly historians and staff: they are all incredibly knowledgeable, and when asked, they are happy to talk about their knowledge or answer any questions you may have.

The Museum is 15 years old, and most items within its walls are from the

owner's private collection or were donated by people within the Gibsonburg and Fremont communities. It is amazing to see some local names and faces that have donated their numerous items to the Museum, as it gives a sense of community and togetherness you just can't find at other museums. The Museum also offers free parking and admission, but donations are graciously accepted. Together with the beautiful scenery of Williams Park, this is definitely a one-of-a-kind spot to our local area.



By Kelsey Nevius



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Another Goose Story/Bird Atlas/ The Biggest Week



Robin Arnold



Gena Husman

The big goose stood guard beside the smaller form of the sleeping female as she napped in the morning sunlight on top of the muskrat house in the marsh. We spotted the pair of Canada geese when we were out for our morning walk along the dike.

"There's something not quite right about that goose," Robin said, looking at it through her camera lens.

I took a closer look. There WAS something odd looking about the larger goose standing so immobile on the mound. We assumed it was the male of the pair because the other goose--clearly a Canada goose--appeared slightly smaller and was sitting on top of the muskrat house. For one thing, he seemed bigger and stockier than most of the Canada geese we've seen; for another, his coloring was all wrong. He had the white cheek patch and other Canada goose markings, but that was where the resemblance ended. His head and neck were dusty brown instead of black like any other Canada goose. The dead give-away though, were his yellowish-orange legs, feet and bill--which should have been black...they stuck out like "a sore thumb."

We didn't know if we'd stumbled on something rare--or if it was just some kind of strange cross. Neither goose seemed upset by our presence, which made us wonder if they'd been around other people before.

After we got back to the house, Robin posted his picture on Facebook and asked some of our birding friends if anyone had ever seen a goose like this. She did a little more research on the internet and found out he was considered a "hybrid" goose. Because of his coloring and the presence of a white eye ring around both of his eyes, he was probably a cross between a Canada goose and a domestic Greylag goose.

Later that afternoon, we had a chance to see them again--this time a little

more closely. They came up to the pond in our backyard and began eating sunflower seeds that had dropped from the feeder. Since we didn't have any cracked corn on hand to offer them I got some mixed bird seed and dumped a handful on the ground under the feeder. They hissed and moved back a little but didn't leave. By the time I got back to the house, they were eating their treat. They spent that afternoon swimming on the pond--and several more after that--only going back to the marsh later in the day or early evening.

For a week or so after their first visit they came up together to eat under the feeder. We enjoyed watching them and looked forward to their daily visits. They were quite an interesting pair--apparently very committed to each other in spite of their obvious differences. She appeared to overlook the fact that he wasn't "really" a Canada goose. And she didn't seem to mind that he had a very annoying honk (it sounds like the bicycle horn on a kid's bike) and that he would swim along beside her, stretch his neck out and honk in her face. Most of the time she'd just swim along and ignore him. They reminded us of Ralph and Alice Kramden on "The Honeymooners"--especially when Ralph would get angry and bellow in Alice's face (most of the time she ignored him then, too). Guess what we named them?

It's mid April as we are writing this; Ralph comes up every day to the pond and sits, snacks and swims alone, while Alice sits on eggs in a nest in the marsh.



Later in the afternoon, he goes over to the marsh and brings her back for a quick swim and a snack. By early May we should have babies. Wonder what they'll look like...?

Penn State Press just released The Second Atlas of Breeding Birds in Ohio, a 500-plus page (that weighs a TON!) treasury of the birds that live and breed in Ohio. The Atlas includes photos, bird ID information, dates and other data. It is a group effort of many people--writers, photographers, and "citizen scientists"--from Ohio. The first Breeding Atlas appeared 25 years ago. Several of Robin's photographs appear in this latest volume--all of which were taken here on our 12 acres. We're pretty proud of her contribution to this important effort.

Mark your calendars: "The Biggest Week in American Birding" is May 6-15, 2016. Thousands of birders and birds will be flocking to Northwest Ohio--"The Warbler Capital of the World." Even if you don't get in the middle of the festivals and tours around the Lake Erie shoreline, keep an eye out--you never know what bird might show up in your backyard!

The Bellevue Hospital Receives NICHE Designation

The Bellevue Hospital has been designated as a NICHE Hospital for 2015-16, the only hospital in the Four-County Area to currently hold such a designation.

NICHE stands for Nurses Improving Care for Healthsystem Elders, and it means TBH is designated as a senior-friendly hospital for those ages 65 and older. NICHE hospitals strive to give sensitive and exemplary care to those 65 and older, and to provide principles and tools to stimulate a change in the culture of hospitals and their care for older adults. The designation is awarded through The Hartford Institute for Geriatric Nursing at New York University College of Nursing.

"The Bellevue Hospital is proud to have earned NICHE designation for the third year in a row. Even though NICHE is a nursing designated program, the hospital expands and utilizes the NICHE principles in every department, to assist us in communications with our older patients and promoting their well-being and safety during their transition from hospital to home," said Pattie Adams, RN, Director of TBH's Medical Surgical and Intensive Care departments and coordinator of the hospital's NICHE program.

NICHE hospitals use a Geriatric Resource Nurse (GRN) model is an educational and clinical intervention model that prepares staff nurses as the clinical resource person on geriatric issues to other nurses on their unit. GRNs are trained by geriatric advanced practice nurses to identify and address specific geriatric syndromes such as falls and confusion, and to implement care strate-

Bellevue Hospital, Con't on page 16

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1:30-3:30 pm

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

"RIDE ALONG 2": Kevin Hart and Ice Cube reunite in this action-comedy sequel as their characters - an Atlanta police detective and his future brother-in-law - team with a Miami cop (Olivia Munn, "The Newsroom") against a drug kingpin (Benjamin Bratt). Not surprisingly, the movie hews very closely to the style of its surprise-hit forerunner, particularly since director Tim Story also returns. Tika Sumpter is back as Hart's bride-to-be, and the cast also includes Ken Jeong, Sherri Shepherd and (reprising his police-boss role) Bruce McGill. DVD extras: four "making-of" documentaries; audio commentary by Story; deleted scenes; outtakes. *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

"KRAMPUS": A definite twist on the traditional sort of holiday-season story, this dark-humored thriller makes a good case for not letting a youngster down at that time of year. The child in question (played by Emjay Anthony) conjures up a Christmas demon who's basically the anti-Santa, doing out punishments to the naughty. Adults should be careful about letting the kids near this, since it's precisely what yuletide nightmares are made of. Toni Collette, Adam Scott, David Koechner, Allison Tolman (" Fargo") and Conchata Ferrell also star. DVD extras: "making-of" documentary; audio commentary by director and co-writer Michael Dougherty and co-writers Todd Casey and Zach Shields; deleted and extended scenes; alternate ending; outtakes; galleries. *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

"SON OF SAUL": A major success on the film-honors circuit - winning an Oscar, a Golden Globe and an Independent Spirit Award, and also feted at last year's Cannes Film Festival - this drama traces the World War II experiences of a Jewish prisoner of the Nazis (portrayed by Geza Rohrig), who make him a worker for them. He discovers the body of a youngster who may be his son, then tries - against the complicated, ever-shifting circumstances of the war - to ensure the boy a proper funeral. DVD extras: audio commentary by Rohrig, director Laszlo Nemes and cinematographer Matyas Erdely; deleted scene; interview session at the Museum of Tolerance. **** (R: AS, N, V) (Also on Blu-ray and On Demand)

"JANE GOT A GUN": Natalie Portman rarely has been one to resist tackling something different, and she certainly does in this revisionist Western, playing the title character who gets a reason to become proficient with firearms. When her family is victimized by a vicious gang leader (Ewan McGregor, Portman's former "Star Wars"-franchise cohort) and his followers, Jane hesitantly seeks assistance from a man with a very personal connection to her past (Joel Edgerton). Noah Emmerich ("The Americans") and Rodrigo Santoro also star in the film, which had its share of behind-the-scenes drama, since its original director depart-

ed just before filming was to begin. *** (R: AS, P, V) (Also on Blu-ray and On Demand)

"THE DRIFTLESS AREA": Zooey Deschanel has spent most of her recent years being "adorkable" on television's "New Girl," but this melodrama - co-written by Tom Drury, the author of the novel it's based on - serves as a reminder of what else she can do. She play a woman who gets involved with a hometown returnee (Anton Yelchin), and in turn, he finds himself entangled with a criminal (John Hawkes) she also has ties to. Aubrey Plaza, Frank Langella, Alia Shawkat and Ciaran Hinds also are in the impressive cast. *** (R: AS, P, V) (Also on On Demand)

COMING SOON: "THE 5TH WAVE" (May 3): Though aliens continue to unleash attacks on Earth, a young fugitive (Chloe Grace Moretz) is determined to save her brother (Zackary Arthur). (PG-13: AS, P, V)

"JOY" (May 3): Jennifer Lawrence plays Miracle Mop inventor and marketer Joy Mangano in director David O. Russell's comedy-drama, also reuniting the actress with Robert De Niro and Bradley Cooper. (PG-13: AS, P)

"PRIDE AND PREJUDICE AND ZOMBIES" (May 31): The classic story gets a major revision involving - you guessed it - the undead; Lily James and Sam Riley star. (PG-13: AS, V)

"ANOMALISA" (June 7): The animated Oscar nominee focuses on an author (voice of David Thewlis) who gains a renewed appreciation of his life and family. (R: AS, N, P)

"ROOTS: THE COMPLETE ORIGINAL SERIES" (June 7): The milestone television drama about Alex Haley's search for his ancestors makes its Blu-ray debut; stars include LeVar Burton and Louis Gossett Jr. (Not rated: AS, V)

"45 YEARS" (June 14): Recent Oscar nominee Charlotte Rampling and Tom Courtenay play a couple upset by news on a milestone wedding anniversary. (R: AS, P)

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

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My Mother's Recipes

By Joanne McDowell

This was tucked into one of my mother's cookbooks, the cookbook was published in 1945! Many of the recipes are too complicated for today's busy women, but with graduation approaching I thought you would enjoy this. The published date on the newspaper clipping is June 8, 1958, I am not sure who she was saving this for as no one in our family graduated that year.

It will be seven years in June that my mother left us, so appreciate and enjoy your mother this Mother's Day. You only get one.

Graduation Party Punch: Makes 30 servings

- 1 1/4 cups granulated sugar
- 1 1/4 cups water
- 5 quarts chilled apple juice
- 5 6-oz. cans undiluted frozen orange juice concentrate
- 1 1/4 cups fresh lemon juice
- 3 to 4 trays of ice cubes or block of ice



Orange slices/Maraschino cherries

Combine sugar and water, bring to a boil stirring until sugar is dissolved. Chill; combine syrup with apple juice, orange juice and lemon juice. Pour into punch bowl over ice, garnish with thin orange slices and cherries. Enjoy! (If you do make this punch, please let me know how it tasted, you can email me at lifestyles2000@sbcglobal.net)

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Calendar of Events

May 2016 – Sandusky County

May 2, 4, 6: Canoe with Eagles, Meet at Countryside Park: Main Office. 5-8 p.m. Enjoy a trip down Green Creek in search of Bald Eagles and learn about the history of the area. 419-334-4495 to register.

May 3: Reflection with a Cup of Tea (Spiritual & Corporal Works of Mercy in Our World Today), Our Lady of the Pines Retreat Center, 1250 Tiffin St, Fremont. 9-10:30 a.m. Look for headlines & articles in the newspapers and magazines that reflect God's mercy. Clip them out and bring them with you as we explore together how the Corporal and Spiritual Works of Mercy are present in our world today. : \$7 *Registration Required. Centering Prayer, 7- 8 p.m. Centering prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer in which we experience God's presence within us. During the time of Centering Prayer, our intention is simply to rest in God's presence and consent to God's action within. Free will offering. To register, www.pinesretreat.org or email olprc@pinesretreat.org

May 5: National Day of Prayer (Wake Up America), Front Street Entrance to the Fremont City Building. Noon-1 p.m.

May 6: Large Rummage Sale, First Presbyterian Church, 120 South Park Avenue, Fremont. 9a.m. – 4 p.m. Clothing, household items, collectibles \$1.00 Bag Sale begins at 2 p.m. Lunch Served "Eat your fill, pay as you will".

May 6-15: The Biggest Week in American Birding, at Magee Marsh, SR 2, Oak Harbor. Some of the best Spring Birding on the continent, Optics Alley at Black Swamp Bird Observatory, Guided Bird Walks & Van Tours, Guided Birding by Canoe Trips, Bird Identification Workshops, American Woodcock Walks, Birding by Ear Workshops, Evening Socials, Vendors. www.bwiab.com

May 7: Sandusky & Ottawa County Master Gardener's 12th Annual Plant Sale, at the Sandusky County Fair Grounds 4H Building. 9a.m.- 2 p.m. This plant sale features perennials, grasses, annuals, hanging baskets, trees & shrubs and more! All proceeds go to fund Master Gardener projects throughout Sandusky & Ottawa Counties.

May 7: Hazardous Waste Collection, at the Sandusky County Fairgrounds, North parking lot at 712 North Street, 9-noon.

May 7: Community Day Festival, at Schedel Gardens, 19255 W Portage River

South Rd, Elmore, 10-3pm. Free admission! Food & Drink Vendors, Live Music by Twisted Strands, Kerry Patrick Clark, Hayrides courtesy of Shared Legacy Farms, along with lots of featured demonstrations.

May 7: 2nd Annual Kentucky Derby Celebration, Terra State College (Neeley Center), 2830 Napoleon Rd, from 4– 7 p.m. Join us at the Neeley Center (Terra State College) for the entire Kentucky Derby experience while supporting those in the community with developmental disabilities. We will have live streaming of the event, signature refreshments, heavy hors d' oeuvres, fancy hats and attire, along with some fun activities. Paddock Preview from 3-5 p.m. These add on tickets are an additional \$20.00 per person. Must be 21 to enter. Please call Lisa Celek for any question or ticket information at 419-332-9296 x131

May 8: Puddle Jumpers: Sensational Seeds, Countryside Park: Main Office, Fremont. 2-3pm. Designed for children 2-5 years of age. We will also be planting seeds for you

to take home and watch grow. All supplies provided. Registration, 419-334-4495.

May 8: Tree Huggers-Seeds & Sprouts, Countryside Park: Main Office. 2-3pm. Designed for children 6-12 years old. Learn more about plant parts, the parts we eat, and how to grow your own plants. Call 419-334-4495 to register.

May 12: Old Shoe Garden, Creek Bend Farm: Wilson Nature Center, Lindsey. 6:30-7:30pm. Please bring your favorite old shoe. Seeds and soil provided. 419-334-4495 to register.

May 12, 26:- Volunteers in the Parks: Volunteer Nights, Creek Bend Farm: Wilson Nature Center, Lindsey. 7-8 p.m. This month we will be doing invasive species removal at Creek Bend Farm. 419-334-4495 to register.

May 12: "Helping the Homeless" Fundraising Dinner, at Anjulina's Banquet Hall, 2270 W. Hayes Ave., Fremont. Doors open at 5:30 pm, dinner is at 6 pm. Reservations are mandatory. 419-332-8777.

May 13: Dungeon Descent: An Adventure into the Paranormal, 622 Croghan Street, Fremont. 8:00 p.m. Explore the age-old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure. \$25.00. Must pre-register by calling 419-332-4470 or by purchasing tickets at www.sanduskycounty.org.

May 13, 14, 15, 20, 21, 22: "9 to 5" the Musical, Fremont Community Theatre, 1551 Dickinson St, Fremont. \$12 for Seniors/Students; \$15 for Adults. Rated PG-13. www.fremontcommunitytheatre.org or call 419-332-0695

May 14: Make a Book, Rutherford B. Hayes Presidential Library & Museums at Spiegel Grove. 9:30- 11:30 a.m. Learn how to make your own great quality, customized book economically with Blurb.com. Great for photo books, family history memorabilia, heritage cookbooks, personal stories or children's books. The class will be led by Head Librarian Becky Hill and Head of Photographic Resources Gil Gonzalez. *Con't on page 15*



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Calendar of Events, con't

May 2016 – Sandusky County

Please register before class by calling Becky Hill at 419-332-2081. Cost: \$10.

May 15: Bat House Make & Take, Creek Bend Farm: Wilson Nature Center, Lindsey. 2-3:30 p.m. Bats need our help! Come discover more about these helpful creatures and make your own bat house to take home! All materials provided. Bring a cordless drill if you can. Program fee \$15. Call 419-334-4495.

May 15: Music in the Parlor. Rutherford B. Hayes Presidential Library & Museums at Spiegel Grove, 4- 5 p.m. Enjoy a live musical performance in the parlor where President Rutherford B. Hayes and First Lady Lucy Hayes entertained guests at the Hayes Home.

May 16: Babies in the Park: Frogs! White Star Park, Doug Haubert Wetland. 1330 C.R. 66, Gibsonburg. 4-5p.m. Designed for children birth to 2 years of age with a companion. Bring a blanket to sit on as we learn about frogs in the park through stories, finger plays and puppets. Call 419-334-4495 or www.lovemyparks.com to register.

May 17: Creek Study, Mull Covered Bridge. 1515 County Road 9. Fremont. 6--7:30 p.m. Get your feet wet while searching for wiggly creatures living in the water. Wear old shoes or boots to flip over rocks in the water. The creatures we catch and observe can tell us how the health of the creek. Call 419-334-4495.

May 18: Presidential History Book Club, Rutherford B. Hayes Presidential Library & Museums at Spiegel Grove. Noon. History lovers have an outlet for their passion – provided they are willing to brown-bag their lunch. The book club's goal is to focus on reading biographies of U.S. presidents. This month, the club is reading "Zachary Taylor" by John S. D. Eisenhower. FREE and open to all. Call Dustin McLochlin at 419-332-2081 ext. 230 or dmclochlin@rbhayes.org.

May 20-22: 5th Annual Sandusky County Arts & Music Festival, Historic Downtown Fremont.

May 21 & 22: - Green Springs Civil War Days, Green Springs. Saturday 8- 10 p.m., Sunday 10- 4 p.m. Free!

May 21:- Muddy Creek Fish Surveys, Creek Bend Farm: Wilson Nature Center, Lindsey. 4-5 p.m. Join Tom Kashmer to trap and identify the fish that call Muddy Creek home. This has been an ongoing project and over 44 different species of fish have been identified. 419-334-4495

May 24: Wild Edibles, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. 6:30-7:30 p.m. Discover what spring plants are edible and then prepare a couple to taste. 419-334-4495.

May 26: Veteran Stand Down, AMVETS POST #17, 307 Putnam Street, Sandusky. 10 am – 1 pm. Join us for FREE services, information and assistance! If you are struggling with housing issues, we can help with that too. Other areas of assistance include: Medical, Financial, Housing, Employment, VA Benefits, Social, and this event includes a free lunch. Need transportation? Call Sara at 419-898-2089. Sponsored by WSOS, AMVETS, and Ohio Means Jobs, and funded in part by a grant from the United States Department of Veteran Affairs.

May 26: Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, 622 Croghan St, Fremont. Dinner at 5:30 p.m. This unique tour allows you to enjoy dinner in the Historical Sandusky County Jail. You will be greeted at the door and "booked" into jail before standing in the chow line

for a delicious meal. Costumed staff will provide jailhouse-style entertainment! Following dinner, receive a guided tour of the Historic Jail, Dungeon and Gallows Exhibition Hall. \$25.00. www.sanduskycounty.org.

May 28 –30: Rutherford B. Hayes Presidential Library & Museums Centennial Celebration. The nation's FIRST presidential library, the Rutherford B. Hayes Presidential Library & Museums, is celebrating its 100th birthday with a weekend of events, and you're invited! There will be the museum exhibit grand re-opening, concert by The President's Own U.S. Marine Band, games for kids and more on Saturday, May 28. Then on Sunday, May 29, a centennial commemoration ceremony will take place at 1 p.m. and cookout open to the public after the ceremony.

May 28:- Mystery Kayak Trip, Meet at Countryside Park: Main Office. 7-10 a.m..participants must supply their own kayak, please call the Main Office at 419-334-4495 to register.

May 28: Woodville's Farmers Market, on Main Street, 9 a.m. to noon. Cost: FREE. 419-307-0914.

May 30:- Memorial Day Parade, 10 a.m. Downtown Fremont. Parade travels down Front Street. Contact: 419-334-5900.



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Ron Zenisek



Wolfgang Puck: The secret to making creamy mashed potatoes

"What's the secret...?"

Those words begin so many of the questions people ask me in my restaurants, or when they meet me in public. It sometimes feels to me as if everyone believes there's some special storehouse of magical knowledge locked away somewhere, and only professional chefs have the key.

To tell you the truth, there really are "secrets" that chefs know. But it's not necessarily because they have been initiated into a magical society, like some sort of culinary version of Hogwarts from the Harry Potter stories.

Over the many years all of us who make our livings in the kitchen spend preparing thousands upon thousands of meals every year, we simply learn what works best to transform food into something amazing: commonly available ingredients that, alone or in combination, can brighten or deepen flavor; cooking techniques that amplify taste, texture or color; and even special tools that make cooking easier and the results better. Real magic starts to happen when two or more secrets, often very simple ones, join together. That's certainly the case in the following recipe for my version of one of the

most popular side dishes there is: mashed potatoes.

The secrets begin with the potatoes themselves. Though you can make mashed potatoes with ordinary russets, I love to use the now widely available Yukon Gold variety for their naturally rich, buttery flavor and creamy texture.

Next comes the way I cook them. While I cut them into relatively even pieces that will cook through in the same time, those pieces aren't too small because they'd absorb more water. Who wants watery potatoes? For that same reason, after they're just tender enough to pierce easily, I immediately drain them and return them to the pan to dry out over low heat for a few minutes.

Then comes the mashing itself, and my big secret here is that I don't mash them - I rice them. A ricer is a simple, inexpensive tool that looks a little like a giant nutcracker. I press the soft potatoes - and the whole garlic cloves I cook with them for more flavor - through tiny holes that turn the potatoes into tiny rice-like particles. However, if you don't have a ricer you can use a hand-held masher.

The final trick won't surprise you at all: I enrich the puree with cream and butter.

Sure, you could use milk, buttermilk or even nonfat milk, and they'll still taste delicious. But every once in a while, your dietary needs allowing, maybe you can spend a few calories on a great yet simple feat of culinary sorcery.

CREAMY GARLIC MASHED POTATOES

Serves 4

1 3/4 pounds (875 g) Yukon Gold potatoes, peeled, cut into halves or quarters

Kosher salt

3 large cloves garlic, peeled

1/2 cup (125 mL) heavy cream

Pinch nutmeg

8 tablespoons (1 stick) unsalted butter, cut into chunks, at room temperature

Freshly ground black pepper

Chopped fresh chives or Italian parsley, for garnish

Put the potatoes in a large saucepan. Add just enough cold water to cover them and season with salt. Bring to a boil over high heat. Adjust the heat to maintain a gentle simmer. Add the garlic and partially cover the pan. Cook until the potatoes are just ten-

der when pierced with a wooden pick or the tip of a small, sharp knife, about 25 minutes. Drain the potatoes and garlic in a colander. Return them to the same pan. Place the pan over medium-low heat, partially cover, and leave until any excess water evaporates and the potatoes are dry, shaking the pan or stirring occasionally, 3 to 4 minutes.

Bring the cream to a simmer in a heavy small saucepan. Meanwhile, working in batches, rice the potatoes and garlic back into the same pan you cooked them in. (Or use a hand-held masher, mashing the potatoes and garlic in the pan.)

Add the nutmeg to the potatoes. Place the pan over low heat. A little at a time, stir in the hot cream and about half of the butter. Season to taste with salt and pepper. Cover and keep warm.

Put the remaining butter in a small skillet over medium heat and cook, watching carefully to avoid burning, until it turns a nut-brown, 3 to 4 minutes. Meanwhile, transfer the potatoes to a heated serving bowl and make ridges in the surface with the moistened bowl of a serving spoon. Drizzle the surface of the potatoes with the brown butter, garnish with chives and serve immediately.

Bellevue Hospital, Con't from page 12

gies that discourage the use of restrictive devices and promote patient mobility.

NICHE supports the implementation of a variety of best practices, including prevention and management of pain, pressure ulcers, adverse medication events, delirium, urinary incontinence, and fall prevention. NICHE helps nurses identify, interpret, and apply evidence-based practice to optimize both care outcomes and the patient/family experience. NICHE also promotes the idea that patients and their caregivers benefit from robust participation in decisions that affect their personal health outcomes. Involvement of the patient and family in the direction of care is critical to the program.

And, as part of the program, a number of resources are available for geriatric patients and caregivers to help with: nurse/family partnering strategies; community care options; self-care for family caregivers; discharge planning; medication use; dementia; work and care of older adult topics, and much more.

The care of older Americans is expected to escalate in the coming years, as the 78-million member baby boom generation born between 1946 and 1964 began turning 65 in 2011. And the number of people age 65 and older is expected to grow from 39 million in 2008 to 72 million in 2030.

The NICHE program is the largest national geriatric care program for hospitals. The program has been instituted in over 300 hospitals throughout North America. Additional information can be obtained at www.nicheprogram.org.



Pattie Adams, RN, is director of The Bellevue Hospital's Medical Surgical and Intensive Care departments, and coordinator of the hospital's NICHE program. The Bellevue Hospital has received NICHE designation three years in a row.

A poster for the Miller Ferries to Put-in-Bay 2016 Event Highlights. The poster features a list of events from June 12 to October 9, including Founder's Day, Pyrate Fest, Island Green Week, Volleyball Tournament, Road Races Reunion, Perry's Victory Historic Weekend, and a Family Fun Run. It also mentions the Put-in-Bay Wine Fest and Oktoberfest Weekend. The background shows a scenic view of Put-in-Bay with the Miller Tower and flags. At the bottom, it says "Put-in-Bay Adult \$7" and "Free Parking".

Date	Event
June 12	Founder's Day
June 17-20	Pyrate Fest with US Brig Niagara
Aug. 6-12	Island Green Week
Aug. 20	Put-in-Bay Volleyball Tournament
Aug. 29-31	Put-in-Bay Road Races Reunion
Sept. 9-11	Perry's Victory Historic Weekend
Sept. 17	Miller Boat Line 5K & 1 Mile Family Fun Run
Oct. 1	Put-in-Bay Wine Fest
Oct. 8-9	Oktoberfest Weekend

For more events & ferry schedules visit MillerFerry.com

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Let's Eat at Byron's BBQ

Do you like Mac n' Cheese? Collard greens? BBQ Beans? These are just a few of the delicious sides that can be ordered with your slab of ribs at Let's Eat at Byron's BBQ Restaurant in the Quality Inn on State Route 53 north of Fremont. (This was the original Holiday Inn that opened in 1967, I know that because I was the restaurant office manager!) The dining room is nicely decorated and there is a bar, Gear House Lounge, if you would like a drink with dinner, or just to stop by and enjoy the pleasant atmosphere. I love the fire place that is open to both sides.

We have eaten at Byron's once and taken carry-out twice. We have enjoyed every meal, in fact, I am addicted to the creamy Mac n' Cheese and BBQ Beans. Each time we have tried the ribs, a half slab is \$14.95 and comes with two sides and a salad.



Another favorite I have heard recommended is the Grilled Chicken Alfredo for \$12.95; this will be our next try. Other entrees include Rib Tip Dinner, Fried Pork Chops and Grilled Chicken Breast. There are 12" House Pizzas that include Pulled Pork and Grilled Chicken.

Appetizers include Loaded Potato Skins, Pulled Pork Nachos, Poutine Fries and Fried Pickles. Sandwiches are also on the menu; Grilled Chicken Breast, Chicken Club, BBQ Pulled Pork, Byron's Big Burger, Beef Brisket, to name a few.

There is enough in an order to have another meal, especially if like us, you order dessert. We ordered the home-made Peach Cobbler..it was still warm and delicious. Homemade cheese cake is the current dessert.



Fremont has been blessed with several new locally owned restaurants in the past year, this one is especially good, and Byron and Nancy will treat you like family. When you go, be sure to tell them you read about it in Lifestyles!



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"Mother's Day Make-Over Contest"

Nominee: Sandy Wright/Fremont

I couldn't have asked for a better mother than mine. My mother, Sandy Wright, sacrificed the better part of her life raising me and my two brothers as best she could, and I know we didn't make it easy on her. There were times where we would push her buttons and I'm sure she had to feel close to her breaking point, but she still showed us the love and care that can so often go for granted. All of the holidays she planned and worked to make memorable for us as a family may stand out, but what really makes Mom special is all of the days that went unnoticed. Without hesitation she made sure we always had clean clothes to wear, three square meals a day, a ride to baseball practice (or whichever sport we thought we wanted to do that season), and we got our school work done.

Now that my brothers and I are grown an out on our own, that nurturing nature Mom had always shown hasn't gone away, she's just found new ways to show she cares. I can expect a phone call from her just to chat even though I've been too busy to call myself, and she seems to have knack for calling when I'm not having my best days and need it most. And now that text messages and emails are about as personal as conversations are with most people, out of the blue, I'll get a heartfelt letter or card in the mail just to show how much she cares.

Mom still puts us boys first and doesn't always get the recognition she's due. That is why I she deserves to be pampered and has earned this make-over.

Thank you, Erik Wright

Congratulations to our 2nd and 3rd place winners!

2nd place to: Lynn Schindley/Bellevue
3rd place to: Alesha Chavarria/Norwalk



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Choosing the right pet for a child

Q: My grandchildren are now 10 and 8-years-old, and I want to get them some kind of pet so that they will learn a bit of responsibility. The landlord will not allow dogs or cats, but said they could get any pet that stays in a cage. So we were thinking of a bird or rodent and wondered what you suggest. Their parents both work so it would have to be something with low maintenance. - Fran Williams, Arlington, Va.

A: This is one of those questions that has no right or wrong answer, however, I do have two Morrone rules here that weigh in on and affect the answer:

1. A child should never be expected to learn responsibility from caring for a pet - being a pet owner is supposed to be fun! Responsibility is learning to do unpleasant tasks for no immediate reward.

Petkeeping can teach a child better time management skills, but it really should encourage a child's fascination of the natural world rather than the omnipresent virtual one. A child should never think that caring for a pet is not a pleasant task.

2. The best pet for a child is whatever pet the child's parents have time to care for. In a busy household sometimes it is not practical for children to be 100 percent in charge of a pet's needs. In spite of a child's best intentions, when children try to clean a cage or cut up fruits and vegetables for a pet to eat, then the children make such a mess. In turn, that creates more work and household drama for busy parents to deal with.

With all that being said, now I can give you some options.

1. Hamsters and gerbils are the easiest to care for. Being desert animals they urinate very little and the cage stays dry and cleaner than other pets; a twice weekly cleaning will suffice. They are very content just to be alive, and if nobody has the time to take them out for a day then that is fine with them.

However, they do not make any noise, which some children find hard to relate to, so children can lose interest in them quickly. From a parent's point of view, though, no pet is easier to keep.

2. Guinea pigs are extremely responsive to children - they recognize each child as an individual and are as sentient as dogs and cats. The fact they can vocalize to children with their squeals keeps up a child's interest and concern for the animal. However, they do need a lot of care. The cage must be cleaned daily and they need daily fresh vegetables and fruits. This may be too much for some parents to keep up with. Though, if the time is available then this is probably the best small mammal pet.

3. Birds. When you first think of a bird for a child, the first thought is a parakeet. However, they are small and fast, and while they will learn to lose their fear of a child, they really do not like to be touched or petted. It is a lot for a little bird, like a parakeet, to allow our big hands on its little body.

A better choice may be conures - a group of small parrots about 8 inches long. The most popular are sun conures and green cheek conures - they love to socialize with children and will actively seek them out. They commonly beg children to pet

them, creating a strong bond with the child.

However, they also need daily care: Cage cleaning, and washing of food and water dishes, which may just be too much for some households. They are expensive as well, costing between \$300 and \$500 each. They do have a longer lifespan - I know many that are well into their 20s.

Q: My cat thinks she is a seal - she loves to splash in water and she makes a mess of her water dish by putting her paws in the water and splashing it all over the room until the dish is empty. Our vet told us to try one of those drinking fountains for cats that pour the water into the dish via a little waterfall, but this just gave her more water to throw around the room. Do you have any suggestions? - Stephanie Adams, Boulder, Colo.

A: Been there, done that. I had a cat like yours once and there was no way to dissuade her from this. Eventually I just waved the white flag of defeat and put her water dish in the shower stall and left the door to it open. She was then able to splash all she wanted and all the water stayed in the stall.

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

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For the Love a Dog

By Joanne McDowell

In April I noticed that our little rescue, Butch, was holding his mouth open. Fearing he had a bad tooth I took him to the vet to see if he needed a dental. He was scheduled for a dental in a few days and his blood work was done. Several hours after returning



home I received a call that broke my heart. I was told that Butch was not only in kidney failure, but also liver failure, and the kindest thing to do would be to send him to the "rainbow bridge". (We really didn't know Butch's age as our only point of reference was that we had adopted him in 2009 after he was found wandering, so we considered him a young dog, perhaps he was much older than we believed.)

I knew from a year ago that he had kidney disease, I had even begun to make home made dog food so I could watch his diet. He was still going on daily walks, but I had noticed there were mornings he wouldn't eat.

The next day, after the heart breaking news, Butch went for a walk and ate! I was sure it was all just a mistake, until bedtime that night, when he began to vomit bile.

On Wednesday I knew we had to do what was best for our little friend and end the suffering. It was so heartbreaking, and continues to be a daily struggle. It is most difficult to lose a pet, they are a big part of family and their loss is with you constantly. I will never be sorry that we brought "Butchie" into our home, rescues are a blessing.

Be grateful for your time with your pets, they are indeed family, and consider visiting your local shelter and rescuing a homeless dog or cat, you will never be sorry.

Dr. Silcox Answers, "Should I Use Heat Or Ice For My Back Pain?"

By Dr. Paul Silcox

With springtime here, many homeowners are outside working in their yards. Soon gardens will be planted in anticipation of fall harvest and delicious meals and flowers will be blooming! With all this increased activity, inevitably muscles and joints get strained and start screaming.

Every year, springtime produces patients in acute distress mostly from lower back pain due to over-exertion. Often times people have no idea if they should use heat or cold at home to shorten the time it takes to recover from an episode. As a result, sometimes the action they take can actually worsen the condition and increase their pain levels.

First of all, if there is a sharp or stabbing pain, you will always be safe using ice packs to reduce the initial inflammatory response. Generally the soft flexible gel type you would keep in the freezer work great. I do suggest that you wrap it in a warm damp hand towel just before putting it on the painful area will decrease the "shock" factor by giving a gradual coldness. Use it about 15-20 minutes at a time. Generally cold can be used every hour if it is desired. During an acute episode of pain, using it at least 4-5 times per day is advised.

Heat is recommended for muscular type aches and pains. Again, 15-20 minutes is all that is advised at a time. I never recommend someone to go to bed with a heating pad and leave it turned on. Its best to make sure your heating pad has a 20-30 minute timer to minimize the risk of burns. Too much heat can cause increased fluid in the area and increases the chance of stiffness that it often brings.

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Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

New and Old Patients Welcome

Walk In's Welcome

Blue Lakes Charters & Tours
July 25 – Aug. 5th
Southwest National Parks!
11 Nights & 22 Meals

This Tour includes the following: Zion, Bryce Canyon, Capital Reef, Arches, Mesa Verde and the Grand Canyon National Parks. Also included is Monument Valley and the Navajo Tribal Park. Utah's Countryside where scores of movies have been made., Lake Powell, a Jet Boat Ride, Navajo Traditions, plus the exciting western towns of Moab & Durango!

Book Your Reservation By May 25th
INFORMATION CALL: 419-874-4225/800-874-4287#5

FASIRAXXX
Slotcar Racing

2201 Commerce Drive
Fremont, OH
419-937-4108

Hours:
Thurs-Fri 5:30-10pm
Others by Appt.

**Birthday Parties • Meetings
Corporate Events • Rentals
Team Building Events**

Chris Earnhart/ Owner See us on Facebook

Excuse me, but WE'RE the real reason why jobs are fun at

Elmwood

Apply Online!

www.elmwoodcommunities.com

SATURDAY NIGHT BINGO!
Doors Open at 4pm Early Birds at 6:30pm
YMCA - 1000 North Street, Fremont 419-332-9622

More FUN added

Patriot Progressive Game
Win up to \$3000

Joker's Wild Bonanza
Win up to \$1000

Four admission prizes of \$25 given nightly

- \$100 every game (with 100 players)
- \$1000 progressive jackpot
- Triple Jackpot Keno
- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of Instant

The Bellevue Hospital Welcomes Dr. Vimal S. Kumar

Vimal S. Kumar, M.D. has joined the staff of The Bellevue Hospital as a pain management intervention physician. He is board certified in both Pain Management and Anesthesiology and brings over 20 years of pain management experience to the local area. He creates a tailored care plan specific to each diagnosis and designed with the goal of decreasing pain and increasing patient functionality. Most recently, he has worked for the Key Pain Management & Treatment Center, Sandusky. Dr. Kumar and his wife are parents of two children. His hobbies include boating, painting, and photography.

Education:

Bachelor of Science in Biology, University of Toledo, Toledo, OH

Masters Degree, Research Respiratory Physiology, University of Toledo, Toledo, OH

Doctor of Medicine, Medical College of Ohio, Toledo, OH

Residency:

Anesthesiology Residency, University of Medicine & Dentistry, Newark, NJ

Pain Medicine Residency, The Cleveland Clinic, Cleveland, OH

Certifications:

American Board of Pain Medicine • American Board of Anesthesiology

Professional Memberships:

American Pain Society • American Society of Interventional Pain Physicians

World Institute of Pain • American Medical Association

Vimal S. Kumar, M.D.

Board Certified in Pain Management/Anesthesiology

Bellevue location: 1400 W. Main St. • Bellevue, OH 44811

Clyde location: 402 W. McPherson Hwy. • Clyde, OH 43410

419.484.5903

 **Pain Management Center**
The Bellevue Hospital

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

