

Lifestyles

Free

Vol. 19 Issue 5

May 2018



Happy Mother's Day

May is National Physical Fitness Month

SO WHAT ARE YOU GOING TO DO ABOUT IT?



Make 2018 YOUR year to get healthy and fit!

Now that winter is finally over and summer is almost here, it's time to get moving! Almost anyone, at any age, can safely do some kind of exercise and physical activity — even if you have a medical condition, like heart disease, diabetes, or arthritis. Make 2018 your year to focus on fitness!

START WITH YOUR HEALTHCARE PROVIDER

If you aren't used to physical activity and you want to start an exercise program or increase your physical activity, it's important to talk with your provider. Together you can decide what type of exercise will work best for you.

If you need a provider, Community Health Services has a great team of physicians, nurse practitioners and physician assistants on staff and accepting new patients.

Please call (419) 334-3869 for more information or to schedule an appointment.

SETTING GOALS

The Center for Disease Control (CDC) recommends:

- For Adults — Minimum 2 hours and 30 minutes of moderate intensity aerobic exercise (such as brisk walking) each week, and two days of muscle strengthening activities. Make sure to include all muscle groups.
- For Children and Adolescents — Kids should participate in vigorous exercise at least an hour every day. Include muscle strengthening activities three days a week.

MAKE IT FUN!

People who are committed to a healthy lifestyle know it's not always easy, but it's definitely worth the effort. Here's a few tips to make exercise fun.

- Exercise with a friend (making a commitment will keep you on track)
- Join a class
- Exercise without realizing it! For example shopping burns 175 calories an hour!
- Download some Apps to help you stay on track (Runkeeper, My Fitness Pal, Headspace, Water Your Body and Sworkit and Sworkit Kids are a few examples)
- Listen to great music or podcasts
- Get outside and enjoy the fresh air
- Watch your favorite show while on the treadmill
- Download a video and work out in the privacy of your living room!

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Lifestyles 2000

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Bassett's, Kroger's and Clyde Drug Mart*

My Mother's Recipes

By Joanne McDowell

My dear friend Dr. Silcox was talking meatloaf with me a few weeks back and mentioned the best meatloaf recipe ever was his ex-wife's. He then handed me a newspaper article, with his photo, from May 2012 taken from the Sentinel Tribune. The title was "Bachelor dad borrows best-ever meatloaf recipe".

Of course I had to share it with you as who doesn't love a good meatloaf?

"My ex-wife's meat loaf"

- 2 lbs. hamburger
- 1/8 tsp salt
- 1/8 tsp pepper
- 1.5 cups cracker crumbs all together
- 1 egg
- 1/2 cup ketchup

optional:
1/4 cup onion flakes
3-4 shakes of garlic powder
For real variety add 1/4 cup grape jelly

Topping: 1/2 to 1 cup brown sugar
1 tsp mustard
1/2 tsp cider vinegar
1/2 cup ketchup
1 Tbs warm water, mix

Preheat oven to 325 degrees. Mix hamburger, cracker crumbs, egg, salt, pepper and ketchup (and any optional item). Mold into a loaf and put into greased pan or spray with PAM. Poke some small holes in meatloaf to allow topping to soak into meat. Pour topping and cover evenly. Bake for 45 minutes to an hour. Enjoy!



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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. Press releases must be submitted as Word documents only. No PDF files please. 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.

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

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Fremont, OH 43420

Publisher's Letter

Dear Readers,

It is so exciting to say that 19 years ago this month we published our first issue, it was the same month that my first grand child was born, who is featured in one of our articles this month. We just want to say thanks to all of you, readers and advertisers. Some, like Bellevue Hospital, Dairy Queen and Ms. Grace, have been with us since the beginning. How great is that?

Now I am working hard so we can say Happy 20th in a year!

We hope you enjoy this issue, I think it is an especially good one.

God bless,
Joanne



"Pete" was busy shopping at Old Fort Market in April, yes he really was in the issue. Again around 150 folks got it right.

Find Pete Winners

Winners are: Carolyn Young, Daisy Miller, Green Springs; Brett Warmesley, Emily Wolf, Mark King, Dick Hoffman, Jerry Forsyth, Rita Myers, Beatrice Alonzo, Sarah Auen, Cassie Molyet, Fremont; Deb Crawford, Kansas; Tom Parlette, Gibsonburg; Debbie Claus, Greg Montgomery, Bellevue; Aimee Mongeau, Tiffin; Dawn Peters, Elmore; Rhea Eberly, Beth Dodson, Clyde.

Lucky winners with passes for 6 to African Safari are Brock Miller, Green Springs and Krista Kidd, Fremont. Congrats!

Find Pete Prizes

Prizes are from Fastraxx, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry. Dairy Queen Cake: 2 to be given away from entries that include your age! We like to know our reader demographics.

SUMMER CONTEST: Starting next month we will be giving away 2 African Safari passes for 6 people valued at \$130 each to Celebrate our 19th Year. To enter, just put "Celebrating 19 Years" on your entry. You do not have to find Pete to play.

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.

On the Road Again: Wheel of Fortune

By Joanne McDowell

In mid-March I flew to Los Angeles to visit my son Ryan and grandson Kayden. Unfortunately "Jeopardy!" was not filming but "Wheel of Fortune" was the week I was there. My son, who has been a researcher with "Jeopardy!" for nineteen years, got us VIP seats. That basically meant every time a family member or friend of a contestant is introduced, we were in the background, it also meant we had our photo taken by the wheel! (no that is not photoshopped)



Now I do watch "Jeopardy!", not faithfully as I get too mad at myself if I can't answer the question, but I seldom watch "Wheel". As it turned out Vanna White has her own cheering section, the crowd loves her, she has been on the show since 1983, so I won't even try to guess her age, but she looks fabulous. There is a lot of clapping required, even when the contestant gives the wrong answer. It was quite an interesting afternoon.



The office photo is the "Jeopardy!" research office, it is amazing how many people it takes to put a show together. My son loves his job and I am proud that he has been a part of "Jeopardy!" for so many years..

We also went to Bear Mountain, where it was cold and snow was on the ground, just what I needed after surviving our past winter. We also visited Joshua Tree State Park, well worth



your time if you are in the Palm Springs area, just take hiking boots. I didn't so I couldn't see much as it is a lot of BIG rocks.

It was a wonderful visit and I so appreciate the great time they showed me, how many moms have a son with such a cool job? Thanks Ryan and Kayden for making memories.

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Attracting Ruby-Throated Hummingbirds

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

The Ruby-Throated Hummingbirds are the only ones that can be attracted to our gardens in Ohio. It is the only one that is found east of the Mississippi.

These beautiful birds are drawn to red, orange and pink tubular and trumpet shaped flowers that are rich in nectar. They will come to feeders filled with clear sugar water solution (1 C. of sugar to 4 C. water). The feeders should be kept cool, clean and full. Away from outdoor cats.

This hummingbird stops here on its way to southern Canada from Central America.

There is a long list of plants to include in your garden to lure these jewels.

This is a partial list of many more.



Annuals	Perennials	
Snapdragon	Hollyhock	Bee Balm
Canna	Columbine	Cat Mint
Cleome	Butterfly weed	Obedient plant
Dianthus	Delphinium	
Fuchsia	Bleeding Heart	Trees, Shrubs and Vines
Hibiscus	Daylily	Butterfly Bush
Lantana	Coral Bells	Trumpet Vine
Nicotiana	Hosta	Redbud
Geranium	Liatis	Lilac
Salvia	Lilies	Rose of Sharon
Zinnia	Lobelia	Buckeye/Horsechestnut

Some amazing facts about the Ruby-Throated Hummingbird

- 340 species of Hummingbirds in the world,10 in the US,
- Only 1 east of the Mississippi
- They prefer nectar but will feed on tree sap and small insects
- They can fly forward,backward and upside down at speeds of 25-60mph
- Their wings beat 50-250 beats per minute while at rest and 1260 while exercising.
- They feed almost constantly during the day,using 8 times the energy than they do while at rest.
- A hummingbirds body temperature drops from 104F at day to 50 degrees at night. To conserve energy they will go into a torpor (hibernation) for 8-14 hours. When their temperature returns to 85 degrees they can fly again.
- Each fall and spring they migrate non-stop approximately 500 miles across the Gulf of Mexico.
- The bright red patch called a gorget on the males throat is to camouflage them to avoid predators
- The female builds a nest the size of a half dollar from moss,lichen and spider-webs and will incubate 2 eggs the size of a white jellybean for 12-14 days. She rears her young in 20-40 days without the help of the males.
- The adult weighs 3-4 grams, are 3-3/4 inches long and live an average of 3 years.

Gabby Gardener

By Patti Saam

I’ve always been fascinated by Laura Ingalls Wilder. I recently checked out a book from Birchard Public Library entitled “The World of Laura Ingalls Wilder: by Marta McDowell. It talked a lot about the frontier landscapes that inspired: The Little House on the Prairie” books. Laura loved to garden, every place she lived, there was a big garden.. Not all for food, but some flowers, just for beauty.

If you plant a few seeds and watch them grow, you will witness the miracle of germination, just like Laura. You can plant a rose bush and remember that Laura’s daughter was named after a sweet wild rose that scented the air in June. Or you can grow popcorn and recall that Almanzo liked to do the same. Consider planting a patch of prairie or woodland to entice the monarch butterfly. If we don’t plant milkweed, there will be no more monarchs. Plant wild flowers and grasses, not only for beauty, but for the bees to pollinate and birds to eat the berries. And any time you can, plant a tree! Over the course of their marriage, Laura and Almanzo planted thousands of trees.

RFD Garden Club meets the third Tuesday of the month at 7 pm, usually at a member’s home. We have speakers,go on field trips, have a bus trip, open house, decorate Green Springs library and the planters in Green Springs. If you have questions please call Patti Saam at 419-307-7776. We would love to tell you more about our club.

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In Your Own Backyard

Fremont Area Women's Connection invites you to the monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave. on May 8, 11 am-1 pm. "Accentuate the Positive" is the theme with Peggy Courtney and Tom Hoffman from Sandusky County Positive People. The guest speaker is Annie McQuate from Mansfield, sharing her story of "Holding Hands, Holding Hearts". For reservations and free child care, call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by May 3. Cost is \$12 inclusive.

Trinity United Methodist Church at 204 N. Wayne St. in Fremont will offer a Mexican Taco Bar and Movie night on Friday, May 18 from 5:30-7 pm (movie to start at 7 pm). Dinner will include beef or chicken tacos and all the fixings, Mexican soup, dessert and beverage, cost is \$8 for adults with one taco for children, \$4. Tickets not needed in advance so come that night or call Donna at 419 332 3095 for reservations.

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 3. This will be the 67th observance of the National Day of Prayer.

The women of Fremont First Presbyterian Church, 121 S. Park, Fremont, invite you to their Spring Rummage Sale on Friday, May 4st from 9 a.m. to 4p.m. The Bag Sale

is at 2 p.m. The ladies will offer clothing, house-wares, furniture, collectibles and more. Their famous "eat your fill, pay as you will" lunch will be available.

Bake sale and frozen soup sale for Peggie Bouyack Avers, former Clyde resident and graduate, Saturday, May 12, Miller's Super Value, Maple Street, Clyde, 9 am to 3 pm. Peggie was severely injured in a fall two years ago and still in need of medical care.

Village of Lindsey Farmer's Market is held the second Saturday of each month, May through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5 for unlimited space. Vendors offer shoppers a great variety of items. For info call 419-665-2045.

The North Coast Concert Band cordially invites you to a special concert performance Sunday May 6th, 3pm. Sandusky State Theatre, 107 Columbus Avenue. Free Admission. The performance will feature a wide variety of music including works by Aaron Copland, Peter Tchaikovsky, John Phillip Sousa, Karl King and George M. Cohan.

The Sandusky/Ottawa Master Gardeners are sponsoring a plant sale at the Sandusky County Fairgrounds on Sat., May 5 from 9 am to 1 pm. Annuals, perennials and vegetable plants, garden gloves and decorative pots. New this year are a children's make & take craft, a 50-50 Raffle &

collection of plastic garden pots & trays & aluminum cans for recycling. This annual event is a fund raiser for the Master Gardeners to help them continue to provide services. For info, contact Helen Duquette 419 334 6990/duquette1234@gmail.com.

Birchard Public Library has a variety of programming at all four locations. All programs are free, but some require registration. For information or to register for a program, call 419.334.7101, ext. 209.

Teen Bookshelf Scavenger Hunt: May 1 – May 31. Teens in grades 7-12 can pick up a scavenger sheet in the teen area and find different kinds of books on the shelf. Completed sheets should be turned in at the Youth desk by May 31 for a chance to win a \$10 gift card.

Book Discussion Group: May 10, 7- 8:15 pm. We will have a tribute to Stephen Hawking and discuss A Brief History of Time. Books are available at the adult reference desk.

Master of Spinjitzu Library Challenge: May 12, 10-noon. Grades K-6. Drop in to the library for Ninjago-themed challenges and crafts! Registration is required.

Teen Book Club: May 15, 4- 5 pm. Teens in grades 7 – 12 are invited to bring their favorite book to share and discuss.

Gibsonburg: In Memory of Their Sacrifice and Service...Stories of the Korean War:, May 23, 6:30. Presented

by the Northcoast Veteran's Museum. Call 419.637.2173 to register. Pop up shoots: May 5, June 2, July 7, Aug.4, Sept.1, Oct.6, and Nov.3. Held at the Izaak Walton League Fremont Chapter C.R. 170 from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5 for 20 target presentations. For more info call Larry Perkins 419-355-8374 after 5:30.

FASTRAXXX: May 3, Fastraxxx Fiesta, Buckeye Retro Series, Invitational Race. May 12, OHIO Challenge Cup, Enduro Race.

Wings of Dove Release, Sunday, May 20th at 2pm. Service will include music, moment of remembrance, reading of names from the Book of Life and the dove release. The event is free and open to the public and will be held at: ProMedica Hospice The Eliza Ramsay Building, 430 S. Main Street, Clyde. No RSVP is required. For more info, please call ProMedica Hospice at 419.547.6419.

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"Grate" Treats & Eats

By: Chris Timko-Grate

Oh my, I am starting this column in early April and I am still wearing a heavy coat when I am out and flannel PJ's and a robe at night!. I am hoping when you read this it is warmer and we have longer daylight hours. I keep looking at our outside fire ring and want to be sitting around a fire to get that mesmerized feeling you get by watching a fire and it's flames!

This month we will celebrate Mother's Day and Memorial Day. Both of our Mom's have passed away but I still celebrate them because they were such great examples of how women should live their lives, thank you moms!

I am sharing two dessert recipes; one with cherries and one with carame.. I think you will love them both. Enjoy the upcoming summer season!

Cherry Fantasy

6 tablespoons melted butter

1 1/2 cups graham cracker crumbs

1 cup (heaping) confectioners sugar

1/4 cup milk

16oz ounces cream cheese, softened

1 cup chopped pecans

1 envelope whipped topping mix, prepared. I use cool whip a large one

1 (210z) can cherry pie filling

1 teaspoon almond extract

Combine margarine and graham cracker crumbs in a bowl, mix well. Pat into bottom of the 9x13 inch baking dish. Bake at 350 degrees for 10 minutes. Let stand till cool. Beat confectioners sugar, milk, and cream cheese in mix-

ing bowl until creamy, scraping bowl occasionally. Spread over baked layer; sprinkle with pecans. Spread with whipped topping. Top with mixture of pie filling and almond flavoring Chill until serving time. You may substitute any pie filling for the cherry pie filling.

German Chocolate Carmel Bars

1/3 cup evaporated milk

1 (14-ounce) package caramels

15 caramels

1 (2 layer) package German chocolate cake mix

3/4 cup melted butter

1/3 cup evaporated milk

1 cup semisweet chocolate chips

Combine 1/3 cup evaporated milk and caramels in saucepan. Cook over low heat until smooth, stirring constantly. Combine cake mix, butter and 1/3 cup evaporated milk in bowl; mix well. Spread 1/2 of the cake mixture I greased 9x13 inch baking pan. Bake at 350 degrees for 6 minutes. Sprinkle baked layer with chocolate chips. Pour caramel mixture over chocolate chips, spread evenly. Crumble remaining cake mixture over prepared layers. Bake for 20 minute. Let stand until cool. Cut into bars.

Quote of the month: By Thomas Edison: I haven't failed, I have found 10,000 ways that don't work. (I love this one, what a great attitude!!)

Any questions, comments, and your recipes, contact me at: christimk-orange@roadrunner.com

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History Notebook

By Nan Card - Curator of Manuscripts
Hayes Presidential Center

The Sinking of the Lusitania

On May 7, 1915, the RMS Lusitania, a British ocean liner, the largest in the world, was returning to Liverpool, England on her 101st voyage across the Atlantic when a German U-boat torpedoed and sank her in 18 minutes. Nearly 1200 of some two thousand passengers and crew perished in the attack, including 114 Americans. Among them were two famous Americans. Alfred Vanderbilt was one of the world's richest men and a great sportsman. He was headed to England to purchase horses and hunting dogs. The other was Charles Frohman, perhaps the greatest theater impresario to have ever lived. He was born in Sandusky, Ohio in 1856. He and his two brothers, Gustave and Daniel, owned and managed a large number of theaters in London, Paris, and New York where their productions were featured.

The Royal Navy had blockaded Germany at the start of WWI. Submarine warfare was intensifying by the spring of 1915. The German embassy in the United States had placed notices in New York newspapers, warning of the dangers of sailing on the Lusitania. Known as the "Greyhound of the Seas," because of her speed, the Lusitania's crew and the Cunard Line felt secure in the belief that she could easily out sail any submarine. However, some Americans did pay heed and the Lusitania left New York with less than half her capacity.

The captain of the U-boat watched the tragedy unfold through his periscope. He wrote in his log that the "ship stops immediately and heels over to starboard quickly, immersing simultaneously at the bow. .. Great confusion reigns on board." Indeed passengers were panic stricken. The few lifeboats that were loaded and lowered foundered quickly, drowning those aboard.

An "Eyewitness to History" article states that Vanderbilt and Frohman went to the ship's nursery. Hoping to save the babies, the two men tied life jackets to wicker "Moses baskets" that held the little ones. Indeed, the baskets were carried off the ship as the water rose, but none survived the wave action created as the enormous vessel quickly sank.

Americans were outraged when they learned of the sinking. Germany justified the attack by stating that the ship was secretly carrying munitions to help the British war effort. President Wilson protested to the

Germans. Americans' attitudes began to turn against Germany. When the United States entered WWI two years later, the tragedy of the

Lusitania was a factor. It was not until 1982 that the British admitted there was a "large amount of ammunition in the wreck." It still remains a safety issue to those interested in salvage operations. Charles Frohman's body was recovered and returned to the United States. He was buried in Queens, New York.



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Central Mudminnow/Mystery Owl Revealed!/10th Anniversary

One of the fascinating things about being retired and living here is that we are constantly being surprised by all the new plants, birds, and wildlife that we are discovering now that we have the time to explore.

For instance, in early March as we were walking around the marsh, we happened to spot what looked like a minnow or a small fish swimming under the ice along the edge. The marsh had dried up late last fall and the only water in it was whatever rain and snow had filled it in this winter. By all rights, this fish shouldn't have been there. Robin took a picture of it and posted it in "iNaturalist" in hopes that someone could ID it. And, a week later, someone did identify it as a "Central Mudminnow."

We had to look this one up since neither of us had ever heard of it. According to the ODNR website central mudminnows are small fish that have the ability to breathe air through the use of an air bladder that acts as a lung. This ability allows them to survive dry spells by burrowing into the mud until wet conditions return; as a result, this fish is often found in places where no other fish are found. Adults usually grow two to three inches in length. Closely related to the pike, it is sometimes referred to as a "pygmy pike." It's an amazing little fish—we may never have seen it if we hadn't been out walking on that cold, blustery day!

And speaking of amazing...

Recently, as we were returning to the house from one of our "bird count walks" around the property, we noticed a cluster of what looked like clods of dirt that some animal might have dug up while rooting around for grubs at the base of one of the pine trees at the back of the pond. On closer examination, we saw that they weren't clumps of dirt but 13 little grayish balls of fur, teeth, and bones (yuck). Robin recognized them right away as "owl pellets." For those of you who don't know, indigestible material such as bones, teeth, claws, skulls, feathers and fur that can't be safely passed through the owl's digestive tract are compacted into a pellet in the owl's gizzard and regurgitated. We scanned the nearby trees but saw nothing. Apparently, an owl can be identified by the appearance of its pellets so Robin took a picture of them and posted it on Facebook to see if anyone could tell us which owl was hanging out at our place. Kim Kaufman from Black Swamp Bird Observatory thought it could be a "long-eared" owl—which was Robin's first guess, too, since we had had one here the year before. Six days later, Robin found three more pellets under the same tree—still no sign of the owl. And a day later she found several more pellets. The trailcam which she'd set up had tripped, but there was nothing to see on it. As she went over to look at the pellets, she happened to look up into the tree and that's when she saw the owl perched on a branch—mystery solved! Not wanting to scare it, she slowly backed away and came to the house to get me and her binoculars. We observed it from a distance and saw that it was indeed a long-eared owl—and figured that it probably was the same one that stopped by last spring and roosted for a few days near that very same spot. How lucky we are to have seen such a rare (in Ohio) and beautiful bird in almost the same spot two years in a row!

Finally, mark your calendars—May 4th to May 13th is "The Biggest Week In American Birding!" This will be our eighth year hosting birding tours on our property. Hopefully, this will be a better year for both of us—last year Robin could barely lift her binoculars because of her shoulder, and both of us ended up with the flu. If you get a chance, check out the boardwalk at Magee Marsh—or any of the many other great birding spots in this area.

This May, 2018, also marks our tenth anniversary writing for Lifestyles 2000. Ten years ago—May, 2008—we wrote our first "12 Acres in Ohio" article titled "The Orioles Return." Since then we've written about 120 stories and never missed a month. We enjoy sharing our experiences with you and love hearing about yours, too!





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50 YEARS OF LEARNING

When Tiffin native, Ed Schauder fell in love with a painting at a Clyde Arts & Craft show, he was hesitant about spending the \$20. Later that day, when he returned to the show to buy it, it was gone. He loved that painting of the two sparrows on the barb wire fence so much that he immediately set about to create his own painting of sparrows. He purchased the canvas, paint and brushes and began to paint. That painting still hangs on his daughter's home in Bellevue.

Fifty years later, this self-taught artist is still learning and painting. Ed honed his skills by reading art books and with daily practice. His paintings have been sold at art shows and by commission. Through the years, Ed has specialized in oil painting, watercolor and pastels with a variety of subjects from birds to architecture to landscapes, but his favorite subjects are landscapes in the media of pastels.

Ed graduated from Calvert High School, Class of 1948. He currently lives in Bellevue and has one daughter, two grand-daughters and one great-grandson.

The Tiffin Art Guild & Gallery, 130 S Washington, Tiffin, will display 50 paintings by Ed Schauder at an exhibition, "50 Years of Learning" from May 5 through May 26. The Grand Opening Celebration will be Saturday, May 5 from 4 to 6 pm. Many of the paintings will be for sale. Light refreshments will be served.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

There's never a dull moment at the Old Garden House! Last month I told you about Twitter, my recently purchased-what the pet shop said was-a singing male canary, however the bird did not sing. Other than to do a costly blood test, his singing is the only determining factor. Females only chirp but do not sing. So we assumed he was a she. So, Plan B, I decided to find a certified male to mate with her and see if we could raise a nest of baby canaries. Well, "Breaking News", three days ago my chirping Twitter started singing! I couldn't believe it! At first I thought it was probably not a real song, just an extension of her chirping. Then yesterday he, she almost made a believer out of me. Since then-no song. So here I am shifting gears again. Do I buy a female, now? Do I buy a male as planned? Or do I wait and see if the singing starts again and continues to affirm that she is indeed a he? I will take the wait and see route. Story continued next month.

Our spring 4th grade class visits are set and schools are registering into time slots. My staff and I will off four different activities that are associated with the Victorian Era (1880-1930) The children will make molasses mini-muffins from scratch in the kitchen with Ms. Clara, make potpourri around the dining room table with me, make a newspaper pot and transplant a flower into it with Ms. Amanda in the garden house, and play old fashioned games with Ms. Angie in the yard. The children are always so well behaved and we enjoy them along with their teachers and accompanying parents.

Speaking of 4th grade class visits---on more than one occasion, when I least expect it, a grown-up 4th grader will see me at the fair or in a store and stop me saying, "I know you." I say, "You do, how do you know me?" He then says, "I came to your house when I was in the 4th grade. I remember we made butter, we fried bread over the fire outside and we mixed up mini-muffins in the kitchen. It was so much fun." The most recent man was with his fiancé and her parents. They were here looking at the gardens and yard

for a summer wedding. Each time it happens, I'm amazed that they remember me and the visit here. It brings joy to my heart to see their genuine pleasure in remembering that experience from years ago.

When I count my blessings, my family of grown-up children and their spouses are always #1 on the list. They, together with my grand and sometimes great-grand kids, are super! For quite a few years now, about this time in April, one of them gives me a call and says they're all planning a "Help Mom Clean Winter's Leftovers From Her Yard Day" and asks which Saturdays in April are free on my calendar. Then they come, rakes in hand and we get out whatever else we need and go to work. Someone hooks the Kabota to the concrete filled lawn roller and smoothes out the winter's lumps and bumps. Then he squashes the elevated runs made by the moles during the fall and winter. Another fixes a hinge on the sagging garden house door or resets a window flower box. While this is going on, another one goes down into the basement to get the water garden pump from winter storage. He sets it in place and starts filtering the pond water. I will be adding chemicals to clear it. 2 ½ hours later, you would not recognize the place! Then the real fun begins, sharing our potluck supper. As the grand finale to the day, we get out the card and play euchre or other games.

If I were asked to make a list of treasured memories, this one would be right up there at the top, it might even give Christmas a run for its money! Needless to say, it is one of the reasons why LIFE IS GOOD for this grateful mother.

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.

Ross Athletic Hall of Fame 2018

For the 28th year, Ross High is enshrining some of its former athletes into the Fremont Ross Athletic Hall of Fame. This year, we have elected Mike "Grover" Dowell, posthumously, a former coach and captain of the wrestling and football teams; Jessica Ickes, an All-American swimmer in 2008 who also swam at University of Akron; Courtney Abbot Miarer, a softball pitcher at Ross who threw five no-hitters in 2000, and later played softball and swam at Ohio Northern University; Scott Mezinger, who won first team all Buckeye Conference honors in football, wrestling, and baseball, later playing at the University of Toledo and Ashland University; Matt Merrill, a two-time state qualifier in wrestling, two-time Great Lakes League wrestling champion, who wrestled at Eastern Michigan University, and the 1955, 1956, and 1957 Ross football teams, who had a combined record of 29-0-1 over three years. These teams finished 4th, 2nd, and 6th in the state rating polls for their consecutive years, and featured Jim Tiller, John Level, Charlie Houdeshell, Jim Hailey, and many other Ross High legends.

They will be enshrined at the 28th Annual Fremont Ross Hall of Fame Enshrinement Banquet on May 19th at Ole Zim's Wagon Shed. The Hall of Fame awards college scholarships each year, having already given 56 such scholarships, and those recipients are also recognized at the banquet. Many past inductees also attend, and greet and congratulate the new enshrinees. Reservations are being taken until May 12, by calling Robin Mohr at 419-334-5426 or 419-334-9651. Questions may be directed to Gary Kaltenbach at 419-334-2246. The event is open to the public, although reservations are required.



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Mitchell Dermatology Holds Its 14th ANNUAL FREE SKIN CANCER SCREENING EVENT!

May is Melanoma/Skin Cancer Detection and Prevention Month!

Did you know that skin cancer is by far the most common type of cancer? Every year, more than five million people are diagnosed with skin cancer. One in five Americans will receive a skin cancer diagnosis in their lifetime.

Are You at Risk?

Anyone can develop skin cancer, but some things can increase your risk:

Sun exposure. Frequent or intense exposure to the sun causes cumulative damage to your skin.

Fair hair and skin. People with fair skin and blonde or red hair are more vulnerable to the effects of sun exposure.

Tanning beds. Ultraviolet radiation is a proven carcinogen and one of the most damaging skin exposures is the use of tanning beds. In fact, more people develop skin cancer because of tanning than develop lung cancer because of smoking.

Family history. Some skin cancers – in particular, melanoma – may have a genetic component. If another family member has been diagnosed, you may be at higher risk.

Age. Because skin damage is cumulative, your risk increases as you grow older.

Signs and Symptoms of skin cancer...

There are three major types of skin cancer.

Basal cell carcinoma. This is the most commonly-occurring cancer in the United States. Basal cell carcinomas look like abnormal growths on the skin – small sores, red patches, pink or pearly bumps, scars, or other non-healing abnormalities. They may resemble other, non-cancerous skin conditions, like psoriasis or eczema. Basal cell carcinoma rarely spreads to other organs or systems, but if it becomes too large, removing it can cause scarring or damage to nerve and muscle tissue.

Squamous cell carcinoma. Squamous cell carcinoma is the second most commonly diagnosed skin cancer in the United States – and it is on the rise. It is the most common type of cancer diagnosed in African-Americans.

Squamous cell carcinoma may look like a scaly red patch; a sore that heals and then reappears and bleeds; or a wart or growth with an indentation in the center. If it is not removed, it may cause disfigurement. In rare cases, if it is left untreated, it may become deadly.

Melanoma. Melanoma is the least common form of skin cancer – but it is by far the deadliest. One person dies of melanoma every 54 minutes. If you have had more than five sunburns, or if you have a lot of moles (more than 100), you are at increased risk of melanoma.

Because melanoma is so dangerous, early diagnosis and treatment are crucial. Early treatment gives the individual a good chance of a full recovery.

To identify melanoma early, know your ABCDE(F)'s of Melanoma:

- **Asymmetry:** a mole, growth, or brown spot that is not symmetrical (irregular in shape) may be melanoma.
- **Border:** Most moles have smooth borders; melanomas typically have uneven, ragged borders.
- **Color:** Most moles are all one shade of brown; melanomas may be several different shades of brown, red or blue.
- **Diameter:** Most moles are smaller than the tip of a pencil eraser; melanomas tend to be larger.
- **Evolving:** Moles can change over time. A mole that is changing - becoming larger, changing color, developing a bump, itching or bleeding - should be seen by a dermatologist immediately.
- **Family History:** Heredity plays a major role in melanoma. Each person with a first degree relative diagnosed with melanoma has a 50% greater chance of developing the cancer.

Fortunately, most skin cancers, including melanoma, can be cured with early detection. But, according to a recent survey by the American Academy of Dermatology, most American's don't know the warning signs of melanoma and about only a third even know what melanoma is. The survey also found that less than one-third examines their skin for signs of skin cancer. That's why the American Academy of Dermatology designated the first Monday in May, Melanoma Monday, to raise awareness of melanoma and urge Americans to regularly examine their skin for signs of this serious form of skin cancer.

Mitchell Dermatology will hold its 14th Annual Free Skin Cancer Screenings on Saturday, May 19th from 9:00 a.m. to 1:00 p.m. at the Dorothy L. Kern Cancer Center -- 2390 Enterprise St., Fremont. Screenings take only ten minutes and can save lives. This event is for everyone and all ages are welcome. Call 419.872.HOPE (4673) for more information.

Crisis Text Line

The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties has been promoting the 24/7 Crisis Text Line for about two years. This is in collaboration with Crisis Text Line, Ohio Department of Mental Health and Addiction Services, and Ohio Association of County Behavioral Health Authorities. The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a source of communication people already use and trust: texting. It works by sending the word "4hope" to 741741. A live, trained crisis counselor receives the text and responds, all from one secure online platform. The goal of the crisis counselor is to help the person move from a hot moment to a cool moment, and when necessary, link them with appropriate services.

Ohio has recently created a data dashboard that collects the data of Crisis Text Line usage. During the past year in Ohio, there were 4,998 texters and 54 active rescues as a result of conversations on the Crisis Text Line. An active rescue means the crisis counselor believes the person is suicidal, has a plan to complete suicide, and has the means to complete suicide. At that time, if the conversation cannot be deescalated, the crisis counselor will dispatch first responders to the location of the client.

The Crisis Text Line appears to be most utilized on Thursdays between 2- 4 PM. The major four reasons that individuals texted the Crisis Text Line included; relationships, anxiety/stress, depression/sadness, and suicide. The most common group utilizing the Crisis Text Line are individuals between 14 - 17 years old. In the past year, there were 40 conversations in Sandusky County. If you or someone you know would benefit from utilizing the Crisis Text Line, text "4hope" to 741 741 anytime, anywhere. Please contact the Mental Health and Recovery Services Board office for information.

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Helen Marketti's Music Corner

The British Invasion



Music by The Beatles is over fifty years old. When one looks at photos, from film or vintage magazines, these four lads are frozen in the images that first endeared them to American culture. After The

Beatles stepped over the pond to America, they led the tidal wave of bands from England who continued to tear up the airwaves. These British bands with the likes of The Rolling Stones, The Who, Dave Clark Five, The Moody Blues, The Hollies, The Yardbirds, The Zombies and many more pummeled American bands forcing them to change their approach to music.

The British Invasion is a band from Columbus, Ohio who prides themselves on taking music fans back in time for a bit of nostalgic fun. They perform the hits and hidden gems from the original British

Invasion bands of the 60s.

Evan Baisden is the creator of the band with its history and longevity as proof that people still want to hear this rockin' music. Evan shares some of his story in how such a music tribute unfolded. "When I was growing up there was a public swimming pool behind our house. They had an outdoor jukebox. I would sit on my swing and could hear great tunes that the teenagers were playing. This was during the mid-60s. Eventually, I learned the songs. I would sing them to myself. The Beatles were one of my first musical inspirations," remembers Evan. "All of those bands that came over with the first wave of the invasion were in my consciousness. I memorized their music. I have always had an affinity with The Beatles and all of the British groups."

"As I grew older I absorbed all kinds of music such as Alice Cooper, KISS, David Bowie, Queen, Mott the Hoople and Cheap Trick," said Evan. "I started being part of a singing duo in high school. I recall singing, 'Yesterday' and a classmate actually cried. It struck me that music can definitely have an impact."

He continues, "Whenever the stage show, Beatlemania would be in Columbus, I would attend. I would notice things such as the guy who was portraying Paul McCartney was right handed and fans know that Paul is left handed. I have to admit I was being critical and picking apart their presentation. They were not really getting the nuances down that was part of The Beatles. As I was watching them, the vision came to me that it would be cool to do a show that included music from all of the British Invasion bands. I thought of this concept around 1984. I started looking around for other musicians who would be interested in this vision. The concept I had in my mind was to be a five-piece band like The Rolling Stones, The Hollies and the Dave Clark Five but we would also play material of four-piece bands such as The Beatles, The Kinks and so forth. I had to shelf the idea for a while because I couldn't find musicians that were interested. I wanted the concept to include vintage clothing, amplifiers, equipment, wigs, suits and Beatle boots."

"After some time had passed I finally got a band together and we would play at a club on Wednesday nights for free," recalls Evan. "One night someone stopped in wanting to hire us for a big event. That was in August of 1992. Now twenty-six years later, I am the only original member. Our current line up is myself on vocals and percussion, Tony Burlingame - bass guitar and vocals, Mike Clark - guitars and vocals, Robb Anagnostis - guitars, keyboards and vocals, Jarrod Maille - drums. The concept has

never changed. We are the ultimate tribute to 60s British rock."

The British Invasion has two summer shows at Mon Ami in Port Clinton. The dates are Sunday, June 17 and Sunday, July 22.

Beatle fans have an opportunity to travel with the band to see where it all started. You will literally be with the band! "The folks that run Prime Tours approached me with the idea of doing a fan tour of Liverpool and London. It is an all-inclusive tour of many Beatle hot spots including landmarks from their songs, childhood homes and stops along their career path. It was magic made in Heaven. Our first tour group was in October of 2016. We are putting another tour for October of 2018! It is October 5 through October 13 for anyone who may



be interested. It is a magical place to walk through Beatles history," said Evan.

What is it about The Beatles and their music that fans still react, reminisce and form new legions of followers? "The music is the main reason. The body of work they did has been handed down to each new generation. It has been embraced and shared. They had an impact on style as well as music. Everything they did was powerful. We see audiences at our shows that respond to this music from ages 8 to 80."

www.thebritishinvasion.org

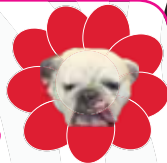
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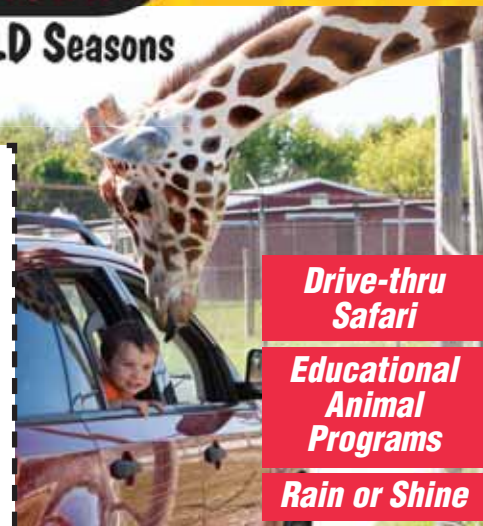
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By Kelsey Nevius

As an English major at the University of Findlay, we always look forward to our senior or junior year, as that is the year we get to complete our capstone projects. If you're unfamiliar with what a capstone project is, it's basically the culmination project of your college career, in which you utilize all of the things you learned throughout college.

Mainly, students in the English discipline look forward to it because you get to apply to the National Conference of Undergraduate Research, or NCUR for short. This conference is somewhat of a tradition with English capstone majors and is highly cherished and

concepts, they are actually really easy to understand, and I encourage everyone to learn about them as they're some of the most interesting things I have personally learned about!

While we got to present, we also visited a lot of sessions and presentations to learn about others' work. Some of my favorites related mental illness to poetry, speakers like Kareem Abdul-Jabbar, flipped classrooms and their impact on students, and dopamine's effect on the brain and other medicines. I feel like I learned more in those three days than I have in a long time, just because of the amount and variety of topics and sessions.

While the UCO campus was absolutely stunning, and while the weather and atmosphere of Oklahoma very closely resembles Ohio, this conference is so unique and one of a kind that I had to share my experience. I think learning and research on this scale is incredible and the knowledge you can gain from people talking about their research and what they love to do. I felt so inspired by people who came to my presentation to learn about my novel and inspired to learn things I might not have known if I hadn't gone and spoken to the presenter.

I feel like this conference goes to show that it's never too late to learn: you just must have the drive and the passion to do so. Even when listening to someone speak about what their specialty is and what they've been working on is such a knowledgeable experience, and I hope everyone has the drive and passion to learn more about things they wouldn't learn at any other occasion.



looked forward to.

Because I am a graduating senior, I was able to apply to NCUR last semester by submitting an abstract, or summary of my work, for consideration. The project I submitted was my novel (which is still in progress), and thankfully, I got accepted to go to NCUR with my fellow capstone peers and friends.

This year's NCUR was in Oklahoma, at the University of Central Oklahoma. The conference is basically three days of unbridled learning and research, with no restrictions on project topics or majors across the country. There are topics from science, to math, to interpretive dancing, to literature: it truly has something for everyone.

I went with my fellow English students and our professors, and in total, three of us presented our projects. I presented on my novel, my friend and peer Peyton on her chapbook of poetry, and my other friend and peer Erin presented on her experimental fiction piece. While these may seem like abstract

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ARIES (March 21-April 19): Tick all the boxes, you may have plenty of energy at your disposal. If you are organized and prioritize your work, you can get what you want in record time.

TAURUS (April 20-May 20): Embrace benevolent instincts. They make it easy to forgive those who have not been fair, you will be able to achieve a compromise and create some good karma.

GEMINI (May 21-June 20): Make intelligent choices. Your mind may be like a steel trap, so don't let it get rusty. Achieve your goals through shrewd maneuvering and make your family happy too.

CANCER (June 21-July 22): In the month ahead, you may focus on moneymaking activities. You can't relax and have fun until everything has a place and is in its place. You like to be prepared for every contingency.

LEO (July 23-Aug. 22): The more you think, the more you develop links, you might consider turning a hobby into an income producing project or invite friends to participate in a business venture.

VIRGO (Aug. 23-Sept. 22): Dreams and inspiration are a necessity, but relentless and continuous effort will bring you the greatest success, avoid being overly influenced by someone's vague promises.

LIBRA (Sept. 23-Oct. 22): Loosen up. In the upcoming month don't treat family members with the same formality with which you treat business acquaintances. Use different guidelines for different groups of people.

SCORPIO (Oct. 23-Nov. 21): In the coming month you may have ample opportunities to spend more time doing the things you like to do, with the people you like. Your mind will be energized by provocative subjects.

SAGITTARIUS (Nov. 22-Dec. 21): Get the best bang for your buck, you should be more savvy than usual about purchases, business deals and financial investments. Exercise thriftiness.

CAPRICORN (Dec. 22-Jan. 19): Run your life like a well-oiled machine. You have enormous drive and energy.. Spend time with friends or be part an active participant in group activities.

AQUARIUS (Jan. 20-Feb. 18): There may be an opening to join a local group or organization.. New contacts may enrich your life, but where your wallet is concerned be sure to read the fine print carefully.

PISCES (Feb. 19-March 20): There is safety in numbers. Peer pressure will keep you safe when a romantic fantasy tends to distract you from the facts; focus on being careful with your money.

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To Tan or Not to Tan

By Annette Weltin

With warmer temperatures approaching, we look forward to shedding our heavy, winter clothing and getting into our shorts, tank tops and sandals. That is at least, until we see the pasty skin that has been hidden for months! There can be no argument that time in the sun and a golden tan can make us look and feel better. But at what cost?

Years ago, sun tans were considered fashionable and healthy. Suntan oils were slathered onto skin to attract the sun with the same principle of sautéing meat; fat + heat = brown. In the 70's, suntan lotion came with a SPF of 4 or 8 but were not effective for protection from the sun's harmful rays. It wasn't until the 80's when skin cancer was connected to prolonged exposure to the sun, that sunscreen lotion with a higher concentration of protection came on the market.

While it is true that our bodies need sunshine to produce Vitamin D; it only requires 15 minutes of exposure. And that 15 minutes does not have to be all at one time. A person can easily get the 15 minutes needed by doing everyday things, such as taking a walk, driving and running errands.

So how can time in the sun, that make us feel so good, and tanning be harmful?

First, sunlight and artificial sunlight emits three different types of electromagnetic radiation in the ultraviolet range – UVA, UVB, and UVC. “All salon lamps) to 10 times (for some home lamps) the amount of UVA received from the sun. “(Dermascope mag. “The Dangers of Tanning Salons” by Annette Hanson); also, ultraviolet light thins the skin making it less able to heal. It is often thought that tanning can prevent sun damage. This is a mistake, as the American Association of Dermatology states, “A tan does not prevent sun damage, it is sun damage.”

Sun damage is cumulative-over time. Irregular pigmentation, enlarged blood vessels, loose skin, wrinkles and more serious

skin cancer can occur. In fact, 79% of wrinkles are sun induced and 1 out of 6 people will get cancer from the sun. Also, there are many factors, too numerous to mention that can make the risk of damage and skin cancer even higher. A few are light skin/hair people, a family history of skin cancer, certain diseases, and medications. A doctor can advise you of yours.

It's never too late to protect and repair damage from overexposure to the sun. First it is wise to choose a broad-spectrum sunscreen such as Bioelements Ray Defense 30 SPF and Bioelements SPF 50 Face Sunscreen. Both not only protect but moisturize and nourish the skin with antioxidants. Also practicing good skin care with products that are infused with skin responsive ingredients to help strengthen the skin to fight the stressors that age. And lastly a professional facial can go a long way in restoring the skin to its optimum best. As sun damage occurs over time, so does repair.

If you still want that sun-kissed glow without being exposed to the sun's damaging rays, consider sunless tanning products. Sunless tanning products are sold as lotion, creams and sprays that are applied to the skin. Also, many salons offer spray-on tanning. The active ingredient is the color additive, dihydroxyacetone (DHA) that react to the dead cells in the skin's surface to temporarily darken the skin and simulate a tan. Though it wears off after a few days, it's easy to re-apply just as you would apply body lotion. Also you will still need to use sunscreen.

Topical tanning products are considered safe. The FDA has approved DHA if it is not inhaled or applied to areas covered by mucous membranes, including the lips, nose or around the eyes. (Sunless tanning: What you need to know-Mayo Clinic)

So, whether you choose to tan, or not to tan consider the benefits and risk and investigate alternatives.

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Dear Cathy,

I have a four-year-old American short-hair female cat. I got her at 8 weeks old from a friend. The problem is, she scratches my upholstered furniture and rugs. She only does it when I am in the room. I have tried sprays, tape and correcting with a spritz of water. I have various scratching posts, which she is not interested in, even when I put catnip on them. Putting towels over things helps a bit, but she usually finds a way around them. Any other ideas? - Carol

Dear Carol,

Scratching and clawing are natural instincts for a cat or kitten, and with indoor cats, our furniture and rugs become their items of choice for sharpening their claws and leaving their scent behind. The fact that she only does it when you're in the room makes it a little easier for you to correct.

Get some foam or pom-pom cat balls or crumple paper or aluminum foil into balls and have them ready to toss across the room when you enter. Her first reaction should be to chase the ball and not scratch in response to your arrival in the room. She still may eventually scratch, but now you can correct her quicker with a verbal "eh-eh" or a Pet Corrector, which emits a compressed air sound, to discourage her from scratching in inappropriate areas. It's important to not just correct her but show her alternative places to scratch. Put treats, food pieces, catnip, or cat grass she can eat, near or on scratching posts and cat trees to attract her to her furniture.

Be consistent with your distraction/attraction techniques, and over time, she will learn what is expected of her.

Dear Cathy,

My 15-week-old silver Labrador is our pride and joy, but she just won't stop biting. What do you suggest? - Frank

Dear Frank,

Puppies teethe around 4 months old and need teething toys and lessons from you on what's acceptable to put in their mouths.

Don't use your hands or arms to play with her, and never punish her for this

normal behavior. Instead, correct her and offer her toys to teeth on instead.

When she sinks her teeth into you, give a short "yelp" to interrupt the behavior and then say, "let go." Praise her and give her a treat if she let's go. Some training experts say you should go "quiet" because prey also yelps when you bite. But, I have found this usually does not work for a puppy who is wired at this age to listen.

If she doesn't let go, shake a can of coins or purchase a Pet Corrector, which emits a compressed air sound, to get her attention. If this still doesn't break her grip, squeeze very gently just behind her nose/mouth area to unlatch her grip. Then give her a toy she can chew on. Over time, she should learn to play with her toys, and not your arms or hands.

Dear Cathy,

I have a 3-year-old female cat. She was a rescue cat and is fixed. Ever since I took her in, she has been residing under my couch for eight days. She only comes out in the middle of the night to eat and use the litter box. I purchased the calming spray because she is shedding terribly. I think she is stressed, but she does eat well. I really want to keep her and not set her free when the weather warms but is breaking my heart that I cannot coax her out during the day. My other cat was 2 when I rescued him, and he adjusted just great. Any suggestions would be greatly appreciated. - Jonl

Dear Joni,

Eight days is not long enough for a previously outdoor cat to adjust to living in a new home. She needs several weeks or months to adjust - and may take even more time than that before she comes near you to be petted.

Use plug-in feline pheromones around the home and play with her twice a day using a fishing pole-type toy with a feather on the end. At some point, she won't be able to resist the feather toy - and will bolt out from under the couch to play. The more she does this, the more confidence and security she will feel in her new home.

The fact that she is not fighting with your other cat and is eating at night bodes well for her success. Be patient, and you will eventually have many wonderful years with this feline.

(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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NADA in Ohio

Dr. Paul Silcox

Someone who knows a little Spanish might think I'm saying there's nothing in Ohio being that "nada" means nothing. Well "nada" could be further from the truth! I LOVE Ohio. Like most of you, I have family here. My daughter and grandkids are here.

My parents and son are buried here. I anticipate that my final resting place will be here too. But not too soon of course! Now that know how bad these drugs are, and how these drug dealers are STEALING the lives our loved ones, and I can help, it gives me a new purpose.

But what I mean by NADA in Ohio is that NADA, the National Acupuncture & Detoxification Association, in recognition of the addiction crisis that is here in America, and Ohio is smack dab in the middle of it, is wanting to make more of a presence known here.

NADA is a treatment program for drug addiction that has been in existence for 44 years. It has been used in over 20 countries and here in the U.S., many drug addiction treatment centers have used it instead of other drugs to treat drug addictions.

The stress and anxiety that a drug addict goes through while they are striving to get clean and sober causes many to fall and relapse. A simple painless 5 needle treatment regimen helps settle that anxiety as they experience a calming and relaxing treatment. Very often, a person falls asleep.

This weekend as I write this (April 21, 2018) I will be attending a NADA national conferences in Lansing, MI (one of two this year). I will describe how my involvement in NADA came about and will be in discussions with increasing the number of trainers who can actually teach the simple NADA protocol to doctors and nurses here in Ohio to deliver effective treatment to a hurting world whose minds have been twisted by opiates and hallucinogenic drugs.

I'm firmly convinced that ignorance of the problem of drugs is one of the main things that perpetuate it. That's exactly where I was a year and a half ago. I admit that I was ignorant and part of the problem. Even though it was right under my nose. It cost me and my family dearly.

When I come to the end of my life, I want something to show for it - NADA

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