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Lifestyles 2000

May 2017 Vol. 18 • Issue 5 www.lifestyles2000.net



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SANDUSKY COUNTY POSITIVE PEOPLE TO HOLD THEIR ANNUAL AWARDS BREAKFAST TO HONOR GRADUATING SENIORS FROM HIGH SCHOOLS IN THE **COUNTY**

Sandusky County Positive People will hold their 6th Annual High School Living Award Breakfast from 7:30 – 9:30 a.m. on Tuesday, May 16, at Terra State Community College's Neeley Conference Center in Fremont. At the Awards Breakfast, scholarships will be awarded to graduating seniors in Sandusky County who have overcome some kind of adversity in their lives and have found themselves in a better, more positive place because of it.

All are invited to attend this inspiring event that celebrates the strength of character of students in our community. The cost for the breakfast is just \$20.00. Tickets can be purchased online at www.scppohio.org or reservations forms can be downloaded from that website and can be mailed with payment to Sandusky County Positive People, 1409 E. State St., PMB 120, Fremont, OH 43420. Deadline to register is Monday, May 8th. Please call Jeff at 419-547-4068 with questions.

To date, Sandusky County Positive People has awarded over \$60,000.00 to 36 students. This year, nine additional students from across Sandusky County will be honored and will receive scholarships. Please plan to join SCPP and your community for a morning of inspiration and celebration that will change your

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May 2017

Lifestyles 2000

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Advertising/General Information

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

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

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

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

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

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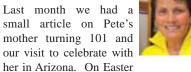
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> Lifestyles 2000 30 Ponds Side Drive Fremont, OH 43420

Publisher's Letter

Happy May!

Last month we had a small article on Pete's mother turning 101 and our visit to celebrate with



Sunday she passed away, so we cannot express how happy we were to celebrate one more birthday.

Enjoy your month; spring is indeed my favorite season with all of the beautiful blooming trees and the flowers in bloom. Happy Mother's Day to all of our moms and don't forget to remember our veterans on Memorial Day.



Yes, we know, "Pete" ended up staying in the North Branch ad another month, but he was also in the Bellevue Hospital ad for "Accepting New Patients." Since we "goofed" we took either answer as correct, but some people did find both, bravo! There were 155 correct entries. I think there should have been more!

Find Pete Winners

Karen Hiller, Marblehead; Devin Rando, Betty Sanchez, Jerry Lagrou, Jan Yeckley, Marsha Cook, Ada Williams, Carole Wise, Barbara Stults, Susan Hoffman, Fremont; Lynda Wilbert, Matthew Wasserman, Karen Sawyer, Clyde; Barbara Leimbruber, Bettsville; Cheryl Abel, Pam Shively, Lynn Patterson, Gibsonburg; Sharon Hunter, Karen Worrell, Bellevue; Eugena Wellington, Kansas; Beth Butzin, Helena.

African Safari passes for 6 to Linda Carnicom, Green Springs and Judy Cooper,

Find Pete Prizes

Prizes are from Let's Eat at Byron's, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, Old Fort Market in Old Fort and Smokey's Restaurant in Republic, The Pond Builders, Burgoon. 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 incude your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad.

Growing Culinary Herbs in the Garden

Culinary herbs are ones which leaves dried or fresh are used in cooking. They usually have a mild flavor which differentiates them from spices. Some common culinary herbs are basil, chives, dill, rosemary and thyme.

The beginning herb gardener may want to start with these herbs. They are among the easiest to grow and can be mixed in among flower and vegetable gardens.

They grow with the same sun, soil and growing conditions. Most like a well drained, slightly moist soil. Most are not bothered by serious pests or diseases. I will talk about a few culinary herbs for growing in your garden.

Basil:

Basil is an annual (lasting one growing season). It can be directly sowed by seeds into the garden or transplanted. All danger of frost must be passed. Japanese beetles do like basil and occasionally they do get powdery mildew.

Chives:

Chives are a perennial. Seeds need a constant moisture and a constant temperature to start in the garden so transplants are suggested. You can sometimes go out in the winter and snip a few chives.

Dill:

Dill is a hardy annual. It does not transplant well due to a tap root, but sows easily directly to garden. It will self sow if all is not harvested.

French Tarragon:

This is a woody perennial. It is sterile (produces few seed) so must be grown from transplants. It does spread after a while and can be divided for more plants. It is susceptible to root rot if soil is too wet.

Mints are perennial. All but peppermint can be started from seeds. Peppermint is sterile and must be transplanted. Will grow in part shade. It will spread so either plant in a out of the way place or plant in a buried can to prevent the roots from taking off. Mint is occasionally plagued by rust.

Rosemary:

Rosemary is a tender perennial (hardy in zones 8-10). Easiest to grow from transplants. Like a slightly acidic soil that is not too wet.

It can be overwintered indoors in a sunny location. Aphids and spider mites like Rosemary.

Thyme:

Thyme is a perennial that is best planted as a transplant after all danger of frost is passed. It also does not like to be too wet.

Herbs add color, texture and fragrance to the garden besides flavor to your cooking. They are loved by pollinators and butterflies. Most are easy to grow and compliment the other plants in your garden.

If they do get some pests or diseases, a pesticide or fungicide can be used but it must be labeled safe to use on herbs. A soap or neem may also be used. If you do choose to use a product, it must be labeled safe to use on herbs and directions must me followed precisely.

The next article will focus on harvesting and using your culinary herbs.

For more information visit Ohio State University Extension's WWW site

"Ohioline" at http://ohioline.ag.ohiostate.edu

Submitted by Viola Purdy, Sandusky and Ottawa County Master Gardener Volunteer

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Calendar of Events

- May 1 7 Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Library.
- May-Oct. 8 Special Exhibit: "Presidential Pop Culture, The Art of Influencing Perception" Rutherford B. Hayes Presidential Library. Exhibit is open from 9 a.m.-5 p.m., Monday through Saturday and noon - 5 p.m.
- 1- Morning Health Break, Bellevue Hospital Conference Rooms A&B. 8 -11 a.m. Educational literature, a light breakfast and a registered nurse available to answer questions. Free Glucose (fasting) & BP, A1C's \$10. For info call 419-483-4040, EXT. 6610.
- 2- MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room, 1400 West Main Street, 10:30 a.m. -11:30 a.m. Free and open to the public. All new mothers and their babies are welcome. Discussion includes topics such as feeding/ nursing issues and sleep habits. Call 419-483-4040, EXT. 4363.
- 5-14 The Biggest Week in American Birding, Magee Marsh, State Route 2, Oak Harbor. "The Warbler Capital of the World", for this year's Biggest Week in American Birding, Biggest Week activities include: 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, www.bwiab.com.
- 6- Heartbeat Hope Medical Walk/5k Run, Conner Park. 19th annual fundraising Walk/5K Run for Life. Registration at 8 a.m. with the 5k run starting at 8:30 a.m. and the walk beginning at 9:15 a.m. or whenever the last runner is done. There will be tattoo painting for the kids, sidewalk chalk artwork, a photo booth, refreshments, a t-shirt sale, along with fun and fellowship. Please contact Heartbeat Hope Medical at 419-334-9079, or email Dianne at events@heartfre.com to register or www.friendsofheartbeat.org

- 6-Household Hazardous Waste Collection, Sandusky County Fairgrounds, North Parking Lot, 712 North St., 9 a.m. to noon. For info on accepted materials, contact the Ottawa Sandusky Seneca County Joint Solid Waste Management District office at 419-334-7222.
- 6- Country Road Trip "Everything is coming up Daisies!", Multiple locations throughout Sandusky County. Enjoy time cruising around while discovering FRESH new places to shop and eat, just be sure to find the daisy jars at each store to enter the guessing contest for prizes galore! Stops include: (Brubaker's Acres Family Farm, 10 a.m.- 6 p.m.) (The Pond Builders, 9 a.m.- 3 p.m., 1639 SR 590, Burgoon) (Cindy's Sewing & Embroidery, 9 a.m. - 3 p.m., 2231 SR 590, Burgoon) (Chateau Tebeau Winery, 11a.m.-10 p.m., Helena) (The Summer Kitchen, 10 a.m.-4 p.m., US Highway 6, Helena) (Country Farmhouse Diner & Shop, 8 a.m.- 8 p.m., 117 East Main Street, Wayne)
- 6- 3rd Annual Kentucky Derby Celebration, Neeley Center at Terra State College, 2830 Napoleon Road. Join us for the entire Kentucky Derby experience and support those in the community with developmental disabilities. We are live streaming the Derby and are having signature refreshments, heavy hors d' oeuvres, fancy hats and attire, along with some fun activities. Must be 21 to enter. Call Lisa Celek for any ticket info at 419-332-9296, EXT. 131.
- 8- Community Health Screenings, Free BP and Fasting Glucose Checks, The Medicine Shoppe, 234 West Main Street, Bellevue, 9:30-11 a.m. Free BP and Fasting Glucose
- 9- Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett's Market, 228 West Main Street, Bellevue, 9-11 a.m. Free BP and Fasting Glucose Checks.
- 9- Diabetic Support Group, Bellevue Hospital East Conference Room, 1400 West Main Street, Bellevue, 12:30 p.m.- 1:30 p.m. Free and open to the public. Topics vary by month.

- 11- Raminator, Monster Truck Event, Myers Chrysler, Dodge, Jeep and Ram, 1111 Castalia Street, Bellevue, 11a.m.-7 p.m. Area's only appearance of this monster truck. Get autographs of the driver and crew of the Raminator. Car Crushing at 6 p.m.! Free hot
- 12, 13, 14 & 19, 20, 21- Fremont Community Theatre - "Mary Poppins", 1551 Dickinson Street, 7:30 p.m. on Fridays & Saturdays and 2 p.m. on Sundays. \$12 for Seniors/Students and \$15 for Adults. www.fremontcommunitytheatre.org.
- 13- Make a Family Tree on Ancestry.com, Rutherford B. Hayes Presidential Library. 9:30 a.m.-11:30 a.m. Register before class by calling Hill at 419-332-2081 or emailing bhill@rbhayes.org. Cost is \$10 and can be paid the day of the class.
- 13- Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. An interactive educational series for children. Call 419-332-2081 or visit www.rbhayes.org.
- 16- Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne Street, Bellevue. 9 a.m.- 11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.
- 17- Community Health Screenings, Free BP and Fasting Glucose Checks, Miller's SuperValu, 505 West Maple Street, Clvde. 9- 11 a.m. Free BP and Fasting Glucose
- 20 21- Green Springs Civil War Days, 401 North Broadway Street, Green Springs. 8 a.m. - 10 p.m. on Saturday and 10 a.m. - 4 p.m. on Sunday. FREE.
- 21- Strut Your Mutt, Walsh Park, 610 Morrison Street, Fremont. 11 a.m. registration, noon walk. Fun family event with food, raffles and prizes! Canine contests will be held after the walk: Best Trick, Best Costume, Best Kisser, Most Obedient, Most Look Alike Owner. There will be contestants for pubs, great food and of course, the 1/2 mile walk where you can show off your dogs

- while they strut their stuff! Forms in this issue of Lifestyles.
- 22- Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, Bellevue, 8-10 a.m. Free BP and Fasting Glucose Checks.
- 24- Red Cross Bloodmobile, Bellevue Hospital Conference Rooms A&B, 1400 West Main Street, 9:30 a.m.- 3:30 p.m. You need to weight between 110-350 pounds, be at least 17 years old and be in good health. Walk-ins may be accepted. To schedule your appt., call 1-800-Red-Cross, or visit, www. redcrossblood.org and enter sponsor code BELLEVUEHOSP.
- 25- Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main Street, Clyde, 10:30 a.m. - 11:30 a.m. Free BP and Fasting Glucose Checks.
- 27-Woodville's Farmers Market, Main Street. 9 a.m. to noon.
- 29- Memorial Day Parade, Downtown Fremont, 10 a.m. Parade travels down Front Street. www.43420.org.
- 29- Memorial Day Parade, Downtown Woodville, 8:30 a.m. The parade begins at the Woodville Community Center on Elm
- 30- Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Bellevue, Noon-1 p.m. Free BP and Fasting Glucose Checks.
- 31- Presidential History Book Club, Rutherford B. Hayes Presidential Library. Noon. Free. All are invited to read and discuss books about the presidency at this book club. The club is reading "Rutherford B. Hayes: Warrior & President" by Ari Hoogenboom. The discussion is led by Education Coordinator Dustin McLochlin. Call 419-332-2081 or www.rbhayes.org



WWW.LIFESTYLES2000.NET

Helen Marketti's Music Corner

Welcome to Lakeside Chautauqua!



If you have not visited Lakeside Chautauqua, you are missing one of the best-hidden treasures that Ottawa County has to offer. Shirley Stary, Vice President of Programming oversees all of the shows and events that are booked at Hoover Auditorium and the Lakeside Chautauqua area. Shirley recently took some time to share how her career path lead her to Lakeside and the wonderful shows that are booked for the 2017 season.

Originally, from the Cleveland area, Shirley became interested in theatre when she was in high school. "My dad and grandpa did a lot of wood working and handy-man repair. I joined them as their sidekick, which translated to be working backstage when I became older. I felt valued when I worked on theatre productions. It gave me a sense of doing something important," explained Shirley. "I had great mentors in high school and college. I did an internship for the Great Lakes Shakespearian Festival. I felt that I had great organizational skills and could envision myself being a stage manager,

San

years."

Diego Repertory

Theatre. I had

to become as

assistant stage

manager and it changed my

received



Shirley with Chubby Checker

Ashland University in the theatre department when a position opened up for Director of Student Activities," said Shirley. "You needed a Masters Degree in Arts Administration and since I had a great deal of experience I went back to school to earn the degree. That position was similar to what I am doing now at Lakeside but I was working with the college demographic. College students are a great age group to work with and learn from because there was always a new group coming through every year. I held that position at Ashland for 12 years. It was a great experience to manage shows, work with agents and it served as a great forerunner to what I am doing now at Lakeside." There came a time when Shirley was at

"Eventually I moved back to Ohio and

started working for my Alma Mater,

a crossroads in her life and knew it was time for a change and redirection. "My husband, Bill is from Catawba and I knew it was time to start something new elsewhere," explains Shirley. "Through networking with great people I found this ideal position where I could use my creativity and work experience skills. I have been working at Lakeside since 2005. It is a positive environment. It is an interesting dynamic because the height of the season for us is the summer months and it seems I do more in three months than I did in nine months at the college."

(laughs)

"There is such an incredible sense of satisfaction when I see people enjoying the shows that I have booked. I oftentimes get so caught up in the booking that I forget to enjoy the shows," said Shirley. "I love to do jigsaw puzzles and consider the Hoover Auditorium season as one large jigsaw puzzle. You have to build the framework from the outside and then fill in the middle with the details. I use that metaphor and analogy when booking shows. I try to get all of the Saturday shows booked first because they are the biggest sellers. I juggle several schedules and usually wait the longest for answers regarding Saturday shows. Some responses are instant and others take longer. Booking Chubby Checker took one day, Gary Puckett took two days and Lou Gramm took a week. Some artists can take up to three months to answer. I start booking for the summer during the month of October so at least by Christmas, I have a working schedule of who is coming and people can start planning their visits. It's always best to stay ahead of schedule. I would say nearly every day there are at least 3 to 5 new emails of possible entertainment interests requesting to play at Hoover Auditorium. I network with others in



Shirley with John Tesh and her husband, Bill.



Shirley with the group, Lovin' Spoonful and staff

Lakeside, cont'd on 10



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'Spectacular" means different things to different people. It means different things to us, too, depending on the situation. In this case, we started out spring with a "bang!" In the space of only a few days, we spotted an eastern towhee--a bird we've rarely seen here--eating seeds under a bush in the front lawn, a "first of the year" (FOY) purple finch at the suet feeder just outside the front window, two or three sizable flocks of egrets (10 or more birds each time) wading in the marsh, several flocks of ducks, a black crowned night heron, a Phoebe, tree swallows and a lone horned grebe--also a new one for us. But, the most spectacular of all--so far, anyway--was a long-eared owl in one of the arborvitaes near the pond.

For years we've scanned the treetops along the back of the property and the dense interiors of the arborvitaes around the pond hoping to spot any kind of owl, but never had any luck until the day Robin was out walking the dogs and a huge bird flew out in front of her. At first she wasn't sure what it was, but thought it must be an owl because of its size. The next morning she carefully scanned the area with binoculars where she'd seen it the day before and found it perched just inside one of the arborvitaes behind the pond. It was so well camouflaged by its color that if she hadn't been looking for it, we'd never have seen it. Being careful not to get too close and stress it, we stood back along the edge of the pond and Robin managed to get a few really nice photos. What a thrill to look into its beautiful, wise face as it gazed, unblinking, back at us. Longeared owls are rare in Ohio, and this one was just passing through. It was gone the next morning. We'll probably never see one again.

Scruffy, our resident chickadee, is becoming quite the bird around the property. He shows up everywhere--and sometimes he drops in at the most inconvenient times. Recently, I was standing at the back edge of the marsh, under cover of some trees and raised my binoculars so I could count the number of egrets wading in the marsh. Suddenly, from out of the trees, ol' Scruff flew down and landed right on top of my binoculars. His tiny feet danced lightly

across my fingers as he hopped back and forth begging for black oil seeds. Fortunately, I had a pocket full. He has us trained well--we don't leave home without them. Another time, he flew down and slipped off the end of Robin's camera while she was hiding in the weeds by the marsh trying to photograph a couple of skittish ducks. She ended up feeding him seeds on top of her hat so she could keep both hands free.

"The Great Salamander Breeding Migration" was a flop here again this year. We didn't see a single salamander anywhere on the property...but, we've only ever seen one in all the years we've lived here so we guess that's no surprise. Maybe next year....

"The Biggest Week in American Birding" is May 5 through May 14, 2017. For the seventh year in a row, we've been asked by Black Swamp Bird Observatory to be part of the private land birding tours. We'll be hosting four tour groups during this event. Last year, Scruffy was a main attraction... we're quite sure he'll make an appearance this year, too.



In closing, we offer our apologies: "auto correct" is a wonderful tool...except when it's not. To all of you who may be wondering what kind of duck is a "lesser scalp"... it's NOT. The duck mentioned in our last article should have been a "lesser scaup." Auto correct thought it was smarter than us...it's not. Somehow, though, it got past both of us...our faces are red.

Have a safe and happy Memorial Day!

MASTER GARDENER'S SPONSOR PLANT SALE

Sandusky/Ottawa Gardeners are sponsoring a plant sale at the Sandusky County Fairgrounds on Saturday, May 6 from 9 am to 1 pm. Numerous annuals, perennials and vegetable plants will be on sale as well as gardening related items such as garden gloves and decorative pots. Master gardeners will be on hand to answer your gardening related questions.

Master Gardener Volunteers provide such educational services to their communities as: answering gardening questions from the public; conducting plant clinics; gardening activities with children, senior citizens, or disabled persons; beautifying the community; developing community or demonstration gardens; and other horticultural activities. This annual event is a fund raiser for the Master Gardeners to help them continue to provide these services to Ottawa and Sandusky County communities. For more information, contact Helen Duquette 419 334 6990 duquette1234@gmail.com https:// mastergardener.osu.edu/





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North Branch Nursery

In Your Own Backyard

SHAPE-UP FOR LIFE: You are invited to bring your friends and come to the Fremont Area Women's Connection May Luncheon at Anjulina's Catering, 2270 W. Hayes Ave., on Tuesday, May 9, beginning at 11 am and ending at 12:30 pm . Cost \$12. Our Feature will be Suzi Michaels, Certified Teacher of Silver Sneakers and Senior Chair Yoga at the Sandusky County Y. M. C. A. Our Speaker will be Lisa Haley, West Salem. Her subject is "Surviving Life's Surprises". Lisa compares her rafting accident to life's struggles. For luncheon and free child care, please call by May 4, Donna 419-680-2251 or email: fawcluncheon@ gmail.com

The Crochet Gathering at the Bettsville Public Library. First Tuesday of each month starting May 2, from 6-8 p.m. All experience levels welcome. Just bring your own yarn and hooks for an evening of fun! For questions stop in or call the library at 419-986-5198.

Humane Society "Bar-B-O Traveler" Chicken/Rib dinner, drive thru only at Wendt Key Team Realty, Friday, May 12th from 4:30-6pm. Tickets at the shelter, Jenesis Salon or Wendt Key. Pre sale only.

Election Day Bake Sale: May 2. Spring Garage Sale, May 6. Hayes Memorial United Methodist Church. 1441 Fangboner Rd. in Fremont from 9-3.

Tai Chi: Fremont Senior Center, 600 W. State St. Mondays and Wednesdays at 9:30 A.M. Free class, instructor: Linda Gegorski. First time participant will get a free lunch at the senior center, you do not have to be a member of the senior center. Reservations not required.

Village of Lindsey Farmers Market is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked good, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. There are several vendors each month offering shoppers a wide variety of items. For info, call 419-665-2045.

The women of Fremont First Presbyterian Church will be holding their large, annual spring rummage sale on Friday, May 5th. Doors will open at 9 and close at 4. The rummage sale features clothing, house-wares, furniture, collectibles, and more. The One Dollar Bag Sale begins at 2 p.m. and the "eat your fill, pay as you will" lunch will be

8080 Main Street, OLD FOR Old Fort 419-992-4666 Mon-Fri 7:30am-6pm Sat 8am-5pm Sun 10am-4pm We've Got Your Graduation Parties Covered! Homemade Shredded Meats Party Trays of all kinds • Delicious Homemade Salads Beautiful Hand Decorated Cakes by Jess plus lots of new ideas give us a call or stop in Memorial Day weekend our famous homemade strawberry pies are back. Give us a call to reserve yours.

available. Proceeds go to local ministries. The church is located at 121 S. Park Avenue in Fremont.

The Fremont Ministry Association and the Fremont Christian Men's Gathering invite all Fremonters to join them in a season of prayer for the nation at the Front Street entrance to the Fremont City Building at Noon on Thursday, May 4th. This will be the 66th observance of the National Day of Prayer.

Cub Scout Pack 302 is putting on a community Bike Safety event for kids ages 5-10 on Monday, May 8th from 6:30-7:45 at Hayes Memorial United Methodist Church on Fangboner Road. Kids should bring their bikes and helmets. Contact is Stephanie Deneau at 419-680-9227 or pack302fremontohio@gmail.com

The Life Scholars at Terra State Community College will be venturing from Fremont to New York October 2-7, visiting many historic landmarks along the Hudson River Valley. People age 50 and over interested in this exciting trip are welcome to join us as we explore West Point, Hyde Park, the home of Franklin D. Roosevelt, the Eleanor Roosevelt Museum, the Vanderbilt House, Ft. Stanwix, the Women's Rights Nation History Park, and ending with a night in Buffalo. This is a 6 day, 5 night trip. The cost is \$1,150 for Life Scholars Members and \$1,250 for non members. The cost of this trip includes hotel stay, travel expense and entrance fee into museums and landmarks. This cost is subject to change, final cost will be available on July 10, Initial \$100 deposit due July 1, 2017. Please contact 419-559-2255 or learn@terra.edu to reserve your spot!

Jimmy G's BBO Fundraiser May 17th From 11 A.M. to 9 P.M Located at 1321 W. State Street in Fremont. Jimmy G's BBQ is (piggy backing) ok (joining) with Pontifex to help them raise money to "Stomp Out Hunger." Pontifex purchases food to give away every Monday at our food bank so our neighbors won't go hungry, we give groceries to about 100 families a week. We serve a dinner Tuesday night at 4:30 p.m. On Friday we have a lunch soup kitchen at 11 a.m. Pllease come out and and help Jimmy G's BBQ raise some money for Pontifex. The meal includes a pulled pork sandwich, fries, a bottle of water, and dessert. For (What You Want To Pay.) When you come in order this and half your donations goes to Pontifex to "Stomp Out Hunger." To learn more: www.pontifexfremont.com

Four Local Artists to Feature Jewelry: "A Dazzling May" at Art@106 as a part of Bellevue's First Thursday in May. The artists will be at the gallery on May 4 from 5 to 7 to share their jewelry-making skills and sell their work. The artists are Suzanne Meyers, Mich Kerr, Marcy Berger and Debbie Bower. Art@106, the Bellevue Artist Guild gallery, is located at 106 S. Sandusky Street. Regular gallery hours are Thursday and Friday 1-4 p.m. and Saturday 10 a.m. to







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The weather is turning warmer, and thankfully, the school year is slowly coming to a close as we round Easter break into the home stretch. For me, summer means more freedom, but this year, I'm afraid my class schedule won't end until I graduate

next Spring. However, though my summer schedule is still packed with school, it doesn't mean I don't get to enjoy the summer events that happen throughout the warmer months. As my college days are coming to a close, it makes me appreciate the journey and take comfort in the little things, and it also reminds me of other places I've come to love have special events as well. Take, for instance, the Hayes Presidential library and Museum's Special Exhibit: 100 Moments: Celebrating a Century of the Nation's First Presidential Library. Though my other visit was quite recent, I can never get enough of their special exhibits, especially when 100 Moments will be leaving this October.

Just as I have special moments and sentimental things I hold dear from my college years, the Hayes Center has collected things like artifacts and moments that they have displayed in this exhibit. The display features things President Hayes collected himself, things Colonel





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Webb Hayes, his son, collected, and what they've gathered since the founding of the Hayes Center. Some of these moments that have been collected are things like elegant and fragile presidential china, war memorabilia, and pictures and documents. These artifacts and moments make up the whole of the Center, and displays its proudest moments and vast history up to the present. Starting with Hayes himself, all the way up the present, proves how influential and powerful these artifacts and memories are. This exhibit is central to celebrating the Hayes Center's century of being open and grown, since its first unveiling in 1916. A showcasing of these moments shows how far they've gone, and yet, still how far they've yet

And the Hayes Center keeps delivering: they have a new exhibit that will be coming out on June 3rd called Quilt National. This exhibit will feature 20 quilts that were in the 2015 Quilt National competition that took place in Athens, displaying quilts from





American makers that shine with creativity and innovation.

Exhibits at the Hayes Center are always changing, and while their new exhibits are sure to be informational and live up to expectations, it's best to see the current ones before they're gone. Seeing the history within a century that the Hayes Center has built is truly inspirational and inspiring to see so much of Fremont's history in one spot. Seeing the history and care that goes in to each exhibit is amazing and makes me proud that I live so close, as I can visit at any time, and frequently do. 100 Moments ends in October, while Quilt National opens in June, so try to schedule a time where you can see both!



Tuesday, May 9: The Bellevue Hospital, Conference Room A & B. **Opens 6 PM-8 PM Practitioner Meeting Following**

Last month we started the first session of Reiki self healing techniques of our hand positions and correct placement on each Chakra. Each month we will be covering a different topic on these positions and the part of the endocrine system it treats.

I look forward to seeing you all there and hopefully a full room like last months meeting. We are open to the public and these short classes is only a brief introduction of Reiki level I of training. If you should choose to take Reiki I and II you will receive credit of this section and won't have to repeat it in class. Please register to ensure placement. If you have any questions please call Patricia Zilles at 419-355-1283.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidel

At this writing, April is half gone. It's hard to believe, isn't it? It seems like we just took the Christmas tree down!

So, what's going on at The Old Garden House, you ask? Well, I'm transplanting, weed killing, planting, painting and trimming like a lot of you, I'm sure. We are gathering the daylilies from here and there and creating a daylily garden. Also, I'm relocating the perennial plants in the triangle sections of the flower beds that from a half-circle in front of the flag pole. I've got red and blue flax seeds and white baby's breathe to plant there. Green grass path ways separate the triangles. We're making good progress on both projects.

Sometimes we get too busy doing the big things that we pass by the little things. I rarely go in or out my dining room door as I use the garage door opener and drive into the garage and enter through the kitchen door. Yesterday I went out the dining room door to get the mail. As I returned and started up the steps I was greeted by two seasons-neither one was spring! There were artificial poinsettias in the corner and a large fall leaf arrangement on the wall above it. Trust me we now have spring in both places!

My daughter Angie and I will be driving to Atlanta, Georgia in a couple of weeds to visit my daughter Kaye and her sons. We hope to see another grandson, Jake, who located there after graduating from college. We're looking forward to the visit and some "southern hospitality". Not to mention the beautiful drive through the mountains, hills and valleys to get there.

A reminder of the Tea-At-Two programs coming up: May at 2 p.m., program is "Share Our Flower Stories"; June at 2 p.m., program is about "Pins of the 1880's" and July when we will have Tea in the garden and our Victorian Fashion Show. There is space in all of these except the July, where only 5 spaces remain. For reservations call me at 419-332-7427.

Mother's Day will soon be here and for us mothers, grandmothers and great-grand mother's, it is a day filled with many memories of those we love and days gone by. For me there are many. One I wish to share with you from 1989. It is a poem that Angie wrote and embroidered on cloth then framed for me. I would like to share it with you.

It's not what's on the outside that matters most to me,

But what is on the inside that brings security.

It reaches out to touch those encircled in its fold,

You feel it the moment you step over the threshold.

It has grown since the beginning with every passing year,

Through all that goes with living-laughter, joy and tears.

It comes softly from the woodwork, furniture and walls,

Quietly from ceiling and whispers in the halls.

It has left an echo for those who wish to hear,

Renewing all you hoped for and stilling all fear.

It will always be there waiting wherever you shall roam,

For LOVE is what has made this house into a HOME.

Happy mother's Day; May your life always be good.

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

Drive-thru Chicken BBQ 4 U



Liberty Center of Sandusky County

Fund Raiser for the Homeless

11 a.m. to 1 p.m. Friday, May 19

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Lakeside, cont'd from 6

the field as much as I can. We look out for each other, share ideas, possible acts, etc... I would say that between 75% to 80% of the shows I book are working directly with an agent or the artist themselves." Hoover Auditorium seats 2,500 with 50 seats for handicapped guests.

The upcoming 2017 season proves to be an exciting time for all as there is something for everyone on the schedule from entertainment, crafts, speakers, magicians, comedians and more!

"It's great to see that original singer; Lou Gramm will be coming to Lakeside in June. We also have Herman's It band, Bill)

Day weekend; Jefferson Starship, which is sanctioned by Grace Slick, will be here in mid-July. We also



Shirley with Peter Noone of Herman's Hermits (and her husband, Bill)

have other events booked such Jim Croce's son, A.J. and Jack Hanna from the Columbus Zoo. We have something on the schedule for everyone during the season. I usually work with a college crew over the summer and they become interested in the music of the older artists even if they had never heard of them at first because it's a different generation. The music from these artists has a sense of authenticity. There is a connection to the artist with the fans and it changes people's lives with their music."

"It's important to let everyone know what we do and what we offer at Lakeside. The fees are cheap. The schedule is full and people enjoy themselves," said Shirley. "Most of the artists we book have an amazing experience when performing at Hoover Auditorium. They appreciate the crew, the staff and ask to come back again in the future. That says something about who were are and what we do. We welcome everyone."

www.lakesideohio.com





Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (Mar 21- Apr. 19): Grab the bull by the horns. Your strong leadership abilities and quick-thinking can help turn difficult situations into something resoundingly positive. Your charisma and confidence will attract others to join your

TAURUS (Apr. 20- May 20): If you rest, you could rust. Flex those muscles by keeping busy and active or you may find yourself with little energy. Accept invitations to get out and about as lounging about the house will do you little good.

GEMINI (May 21- June 20): Avoid pouring it on too thick. Being overly complimentary or polite could backfire as recipients may doubt your sincerity. No one will question your intentions if you demonstrate them through actions rather than words.

CANCER (June 21- July 22): Choose the path of least resistance. There's nothing to be gained by doing things the hard way so don't hesitate to take short-cuts to get the job done. The simplest solutions are the ones that work best.

LEO (July 23- Aug. 22): Take everything in moderation. It may be a case of doing too much or not enough. The happy medium will make things work, don't press the issue with relationship matters as you may meet resistance.

VIRGO (Aug. 23- Sept. 22): Rise to the challenge. It may take a bit of extra effort to overcome an obstacle but the satisfaction you get from completing a task will make it all well worth it. Don't back down if someone questions your integrity or principles.

LIBRA (Sept. 23- Oct. 22.): If you snooze, you lose. A wait and see approach will get you nowhere, the only way that you'll make any progress is if you get out there and make things happen. Follow your instincts to make important deci-

SCORPIO (Oct. 23- Nov. 21): Play your pipes and others will follow. Those around you will be more than willing to let you take the lead no matter where you choose to take them. As you make progress an old problem from the past may briefly resurface.

SAGITTARIUS (Nov. 22- Dec. 21): Read between the lines. It may be difficult to understand a loved one's intentions unless you delve beneath the front that they're putting up. Be patient and talk things out without being overly pushy.

CAPRICORN (Dec. 22- Jan. 19): Get out and meet people. Strike up conversations with new acquaintances to pave the way for future friendships to come. Listening to how a loved one talks with others may shed some insight into their character.

AQUARIUS (Jan. 20- Feb. 18): You don't have to give until it hurts. Efforts to please a loved one may have you stretching your budget rather thin, so keep things from getting out of hand. Remember that the best things in life are free.

PISCES (Feb. 19- Mar. 20): If you want to get anything done do it yourself. Your agenda only matters to you so don't rely on others to share your enthusiasm. Matters involving family and close friends provide a welcome distraction.

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Out to Lunch



Corner Restaurant

When you get to the corner of Routes 224 and 19, just south of Republic, there is a place called the "Corner Restaurant". Although this restaurant has had different names in the past, it's known that they have always had good food. It's a great place for the truck drivers who pass through, because they've got the best home cooking around, as said by the locals, so I had to check it out for myself.

If you're looking to have a fulfilling breakfast, this is a great stop. The prices are reasonable with nice portions. They have eggs, sausage, bacon, and pancakes, but I went for the Corner Scramble, which is home fries, onion, scrambled eggs, and sausage gravy. It's served with toast, all for \$5.29. It was enough for two meals.

Breakfast is served all day, except Sunday, when the Sunday dinners start at 11:00 am. The specials are Roast Beef, Chicken, Ham, and Swiss Steak. These are served with potato, vegetable, and a full salad bar, with homemade salads. The potato and macaroni salads are also sold by the quart for carry-out.

The weekly dinner specials that include a potato, veggie, and salad run \$6.99, with Sunday's running a little more. Friday is all-you-can-eat Walleye, and Saturday night is rib night, with a full rack selling for \$19.99, and ½ rack dinners for \$13.99. The ribs are smoked in a smoker out back, and are known to be the best around. If there are any left, they will also be one of the Sunday dinner specials.

Everything on the menu is made to order and homemade, including soups and deserts. The selection changes daily and there is always a large choice, including Apple Dumplings, which I had, and they were delicious!

This little truck stop is definitely worth trying out if you happen to be in the area, or out for a Sunday drive. Enjoy!

Profiles by Alisa



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Mayo Clinic

A number of disorders can trigger vertigo

DEAR MAYO CLINIC: What causes vertigo? Does having it one time mean I'm more likely to experience it again?

ANSWER: Vertigo is a sensation that either you or your surroundings, or both, are spinning or moving when they are not. Some people confuse vertigo with dizziness, but there is a difference. Dizziness typically is

a feeling of being lightheaded, or it may be a loss of balance that makes you unsteady on your feet. Dizziness usually does not involve the feeling that either you or something in your environment is moving.

A number of disorders can trigger vertigo. The most common is a condition called benign paroxysmal positional

Dog Contest,

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vertigo, or BPPV. If you have BPPV once, you're at an increased risk of getting it again. In many cases, BPPV can be successfully treated.

For many adults, BPPV is the underlying source of vertigo. With BPPV, vertigo happens when you move a certain way. Sitting up, tilting your head, or

lying down may all trigger vertigo if you have BPPV.

BPPV is a result of tiny crystals in your inner ear being out of place. The crystals make you sensitive to gravity and help you to keep your balance. Normally, a jelly-like membrane in

Mayo Clinic, cont'd on 15



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I can't participate but I'd like to help the animals. Enclosed is my tax deductible donation. (Your donation makes you eligible to win a prize!) The IRS requires a letter acknowledging donations over \$25. Please write donor's name and address clearly so we can send a receipt. Donations can be mailed to or dropped off: Humane Society of Sandusky County, 1315 N. RIver Road, Fremont, OH 43420 by Friday, May 19, 2017. WAIVER (EACH PARTICIPANT MUST READ AND SIGN BELOW) understand, for myself and heirs, hereby waive and release any and all rights and claims which I might have against Humane Society of Sandusky County, the city of Fremont, any sponsor of this event, their imployees, agents, or any of them arising out of my or my pet's participation in this event. I also agree to exercise all safety precautions, avoid littering, and respect the property of others. I also give full permission or use of my name and photograph in connection with this event.							
Signature (Parent or guardian if under 18 years of age) MY PETS ARE CURRENT ON THEIR RABIES VACCINATIONS							

"Grate" Treats & Eats

By: Chris Timko-Grate

As I start this column I'm watching the National Basketball Championship between Gonzaga and North Carolina, very exciting game. I do not follow College Basketball or Pro but I really like watching the Play Offs and Championship games. The only team I know to root for is because my college roommate Tricia is a huge sports fan. She watches all football and basketball games and always keeps me up to date on all the

My favorite is football and I do watch a lot of the regular season games. I know I live in Brown's territory but I am a Packer fan. I started watching them back in the 60's when we only had a couple of channels to watch and there wasn't anything else to watch. I got hooked when I saw the Green Bay Packers play and saw Coach Lombardi. He always reminded me of my Grandpa, and I have been a fan since. My Grandma loved Baseball and watched all the games, especially the Indians but like basketball I watch Playoff's and the World Series, that is if nothing else is on that I want to watch! Enough about TV and sports.

What we have coming up is Mother's Day and Memorial Day, two great days! Mother's Day to celebrate and honor our Moms and Memorial Day to honor all the people who have given their lives for our freedom and this great country we live in. The recipes I am sharing today are great ones for summer. The first is a new Potato Salad I found that is very colorful, and a light Lemon Cake that is very refreshing on a warm summer day. Enjoy!

Garden Potato Salad

21/2 pounds potatoes

1 medium onion chopped

1 cup cucumber

1 cup celery chopped

1 cup fresh tomatoes (cubed)

½ cup radishes

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5 hard-cooked eggs

1 teaspoon salt

1/2 teaspoon white pepper

Garlic, salt and onion salt to taste

11/2 cup salad dressing (Miracle Whip)

½ cup milk

Paprika

Peel, chop and remove seeds from cucumber. In a large bowl, place cooked, peeled and slice potatoes, the other vegetables, 3 hard cooked eggs, chopped and the seasonings. Combine dressing with milk, pour over vegetables and mix well. Garnish with the remaining eggs, sliced and paprika.

Lemon Picnic Cake

1 yellow cake mix

3/4 cup oil

3/4 cup water

1 package instant lemon pudding mix

Combine cake mix, oil, water and pudding mix and beat 2 minutes. Add eggs one at a time. Beat thoroughly. Pour into greased and floured 9x13x2 pan. Bake 40 minutes at 350 degrees. While hot prick entire top with a toothpick. Pour over the cake the glace made with the following.

Glaze: 2 cups confectioner's sugar 1/3 cup orange juice

2 tablespoons melted butter

2 tablespoons water

Combine all ingredients for glaze and beat well. Pour over cake.

Quote for the Month: Who in their infinite wisdom, decreed that Little League uniforms be white? Certainly not a Mother-Erma Bombeck

Questions, comments, and your recipes contact me at

ChrisTimkoGrate@roadrunner.com

The Kid's Doctor

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

How to care for a child who's vomiting frequently

Pick a virus and it is probably circulating in your area. Seems we are at the peak of upper respiratory season, influenza season and also vomiting and diarrhea season. In other words, lots of sick kids right now.

I just started seeing a lot of vomiting again. It is the worst for both the child and the doctor's office, where it seems many a child has vomited either in the car, coming up the elevator or in the exam room.

Remember, norovirus is the most common virus that causes vomiting and diarrhea, and it is VERY contagious. Not only via "dirty hands," but it is also airborne; so those standing near a child who is vomiting (i.e., parents and other sibs) are likely being exposed as well. That is the main reason you probably see an entire family who gets sick almost simultaneously.

If your child vomits, DO NOT give them anything to eat or drink for at least 30 minutes. I know that is hard as they are asking for a drink, but you need to give your child's tummy a minute to "recover" before challenging it with a few sips of Pedialyte or Gatorade. A SIP is the key word too; start with a tiny amount in the hopes that they do not vomit again.

I just saw a 6-year-old boy who had been vomiting several times during the night. His dad said that he had given him Zofran to help stop the vomiting (this is a prescription). I use a lot of Zofran in children who are vomiting, as it can go under the tongue. But after the Zofran his son felt better, so he gave him strawberries and a waffle. Surprise! He vomited again!

Don't be fooled and then start trying to feed your child too quickly after they have vomited. I know parents worry that "their child is not eating," but fluids are the important part of staying hydrated. As one little boy told me, "It feels like there

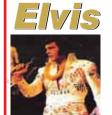
are grasshoppers in my tummy!" So well put. A grumbling tummy needs time to heal, and frequent sips of clear liquids (no dairy) are the best way to prevent dehydration. As your child tolerates a small volume you can go up a bit and gradually increase the amount that they take. I usually wait a good four to six hours after a child has successfully tolerated fluids before I even consider giving them food. Then I start with crackers, noodles or something bland (that I also don't mind cleaning up) in case they vomit again. You simply want to make sure your child stays hydrated. And keep washing those hands!

(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.)

Bethesda's Car & Motorcycle Show Wednesday, June 14



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Pet World

'Leave it' solves a host of doggie transgressions

By Cathy M. Rosenthal

Dear Cathy,

I have some new neighbors that moved in with an outdoor cat. The cat uses our yard as her potty box. Our two dogs have found this cat poop delectable and they eat these deposits before I can remove them from the yard. Is there something I can do to dissuade my dogs from eating this poop? Thank you in advance for any insights. - Wendy Rutland

Dear Wendy,

In a foot race to the cat poop, your dogs will always finish first. You can get a head start by going outside and picking up the cat poop before you let them outside, or you could walk them on leashes so you can pull them away from the cat poop when they discover it. But these are temporary solutions that don't address the real problem.

While it would be great if your neighbors kept their cat in their yard, there will always be something in the yard or on the ground that your dog shouldn't eat; so the only surefire solution is to train your dogs to "leave it."

The easiest way to train the "leave it" command is to ask your dogs to sit, put a treat on the ground, and then hold a higher value treat in your hand, like a small bit of cheese or strong-smelling liver treat. When they see the treat on the ground, say "leave it." When they "leave it" and look at you, reward them with the higher value treat. Then pick up the other treats off the ground, wait a few seconds, and play the game again. Never let them eat the treats off the ground.

You are training them to leave things alone, even when you are not around. They should only accept food and treats from your hands or their dog dishes. Depending on their personalities, you probably should train your dogs' separately.

If you train them every day, it will only take a few weeks before you can say "leave it" from across the yard, and they will stop, look and listen to you. Keep those higher value treats handy to reward them for their good behavior.

Dear Cathy,

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pet when you can't."

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10:30 to 5 daily • Third Sat. 10;30 close 108 E. Buckeye St, Clyde 1 block east of Main St. 419-637-2535 We adopted a boxer/pug/bulldog named Magento. He is three-years-old. Our problem is that he is systematically eating our backyard from top to bottom. He is breaking branches off trees, and chewing on branches and the other plant materials in the yard. He only stops when he gets caught. A few hours later, he passes some obnoxious gas. This can't be good for his digestion. Why is he doing this and how can we stop him? - Allison Vann, Cleveland, Ohio

Dear Allison,

There's an old saying, "If you don't give a dog a job, he will become self-employed." Apparently, Magento's made it his full-time job to landscape your yard and prune your trees.

Start by giving Magento more supervised time outdoors, since it sounds like he does listen to you when he gets caught. He wants to please you, so follow up your quick verbal corrections with treats and praise to show him you approve. I promise it's a behavior he will want to see you repeat.

As for why he does it, your enterprising dog may be feeling bored or suffering from anxiety. Bored dogs often entertain themselves by resorting to destructive behaviors, like digging holes, chewing on things or tearing up the house. Anxious dogs may exhibit the same behaviors, but for reasons related to being separated from you. Thankfully, both problems can be addressed in similar ways.

Dogs need exercise and clever activities to stay physically fit and mentally healthy. Keep Magento active by walking him a few times a day or teaching him to play fetch or some other active game. Keep his mind busy by introducing puzzle toys where he must figure out for himself how to push a toy over or open a secret compartment to get a treat.

Finally, teach him something for at least 10 minutes a day, like sit, down or retrieve a ball. Dogs often are more relaxed after training sessions because it requires a lot of brain power to listen and learn new things.

If you feel he might suffer from anxiety, talk to your veterinarian about medication to help him during this training/transition period. The goal is to keep Magento's body relaxed and his mind busy, so he doesn't feel compelled to re-design your backyard.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)
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May 21: "Strut Your Mutt", Walsh Park, noon

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your ear keeps the crystals where they belong. If the ear is damaged - often by a blow to the head - the crystals can shift to another part of the ear. When they're out of place, the crystals make you sensitive to movement and position changes that normally don't affect you, sparking vertigo. Occasionally, especially in older adults, the specific cause of BPPV cannot be determined.

To diagnose BPPV, doctors use a technique called the Dix-Hallpike test. During this test, you're placed in the position that usually causes your vertigo to begin. When the symptoms start, your doctor checks to see if they're accompanied by a certain type of involuntary eye movement response. If so, that usually confirms BPPV. If the test does not yield clear results but you have a history of vertigo and your symptoms are intermittent, other tests may be used to detect involuntary eye movements or to test your ability to maintain your balance. Physical therapy and other diagnostic tests also may be nec-

Treatment of BPPV involves your doctor guiding you slowly through a series of specific head movements that reposition the crystals in your inner ear where they no longer cause vertigo. For the majority of people with BPPV, vertigo goes away after just one repositioning treatment. For about 50 percent of people successfully treated for BPPV, however, the vertigo does come back within a year.

Your doctor will likely teach you how to perform the repositioning procedure by yourself so you can do it at home. If the problem is not resolved after trying the repositioning treatment for a couple of days, follow-up treatments with your doctor may be necessary.

Beyond BPPV, examples of other medical conditions that can cause vertigo include vestibular neuritis and labyrinthitis. Both involve inner ear damage that's usually the result of an infection. Meniere's disease, a rare inner ear disorder, also can lead to vertigo. The underlying cause of Meniere's disease is not clearly understood. These disorders can be harder to treat than BPPV. In many cases, though, the vertigo they cause can be effectively managed so it doesn't interfere with a person's daily activities.

Experiencing vertigo can be very unnerving, especially if you've never had it before. Although it's not a medical emergency, if you have an episode of vertigo, see your doctor as soon as possible to have your condition evaluated. It's important to find the underlying cause of vertigo so it can be effectively treated. - Neil Shepard, Ph.D., Audiology, Mayo Clinic, Rochester, Minn.

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

Sandusky County's Time to "Walk Tall"

By Dr. Paul Silcox

Over the last 5 months, I have been somewhat in a "brain cloud" like in the movie "Joe vs. the Volcano". But, "I Can See Clearly Now" the rain is gone. All that means is that the "rain", is the tears I shed when I think about the young, vibrant, zestful life that was drained out of my son in November, don't come quite as often. I don't think they'll every stop. As these movies and song titles pop into my head, there are 2 more movies that I am hopeful will become a reality here in Sandusky County in the near future.

In 1973, millions of people flocked to theaters across America to see a Hollywood account of a true story about Bufford Pusser from McNairy Co., Tennessee, who stood up against the bad guys. Remember it? WALKING TALL was a smash hit all across the U.S.

In 2000, "The Perfect Storm" was a fictional movie based on a true story about a fishing boat and crew that underestimates of two powerful weather fronts and a hurricane that all came together at the same time and caused their demise.

On Tuesday May 2, voters have an opportunity to Walk Tall and stand up to drug dealers in Sandusky County and send a message along with our county commissioners, police chiefs, mayors, county prosecutor, drug task force commander, judges, and I am pleased to say, "There's A New Sheriff In Town" with Chris Hilton to lead the charge against THE DEALERS. All leaders are in agreement and now it is up to voters.

The voters have the power to complete "The Perfect Storm" where all upstanding citizens of this county and we can ALL be "Walking Tall" and be proud to be from Sandusky County once again!

Let's send a message to drug dealers that if you deal drugs in Sandusky County, you will be hunted, arrested, and our judges will throw the book at you. Sandusky County will have a reputation for drug dealing like Woodville has for speeding.

Please vote yes and support the criminal justice services of Sandusky County and we can all do our part to take a bite out of this deadly crime.

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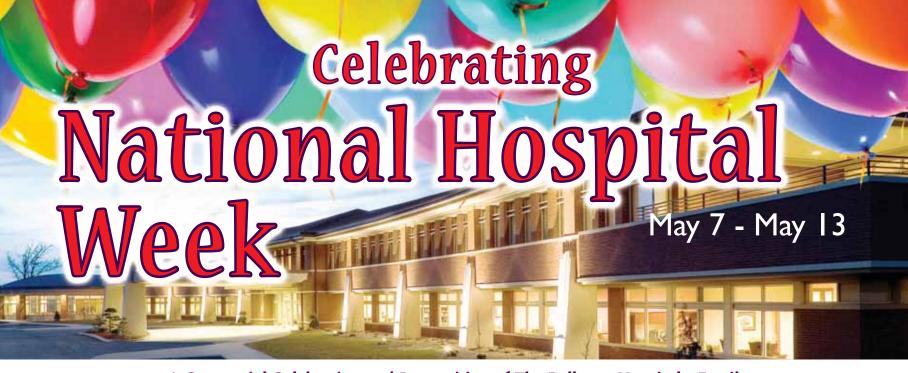
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