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November 2013

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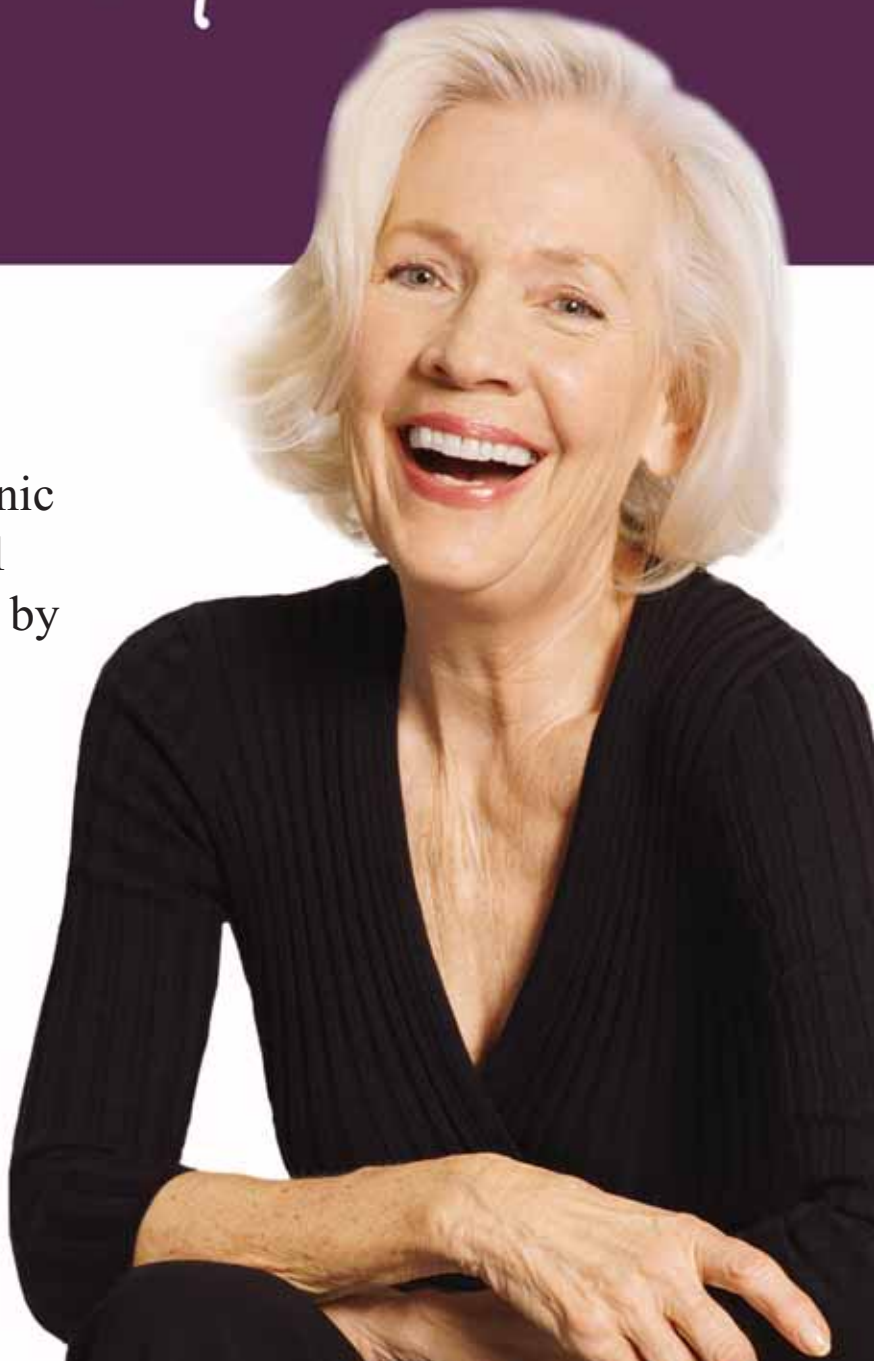


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November 2013

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You may need to change to gain. You may have some brilliant ideas, or have the opportunity to speak to those with a broader perspective. With the benefit of some fresh insights, you can adapt easily to ongoing changes.

TAURUS (April 20-May 20): Go back to basics. It isn't necessary to add a flourish to everything you do. Overly-ambitious friends could cause a few upsets, or you may face unexpected challenges when working towards attaining your goals.

GEMINI (May 21-June 20): You might mix metaphors, but you won't miss the boat. You know how to explain things to others by using universal examples, so your opinions will be respected. People hear you loud and clear.

CANCER (June 21-July 22): Roll your own. You must depend upon other people for some things, but when they become unpredictable it's time to make your own decisions. Use good judgment.

LEO (July 23-Aug. 22): Harmony and tranquility can be yours if you take steps to prepare intelligently. The road may be paved with bumps, but if you have good tires and shock absorbers you won't notice them.

VIRGO (Aug. 23-Sept. 22): Make a promise that the past will have no power over you. You're wiser than usual, especially when dealing with close relationships. Take time to mend fences while the time is ripe.

LIBRA (Sept. 23-Oct. 22): Mixing business with pleasure is risky business. The risk of something going wrong is in direct proportion to the number of people who are involved. Focus on developing leadership skills.

SCORPIO (Oct. 23-Nov. 21): Play patty-cake with problems and put them in a pan. You'll have the opportunity to gain cooperation from others, and more than one chance to make necessary improvements.

SAGITTARIUS (Nov. 22-Dec. 21): The Lone Ranger had Tonto, after all, so he wasn't all that lonely. You might be attracted to group activities to augment your social life. These may distract you from what's important.

CAPRICORN (Dec. 22-Jan. 19): You prefer to act upon instincts but sometimes feel you can't do this if you must explain your actions to someone else. You can have the best of both worlds as communication flows effortlessly.

AQUARIUS (Jan. 20-Feb. 18): Whims gone wild could describe your attitude. You may demonstrate good taste, but could also spend money that's budgeted for something else. Seek advice before you go overboard.

PISCES (Feb. 19-March 20): Beauty is more than skin deep. Get in tune with what's really crucial to your happiness. This might be a good time to begin a new health regimen or get in touch with your spiritual side.

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NEWS & NOTES:

| | |
|--|----|
| Community Christmas Applications..... | 9 |
| What is Clyde FFA?..... | 9 |
| Sandusky County Positive People Luncheon | 10 |
| First Step Helping Families | 12 |
| Camp Fire News..... | 12 |
| Memorial Hospital hosts Physician/Author | 15 |

ENTERTAINMENT:

| | |
|---|--------|
| Omarr's Astrological Forecast, Jeraldine Saunders | 3 |
| Helen Marketti's Music Corner, WMMS, The Buzzard | 6 |
| Calendar of Events | 11 |
| Out to Lunch: Brick Oven Bistro, Lynn Urban..... | 14 |
| SCPD Activities | 14 |
| Video View | 15 |
| In Your Own Backyard..... | 16, 17 |

HEALTHY LIVING:

| | |
|---|---|
| Memorial Hospital Providing Free Mammograms | 4 |
| Reiki Circle Meditation | 7 |
| Memorial Hospital Golden Threads | 7 |
| The Kid's Doctor, Sue Hubbard, M.D. | 8 |

HOME & HEARTH:

| | |
|--|----|
| 12 Acres in Ohio, Robin Arnold/Gena Husman | 5 |
| "Grate" Treats & Eats, Chris Timko-Grate | 8 |
| Kiss-Me-Over-The-Garden-Gate, Grace Sidell..... | 10 |
| My Mother's Recipes, Joanne McDowell | 13 |
| Pet World, Steve Dale..... | 18 |
| Retire Smart, Jill Schlesinger | 19 |

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

We want to wish our Veteran's the very best on their special day in November. Because of their unselfish service we live in freedom and peace.



Happy Thanksgiving to our readers, I hope the recipes this month are a help to our readers who prepare those dinners for friends and family.

Please take a look at the backyard events this month, as well as the calendar as there are many important fundraisers that help these churches and charities make it through the cold winter months.

God bless and safe travels,
Joanne



116 entries for October; in case you didn't find him, "Pete" was hiding in the Hall's Farm Market ad. That was a few more than September, but apparently still a bit hard to find. Congrats to those that got it right!

Find Pete Winners

Winners are: Bonnie Findlay, Kansas; Brenda Butzier, William Booher, Mary Franks, Margie Alspaugh, Nancy Sutter, James Seamon, Cassie Molyet, Emily Burmeiser, Roxanna Twigg, Fremont; Candy Darr, Oak Harbor; Denise Klask, Theresa Chagnon, Kathy Aldrich, Clyde; Ann Foos, Mick Swaisgood, Helena; Amy Conrad, Rising Sun, Kathy Welch, Sandusky; Sara Strause, Bellevue

Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Dairy Queen West, Old Fort Market, The Calico Cat, Jenesis Salon, and Rallys. You may request a specific prize.

Find Pete Contest Rules

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

Memorial Hospital providing free mammograms for uninsured patients

Memorial Hospital is offering free mammograms to uninsured residents of Sandusky County. If you are 40 years or older, have no health insurance and need your annual mammogram, Memorial Hospital can help. Call 419.333.2036 to schedule an appointment (M-F; 8 a.m. - 5 p.m.).

Mammograms are made possible through funding from Susan G. Komen, Hospital Council of Northwest Ohio and the Memorial Hospital Foundation Mammogram Fund.



Seated from L to R: X-ray tech Beth Smith and volunteer Joyce Craig. Standing from L to R: Mammography tech Peggy Beck and Mary Kuns, local family nurse practitioner.

Memorial Hospital is a non-profit, community-based health care provider that has served the Sandusky County area since 1918. The hospital is a state-of-the-art medical center with more than 150 physicians and nearly 500 employees. The hospital provides a comprehensive range of services, including the surgery, obstetrics/pediatrics and intensive care, as well as hospice and occupational and mental health services. For more information, visit memorialhcs.org.

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Over the years our flock dwindled in size—death from natural causes, mostly, although we lost a couple of hens to hawks. We were down to two hens, Keetie and two old ducks when the final blow came. One afternoon when we were both at work, the neighbor's dog snuck around the end of the fence between the two properties and killed the oldest hen left from our original flock. She was a pet and we were heartbroken. Willow, our 3-year-old "Easter-egg" chicken, was our only remaining chicken.

We had two choices: let Willow, Keetie and the two ducks live out their natural lives and that would be the end... or rebuild our flock. Not to be taken lightly, it was the topic of many serious discussions.

"A lone hen is a sad hen." (We read that in one of our poultry books.) Obviously Willow didn't read it...she became a spoiled hen. ALL the treats and ALL the attention were hers. She could sleep anywhere on the roost at night...even stretch out if she wanted to. She spent lots of time grazing and dust-bathing over by our house, and tagged along with Robin and Keetie when they walked around the property. She didn't appear to be grieving at all...or sad, either.

In the end, we realized we missed seeing chickens grazing peacefully in the yard on a sunny day or dashing madly from their coop through the snow to our backdoor for treats on a mild winter day. Besides, we thought Willow should have some hen friends to hang out with. We decided to get three or four more chickens.

Our next decision was whether to raise our chickens from day-old chicks like we did our first flock or get a couple of pullets—young hens less than a year old. In the end we decided to go with the pullets and began our search. Through an off-hand remark at work, we acquired two beautiful Wyandotte-Brahma pullets from the son of one of my coworkers. Dark-eyed and fluffy, with gray and white mottling on their feathers, they are sweet, shy little hens. Willow immediately set about establishing her "pecking order" to let them know who was boss.

A comment on Facebook brought several responses—including one from an old classmate of mine whom I hadn't seen in 46 years. She currently lives in eastern Ohio and is involved in animal rescue. She had six Delaware pullets and offered to give us four of them. Of course, she lives about 160 miles away and all we had to transport them in was a Ford Focus sedan. It was an ambiguous situation, and although we considered it, we didn't really think it would happen. However, an urgent phone call from her on a Saturday afternoon a few weeks later made it a reality.

Her call went something like this: approximately 3000 "battery" hens were being rescued from a chicken farm in California and half were going to an animal sanctuary in Woodstock, NY.

Some of them would be dropped at a sanctuary in Ohio. If they hadn't been rescued, all of those two-year-old hens would have been killed and dumped in a landfill to make way for new laying stock. As it was, for the duration of their lives these hens were confined to cages so small they couldn't spread their wings, and their beaks were painfully cut with hot knives which also cauterized them so they wouldn't bleed. (Such is the established and accepted cruelty in the "factory farm" egg industry.)

My classmate was going to take two of them but would take four if we would be interested in giving a good home to two—in addition to the four Delawares. This would make a total of nine chickens counting Willow and the two wyandottes...a few more than we'd planned, but we decided they deserved a second chance so we said "Ok." We picked a town halfway between our two homes to meet and make the exchange. My classmate looked the same as she did in her yearbook picture 46 years ago—maybe a few more wrinkles, but even her hair



was the same color. We had lunch, reminisced briefly, and transferred the precious cargo from her van to our car. Fortunately, she had gotten a large enough carrier to hold all six chickens and still fit in the backseat of our Focus. The trip home was uneventful except for an egg one of the California hens laid in the carrier.

We have rebuilt our flock. Willow is no longer a sad, lonely hen...but she's still spoiled.

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

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Veterans Breakfast

Valley View Healthcare Center and Memorial Home Health and Hospice invite area veterans and members of the community to our Veteran's Breakfast.

Friday, November 8th
9:00 – 10:00 a.m.

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WMMS, The Buzzard!



Sometimes the best things in life unfold by chance...being in the right place at the right time and creating opportunities that are innovative to grab the attention of listeners, the community, the nation and rock and roll. WMMS was a groundbreaking radio station that stretched the limits. Fans will remember the good ole days when radio was much different. You felt as though you were interacting with old friends and were part of the music experience. Now let's think of reliving those early days in a documentary film.

Dave Jingo (Jingo Bros Productions) was a fan of WMMS during the 1970s as a teenager living in Canton, Ohio. "I am a huge music fan and I considered WMMS my first teacher. WMMS was my big brother; it taught me new music, when a new album was released, when a band was coming to town and what was cool to listen to," he remembers. Dave explains how the project came to fruition. "It all started when I read John Gorman's book (The Buzzard: Inside the Glory Days of WMMS and Cleveland Rock Radio, A Memoir published by Gray & Co.) I thoroughly enjoyed it because it really hit home and brought back a lot of memories. I started thinking that it would make a great documentary. It's a feel good story in the sense of how everyone came together, the staff, the listeners and so forth."

"I sent John an email stating that I was interested in making a documentary film about WMMS. He agreed to meet with my brother and I to talk about our ideas. John liked that we were long time fans, we lived it and we understood it." Dave continues, "I suggested to him to allow us to put together a short 'sizzle reel' with some interviews and stories with former WMMS staff and they could decide if this was something to pursue. John agreed with this idea and it was filmed at Cuyahoga Community College. We plan on using the 'sizzle reel' as a tool when we meet with potential investors."

WMMS had a staff that was unlike any other in radio during those early days. "There was such an explosion of great music in the 70s and FM radio became available in stereo. The fans of WMMS were dedicated and fanatical

listeners," explains Dave. "A lot of the staff came from Cleveland State during the 70's. Kid Leo, Ed "Flash" Ferenc, Jeff Kinzbach and Matt the Cat were homegrown material. John Gorman and Denny Sanders came from Boston. Look over these names from WMMS; this was the line up for several years. They were young, they were music lovers and they thought outside of the box. Murray Saul left an indelible mark with the "Get Downs" for weekend kick-offs. People looked forward to it. It's important to mention David Helton's artwork, which was as much a part of WMMS as the music. His work was so well done and perfectly tailored."

WMMS staff knew what they wanted in terms of being a successful radio station. "WMMS always seemed to be ahead of the power curve. The station was a band breaker," said Dave. "On a national level, WMMS introduced significant, ground breaking artists to Cleveland and eventually to the rest of the country. Bruce Springsteen, Ian Hunter, Roxy Music (Bryan Ferry), Rush, Southside Johnny, Joe Walsh and David Bowie were a few of the names where Cleveland was the beginning. The time that WMMS really came into its own was during the 70s. We know that Cleveland was going through some hard times so this was something the whole city could rally around and know they were number one in radio."

Dave is hoping the word circulates everywhere about the documentary project. "We want people to get excited about it. I feel that the passion people felt when they listened to WMMS can

be regenerated into the documentary. The fans back then who would now be in their 40s, 50s and 60s will look back and become very excited about this project. What I am trying to do is reconstitute the Buzzard Nuclear Army. Once we can get that going, the next thing we would like to do is track down photographs, film clips, stories and memorabilia. We are interested in hearing from people who have a fondness for WMMS. We are trying to raise money for the production of this documentary. We have a production budget and we are seeking donations. We have a 501c3 in place and people can donate at different levels and it's completely tax deductible."

"I have high hopes for this documentary project," explains Dave. "I would love for the film to be seen nationally because I think it is more than a local story. It's part of rock and roll history. Our hope and our plan are to incorporate interviews with the DJs and fans but we would also like to interview the music artists previously mentioned. I have heard things they have said about playing in Cleveland, it was important to them and this will elevate the story of WMMS to a national level. If you are a music fan, a rock fan, interested in pop culture of the 1970s or interested in a good story, you will appreciate this documentary. Everyone seemed to follow WMMS. They were the pioneers, the trendsetters and the trailblazers."

If you have stories, photos and memorabilia to share, please email Dave and



Bill Jingo at: jingobrosbuzzardfilm@gmail.com

To make a tax-deductible donation: <http://www.fracturedatlas.org/site/fiscal/profile?id=8266>

The documentary project is on Facebook: WMMS Buzzard Film

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Memorial Hospital Golden Threads helps Medicare patients save money

Memorial Hospital's Golden Threads Senior Program offers free counseling to its members each year during Medicare's open enrollment period. This year, Medicare open enrollment ends on December 7.

Memorial Hospital Golden Threads volunteers are trained to understand the ins and outs of Medicare plans in Ohio. There are many different health and prescription drug plans to choose from - each with different benefits, premiums, deductibles and covered prescription drugs. During Medicare open enrollment (and throughout the year), Golden Threads provides counseling to enrollees free of charge.

Annette Overmyer, manager of Golden Threads and volunteers at Memorial Hospital believes the guidance her office provides its members is an important benefit to the community.

"Each person in Medicare has unique needs, and there might be plans set up that specifically cater to that individual's needs," said Overmyer. "But with the number and complexity of the Medicare plans out there, choosing the option that is best for you can be a real challenge."

Golden Threads volunteer Medicare counselors, however, are trained annually by the Ohio Department of Insurance to understand Medicare, and are educated on the ever changing Medicare and Medicare prescription drug coverage landscape. By reviewing plans annually with Golden Threads trained volunteers; enrollees often find plans that are less expensive, and better suited for their needs.

According to Overmyer, "Our trained volunteers have a real understanding of Medicare; they personally walk through plans with enrollees to find out which one will work best for them - which often results in a cost savings."

In addition to Medicare counseling, Memorial Hospital's Golden Threads Senior Program provides a wide variety of health services, discounts, educational classes and social events for people age 55 and older. To set up a meeting with a Golden Threads counselor, call the Memorial Hospital Golden Threads office at 419.334.6613. Visit memorialhcs.org/golden-threads for more information.



Golden Threads trained Medicare counselors from L to R: Janet Keim, Jan Guthrie, Geanie Bollenbacher, & Bob Guthrie

Reiki Circle Meditation

Night: Quietness, Stillness and Focused Reflection: It is a Good Day to Meditate

By Patricia Zilles, Reiki Master Practitioner/Teacher

I believe that if the mind body interactions can make you ill, it can also make you well.

Recent studies using spectral analysis and topographic electroencephalographic (EEG) mapping of the relaxation response demonstrate that by changing mental activity we can demonstrate measurable changes in central nervous system activity. These, and other, studies demonstrate that mind-body interactions are real and can be measured.

Scientists have proven that interrelationships among immune system, nervous system, and psychological stress: those who maintain that the immune system is entirely self-regulating and impervious to nervous-system stimuli of psychological stress overlook important aspects of the healing process. . . . He shows a possible connection between personality types and disease, and explores how each of the major diseases can benefit from PNI techniques—such as relaxation therapy, biofeedback, hypnosis, exercise, and imaging practiced under scientific control. (PsycINFO Database Record (c) 2010 APA, all rights reserved) Do you believe that the mind can influence our health for better or worse? Until recently modern medicine was at a loss to explain how. Are there any rational explanations for many of the mysteries behind healing and having perfect health?

The Reiki Circle group is full of positive energy, please join us Tues., November 12 at The Bellevue Hospital, Conference Room A & B from 6-8pm. Dress comfortably with loose clothing. We do have the option to stay later if needed.

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"Grate" Treats & Eats

By: Chris Timko-Grate

I love the fall, the smells, the colors; they are so different from the other seasons. I have so many memories of helping my Dad raking leaves. We had three big Oak trees in our backyard, so there were tons of leaves we had to rake up and haul to the curb so we could burn them. There is no smell like the smell of burning leaves on a cool evening in the fall.

Today you aren't allowed to burn in town, but out where we live we just burn them in our gravel driveway. My hubby is a firm believer in mulching up the leaves as he mows, so the leaves we do get are the ones from the landscaping.

I have to start thinking about Thanksgiving because this is the holiday I host the family and it will be just three weeks after my second surgery. Even though I will have that three weeks recoup time, I still want to plan for it just in case I run into any set backs. The family always pitches in so it really goes well and Marion is a big help here at home. We generally do the turkey, mashed potatoes and gravy, scalloped corn, and everybody else brings an appetizer, salad, side or dessert. This year my hubby is going to also smoke a Turkey and a Beef Brisket in his smoker to go along with the Roasted Turkey. But since everybody's favorite is dessert, this month I am going to share dessert recipes with you that you might want to share with your family.

The first one is called Twinkie Dessert and is from a Salad and Dessert Buffet that one of the churches in Port Clinton used to put on. The women of the church would make a dish or two and would type up the recipes and have them next to their dish so you could pick one up if you liked it. The second, Tin Roof Pie, came from one of my Mom's little recipe books she used to give out at holiday time while she was at the Holiday Inn.

Enjoy and have a safe and blessed Thanksgiving!

Twinkie Dessert

16 Twinkies
1 Large Vanilla Instant Pudding
1 - large tub of Cool Whip
6 Heath or Skor candy bars, frozen

Cut Twinkies in half long-wise
Place larger halves in 9x13 pan (8 on a side) with creme side up
Make pudding, using 3 cups of milk. Pour over Twinkies
Crush 3 candy bars and sprinkle over pudding
Place the other 16 halves, creme side down, on top of pudding and candy layer
Spread whole tub of Cool Whip over Twinkie halves
Break up the other 3 candy bars and sprinkle over Cool Whip
Refrigerate overnight.

Tin Roof Pie

1/2 cup Corn Syrup (White Karo)
3 tablespoons Brown Sugar
3 tablespoons Butter
Bring the above to a slow boil. then cool
Add - 3 cups Kellogg's Honey Nut Cereal to the above and press into a well greased (I use butter) pie pan

In saucepan:
1/2 cup Crunchy Peanut Butter
1/3 cup Hershey Chocolate Syrup
3 tablespoons corn syrup (white or dark)
Heat until just warm
Put 1/2 of above mixture over crust and put into freezer until chilled
Cover with one quart French Vanilla Ice Cream, chill again
Cover with remaining chocolate peanut butter mixture, freeze, cover with plastic wrap or foil, refreeze
Optional - sprinkle with Spanish Peanuts
Serve with a dollop of whip cream.

Contact me with comments, suggestions, questions, and your recipes at ChrisTimkoGrate@roadrunner.com

The Kid's Doctor

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

Toddlers and tantrums: Looking the other way has its virtues

I see toddlers for checkups nearly every day, and for both the 15-month and 18-month visit, there are many challenges for parents, pediatricians and kids. Toddlers are not at what I would call an EASY age.

As you know if you have a toddler, they're quite moody and they can "stop, drop and roll" into a tantrum in the blink of an eye. While I was examining an 18-month-old girl recently, she suddenly became infuriated (her mother and I were clueless as to what triggered this), jumped off Mom's lap and fell to the floor, kicking and screaming.

For a first-time parent, this might be alarming behavior, but for this seasoned mother of three, it was really no big deal. Appropriately, we simply ignored the child as she lay on the floor and screamed (no, the mother was not worried about germs on the floor), continuing our conversation about the youngster's less than stellar sleep habits.

After a few minutes, the toddler calmed down, her older sisters got her a sticker and she left without a fuss. Her mother had already learned, like we all do, that the best way to stop tantrums is by ignoring them and letting the child have some time to "express her emotions" with age appropriate (although inappropriate for older children) behavior.

Several days later, the same mom sent me an email with a photo attached of the same child having yet another tantrum after the mother found her in her diaper with a sharpie pen, happily marking all

over herself. Of course, the minute Mom took the marker away, her daughter fell to the floor to express her outrage! It was funny that the mother thought to document it.

By the way, this mother also told me that she'd taken my practical advice and was working on letting her daughter cry herself to sleep - and things were going well. Both the child's tantrums and her sleep were improving just by ignoring her behavior. Back to those laws of natural consequences!

(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 www.kidsdr.com.)

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2013 Community Christmas Applications

Do you need help this Christmas Season? The Application for the 2013 Community Christmas Project is now available. It can be picked up at any of the following locations: Sandusky County Department of Job and Family Services, Sandusky County Food Pantry, any Library located in Sandusky County, and United Way First Call For Help. Those needing Holiday assistance must pick up an Application, as it will not be mailed.

The completed Application has to be returned no later than 4:30 pm on December 6. It can be dropped off at the Sandusky County Department of Job and Family Services, 2511 Countryside Drive, Fremont, or United Way First Call For Help, 826 West State Street, Fremont. It can also be mailed to the United Way First Call For Help office.

Anyone who wants to apply for Community Christmas must live in Sandusky County. Your Application must be completed in its entirety, because if all necessary information is not included, that Application could be disqualified. Social security numbers are needed for each person listed on the Application. Everyone who lives at the same address should be placed on the same Application.

Only children, 12 and younger, will be eligible for toy and clothing presents. Senior citizens, 65 and older, are also eligible for clothing and personal needs presents. Any family or individual, regardless of age, may ask for food basket assistance, although priority is given first to families with children and senior citizens 65 and older.

Have you considered helping another at Christmas? Sponsors for families and senior citizens are still needed. If you would like to help provide Christmas for an area family or senior citizen, please call United Way First Call For Help at 419-334-2720 or 800-593-9444, or email jgarvey@uwsandco.org for more info.

What is Clyde FFA...

By Kayla Geyer

Clyde FFA is one of largest organizations in Clyde high school, the advisor is Barrett Zimmerman with 140 membership. We are involved in multiple community service projects throughout the year including: Clyde Fair Straw Project, Planting Flowers, Baker Bonnigson Auctions, visiting the residents at Elmwood and much more. Last year the Clyde FFA did over 5,000 service hours!



In addition to community service projects we also go to many programs for FFA: including FFA Camp, State and National Convention, 212/360, and most recently Washington Leadership Conference, a weeklong trip in which two of our members : Aaron Klohn and Kristi Geyer honed their leadership skills and met members from all over the country. National Convention is coming up next with twenty two plus members going to Louisville, Kentucky Oct. 30- Nov. 2 for a weeklong trip visiting caverns, going to plays, helping others, and volunteering with the other thousands of members from all over the country.

Clyde FFA also just finished a delicious chicken BBQ selling over 1,400 meals to the community. We are also do a fruit promotion starting October 17th, ending in late November. We work hard to provide local food for the locals that buy from us. If interested contact any Clyde FFA member or call Clyde High school and ask to be transferred to the AG classroom.

I guess long story short there is something for everyone in FFA from growing crops to doing competitions, conventions, and everything in between. FFA is one happy and busy organization.

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- Provides new school shoes for 52 Sandusky County students whose parents are in financial crisis.
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- Finances shelter for two domestic violence victims and three children for 33 days.
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Sandusky County Positive People

11:45 am - 1 pm | Our Lady of the Pines | 1250 Tiffin St, Fremont
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November 19th
"Youth Mentorship Programs - Why They Are So Important!"
Big Brothers Big Sisters - Amy Roldan, Executive Director of Erie & Seneca County

Big Brothers Big Sisters is not your typical organization. They help children realize their potential and build their futures. We nurture children and strengthen communities. And we couldn't do any of it without "Bigs". For more than 100 years, Big Brothers Big Sisters has operated under the belief that inherent in every child is the ability to succeed and thrive in life. As the nation's largest donor and volunteer supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"), ages 6 through 18, in communities across the country. They develop positive relationships that have a direct and lasting effect on the lives of young people.

THE WORD IS OUT, CRYSTAL ARBORS CATERING IS RELOCATING

January of 2014, Crystal Arbors Catering & Banquet Hall will celebrate its 10th year in business. The business will open a new handicap accessible facility to be completed by the Spring of 2014. More details will be forth coming in future issues.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Just when we thought we had closed the book on the "Saga of Pete & Patsy - 2013" and all was well that ended well, we learned that there was one more story to tell. About 10 days ago, we found Pete near the greenhouse where he had been killed by a predator during the night. It made us so sad. At first, I was just going to give up and take Patsy and her young hen, Peppie back to Roger - the man from whom I bought them. I just didn't need the hurt I was feeling at his loss and the worry about their safety. But, giving up just isn't in my nature, so after a night of recovery time, which opened my mind and heart to another thought, I have a different plan. I will keep the mother and daughter who need each other at this time. Then, come breeding season, around April, I will take Peppie to Roger and get a male about Patsy's age. I've talked the plan over with him and we both see the wisdom. Patsy will not be alone for the winter and will be ready to accept a new mate come spring. I can only handle one pair and always did plan to return the off spring.

In the meantime, I'm setting live traps to try to catch the smaller predators. I've talked to the dog warden and his staff and they are attempting to live trap two dogs - a large black one and a husky that neighbors and I have seen running. Our plan is to make our area as safe as possible for the hens and for Pete 2 when he comes. We know that nature is what nature is, but, we have

been without predator problems for 3 ½ years and will do all we can to safeguard the peacocks once again. Also, Roger says that after Patsy's experience in the woods this spring, combined with her own excellent natural instincts, she is a much more "woods wise" bird and she will teach her new mate what he needs to know.

I just can't give up yet - I may have to, and I know that, but not now. The guests who visit The Old Garden House have truly enjoyed our beautiful, friendly birds. The readers of this column follow their adventures and ask about them all the time. So as the old country song says, "We're back in the Saddle Again".

The last tea of the year will be served on Nov. 26th at two o'clock. At this writing 20 places remain. The Old Garden House will be decorated for Christmas. The program following tea will be making a Victorian Christmas craft. For reservations call Ms. Grace at 419-332-7427.

We have had the pleasure of helping lots of happy 4th grade children learn what it was like to be a pioneer. They are so well-behaved and eager to do each activity. We divide each school's class into four groups. Each group washes clothes in galvanized tubs, scrubs them on a washboard and hand cranks them through a wooden wringer. They make butter in a glass churn and put it on fry bread they fry over an

open fire. Then they go to our cornfield and learn how corn grows. Each student pulls an ear, husks it and then they run them through a hand cranked corn sheller and then put the kernels through a grinder. Specialists, wearing period clothes, keep them safe and teach them at every station. I think we have even more fun than the kids do!

So until next month, be thankful for all your blessings, enjoy the nip in the air and the fall colors and in good times and those not so good, remember that through it all, LIFE IS GOOD.

Ms. Grace

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

Bob says....

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Calendar of Events

November 2013 – Sandusky County

11/1-30: Art Exhibit. Terra State Community College, 2830 Napoleon Road, Fremont. The Gallery is open now through December in Buildings A,B & D.

11/1-20: Caring for Clyde Kids Community Toy Collection. Boxes are located at all the Clyde-Green Springs School Buildings, Clyde St. Mary's, Family Eyecare Center, the new City Finance Office, the City Building, the Post Office & Croghan Bank. You can help us by donating cash, new toys or gently used toys. No stuffed animals! All toys should be new or in perfect condition. Toys will be distributed through the Clyde Food Pantry each Thursday in Dec. before Christmas. guidelines must be met and paper work completed at the Pantry on Route 20 next to the Fire Station and EMS building.

11/01-30: Rutherford B. Hayes: Buckeye President. Hayes Presidential Center, no additional cost for this exhibit. In his first term as Ohio governor he urged the legislature to establish a land-grant college funded by the Morrill Act of 1862. His persistence resulted in creation of The Ohio State University.

11/5: Community Health Screens. Memorial Hospital, 715 S. Taft Ave., Fremont, 7AM. Public is Welcome; Health Screens Available Lipid Profile, \$10 Thyroid (TSH): \$15A1C (Blood Glucose Control): \$15 Body Mass Index (BMI): Free Pulse Ox: Free Heel Density (bone density): Free Blood Pressure: Free Depression Screening: Free Flu vaccine: \$25 All screenings will be provided by Memorial Hospital employees by appointment. Walk-ins are welcome, but participants with appointments will be seen with priority. Call the Golden Threads Office at 419.334.6613, <http://www.memorialhcs.org>.

11/5: Election Day Dinner. Calvary UM Church, 111 S. Kansas St. Green Springs, 11 AM.

11/6, 11/13: Healing Journey Support Group. Birchard Public Library, 423 Croghan St., Fremont, free.

The Support Group is for anyone who has lost a loved one, each session is led by a Hospice professional. Some of the topics that will be covered at the group include myths about grief, the importance of storytelling and coping with loss. Light refreshments will be served. This support group meets Wednesdays thru November 20, 6 - 7:30 p.m. Contact Hospice of Memorial Hospital at 419.547.6419. <http://www.memorialhcs.org>

11/9: Christy Farm Nature Preserve Barn Party. Christy Farm Nature Preserve, 1900 Old Oak Harbor Rd., Fremont, 3PM, \$10. This event is to help the CFNP raise money for a conservation easement to protect the Preserve from development for generations to come, and to assist the CFNP in accomplishing its mission of providing outdoor youth education. Mulligan venison stew, Corn bread, Beer, Cider and more. Live music by Emily Keener, Gabriel and the Grove, Nathan Roberts and more.

11/9: 10th Annual Whiskers & Whine Gala for the Humane Society of Sandusky County at the Fremont Moose Ballroom. Doors open at 5:45, live auction at 7pm. Tickets at the door or at the animal shelter at 2520 Port Clinton Road in Fremont.

11/10: Artists' Showplace - Fine Arts Boutique. First United Church of Christ, 1500 Tiffin Rd, Fremont, noon-5pm. Fine Arts Boutique open by invitation only to artists who create works of art though wood, pottery, glass, mixed media, paint, metals and other fine arts media. This boutique is timed to offer a quality holiday shopping opportunity. Admission is free and open to the public. All proceeds from the Boutique will be donated to First United Church of Christ. Interested artists may contact Jill Groves at 419-902-7966.

11/11: Historic Jail and Dungeon Tours. Historic Sandusky County Jail, 622 Croghan Street, 5PM, \$2/person.

Visit Sandusky County's historic jail and dungeon and hear stories of restoration, intrigue and escape. Tours last approximately an hour and are great fun for people of all ages! Tours are limited to 20 people each. Tickets can be purchased at the Sandusky County Convention & Visitors Bureau. Tours begin at 5:00pm 5:30pm 6pm 6:30pm 7pm. Call 419-332-4470.

11/15: Pre Black Friday Shopping EXPO. Anjulina's Catering and Banquet Hall, 2270 W. Hayes Ave, Fremont, 6PM, free. Expo featuring more than 50 quality crafters, vendors, Photo's with Santa, 50/50 Raffle, Silent Auction, Dinner available (catered by Anjulina's). www.facebook.com/events/191089347730900/

11/16: Holiday Handicrafts Show. Ladies Aux VFW 3343, 847 W Maple Street, Clyde, 9AM.

11/16: Internet Genealogy II. Hayes Presidential Center, 1 Spiegel Grove, 9:30AM. Becky Hill leads a class exploring the massive subscription-based genealogy sites that can be used for free at the Hayes Presidential Center Ancestry.com, HeritageQuest.com, Footnote.com, NewEnglandAncestors.org and NewspaperArchive.com. Learn the tricks of how to search efficiently and print out and share what you have found. Pre-registration required. Cost is \$10/adult, \$5/ students through high school.

11/16: Terry Davidson and the Gears. The Strand Concert Theater, 220 S. Front St, Fremont, 7PM, \$10 at the door. Terry Davidson and the Gears. 07:00 PM. Rockin' Blues from Columbus. www.thestrandconcerttheater.com

11/16: YMCA Annual Craft & Vendor Show, 1000 North Street, Fremont,

9AM, free. Unique goods and great bargains are featured at the YMCA Gift & Craft Market.

11/22: Down Under Thunder. The Strand Concert Theater, 220 S. Front St, Fremont, 7PM, \$10 at the door. AC/DC Cover Band. Blow Your Head Off! Concert starts 8pm.

11/22: Zumba Dance Craze. Gibsonburg Elementary School, 6PM. Grab those dancing shoes and let's raise money for some super cool gifts for our areas kids for Christmas! There will be a silent auction, refreshments, and a 50/50 drawing. There will be a really cool gift for the individual that raises the most money through sponsorships. www.switchitup.net

11/23: Fremont Eagles Aux Holiday Craft & Hobby Show. Fremont Eagles Club, 2570 W. State St., Fremont, 10AM, admission free.

11/25: Jailhouse Rock Dinner Theater. Historic Sandusky County Jail, 622 Croghan Street, Fremont, 5:30PM, \$20/person. It is an evening full of great live jailhouse entertainment provided by David Lester, and a delicious meal catered by Fremont's own Jimmy G's; served "jail style" right in the cell block of the Historic Sandusky County Jail. Tickets at the Conventions Bureau, North Street, Fremont. 419-332-4470.

11/29-30: Hayes Train Special. Hayes Presidential Center, 9AM, call for pricing. Everyone is a kid again as they watch eight different model trains travel a 12x24-foot, three-tier model train layout. All of the trains are styles that relate to 19th U.S. President Rutherford B. Hayes and his family. Visitors act as engineers lifting gates, flashing lights, sounding the whistle, and more, via a series of interactive buttons.

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First Step Helping Families Impacted by Violence

All too often, families are torn apart by violence and, for the last 30 years, First Step has helped those impacted in Wood, Wyandot, Seneca, and Sandusky counties. First Step has worked with community partners to offer a variety of resources to break the cycle.

For victims of violence, First Step offers emergency shelter, as well as a crisis line, where a trained advocate is available 24/7. Crisis line operators can help assess the danger, identify safe areas of the house with easy escape routes, and plan for how to leave quickly if necessary.

Victim advocates can help with safety planning, filing paperwork for protection orders and applying for victim's compensation applications as well. Advocates provide victims with information about their legal rights, the criminal justice process and are also available to provide emotional support through court proceedings.

First Step also offers Passages, an award-winning class designed to help build healthy relationships. Passages participants talk about common relationship issues and consider healthy relationship management techniques. In Passages, individuals learn how to build trust in relationships, how to communicate more effectively with partners, and how to incorporate conflict management techniques into difficult situations within their relationships.

First Step offers a variety of parenting programs, including fatherhood mentorship and support groups. Participants learn the importance of the parental relationship in child development, how to establish traditions within the family, how to build a climate of trust and love, creative ways to interact with children, and the difference between discipline and punishment.

"During a time when our communities have seen an alarming increase in the number of families with absent fathers, First Step has made it a priority to reach out to men in the area and help them develop skills that will not only reduce the chance of absenteeism, but will help these men be the type of positive influence that a child needs to grow into a productive and emotionally healthy member of society," Mercer said.

Although First Step continues to be an agency dedicated to breaking new ground in the fight against domestic violence, it is also working to build up healthy families in ways focused on prevention. This is a goal accomplished only with the help of community partners who have been dedicated to the idea that healthy families are the foundation of a healthy society.

For more information about available resources, visit www.firststepweb.org or call 419-435-7300.

Campfire News & Notes

Have you been to Camp Fire lately? As you drive onto the property, off to the right sets Ms. Grace's Tick-less, Time-less Timepiece. It is a unique style of sun dial and relatively accurate! Many comments have been made recently of how nice it looks and the compliments go to the volunteers from the Love Thy Neighbor Project. These volunteers took their valuable time and energy to edge, weed and trim. Thank you for your hard work!

Club meetings have just started and it's not too late to still register! Camp Fire boys and girls can start as early as kindergarten and advance into high school groups. Memberships are not limited to youths! If you are a former Camp Fire kid and would like to continue the tradition, we do encourage adult membership! Contact the office at 419-332-8641 for more details!

Camp Fire receives funding from United Way to assist in our club programs, self reliance courses, preschool classes and summer camps. United Way of Sandusky County has done great work in helping to improve the lives of those in our community. They encourage all community members to LIVE UNITED. Each of us has the power to advance the common good here when we give, advocate and volunteer. As United Way kicks off their 2013 campaign, we thank you for your continual support.

Mark your calendars as we will be offering our annual "Gifts of Love" program to the public on Saturday, December 7th from 10 a.m. until noon at the Chamber of Commerce building in downtown Fremont. Youth, ages 5 – 10, will be given the opportunity to hand make a Christmas gift for someone special in their life. This program is FREE. Supplies are limited.

Camp Fire will be selling poinsettias for the fast approaching holiday season. We will be taking orders until Monday November 25th, with pick up or delivery on December 1st and 2nd. Poinsettias come in 4" pots for \$5.75, 6½" pots for \$7.75, 8 ½" pots for \$18.50 and 10" pots for \$24.00. Poinsettias are available in red, pink, marble and white. Contact our office at 419-332-8641 to place your order. You can also visit our web site at campfirefremont.org for more information. Relax, enjoy and cherish time with family and friends this Thanksgiving.





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Christmas Open House

December 7th, 9am-1pm.
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with lots of fun had by all.




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My Mother's Recipes

By Joanne McDowell

Happy Thanksgiving! I searched the internet for some delicious recipes for you to try for turkey day. Years ago I ate pumpkin soup for the first time in Williamsburg, and I never forgot the flavor. Since then I have tried Squash, and it is also so delicious that whether you try it now, or later, you will be glad you did.

Since apples are in season I thought Apple Crisp was a good bet for desert, or you can always bake a pie, which I think is far too much work (unless it comes in a box)! Enjoy your day with family and loved ones.

Squash Soup Serves 10

Ingredients:

3 to 3 1/2 pounds butternut squash, approximately 2, seeded and quartered
Unsalted butter, melted, for brushing
1 tablespoon kosher salt, plus 1 teaspoon
1 teaspoon freshly ground white pepper, plus 1/2 teaspoon
3 cups chicken or vegetable broth
1/4 cup honey
1 teaspoon minced fresh ginger

1/2 cup heavy cream
1/4 teaspoon freshly grated nutmeg

Directions: Heat the oven to 400 degrees F.

Place the quartered squash onto a half sheet pan, brush the flesh of the squash with a little butter and season with 1 tablespoon of the salt and 1 teaspoon of the white pepper. Place in the oven and roast for 30 to 35 minutes or until the flesh is soft and tender.

Scoop the flesh from the skin into a 6-quart pot. Add the broth, honey and ginger. Place over medium heat and bring to a simmer, approximately 7 to 8 minutes. Using a stick blender, puree the mixture until smooth*. Stir in the heavy cream and return to a low simmer. Season with the remaining salt, pepper, and nutmeg.

*When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid.

This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Old Fashioned Apple Crisp Serves 10

5 pounds McIntosh apples
Grated zest of 1 orange
Grated zest of 1 lemon
2 tablespoons freshly squeezed orange juice
2 tablespoons freshly squeezed lemon juice
1/2 cup granulated sugar
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg

For the topping:

1 1/2 cups flour
3/4 cup granulated sugar
3/4 cup light brown sugar, packed

1/2 teaspoon kosher salt
1 cup oatmeal
1/2 pound cold unsalted butter, diced

Directions: Preheat the oven to 350 degrees F. Butter a 9 by 14 by 2-inch oval baking dish.

Peel, core, and cut the apples into large wedges. Combine the apples with the zests, juices, sugar, and spices. Pour into the dish.

To make the topping, combine the flour, sugars, salt, oatmeal, and cold butter in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed until the mixture is crumbly and the butter is the size of peas. Scatter evenly over the apples.

Place the crisp on a sheet pan and bake for 1 hour until the top is brown and the apples are bubbly. Serve warm.



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1312 Oak Harbor Rd. – Fremont



The Brick Oven Bistro

I heard through radio advertising about a new restaurant in Sandusky that opened in March. The Brick Oven Bistro, specializing in Brick Oven fired pizzas, but also has terrific sandwiches, salads, and homemade soups. It's a quaint restaurant with an Italian flair and a full service bar at the corner of Route 250 and Cleveland Road.

The owners have grown up in Italian families, learning to cook in brick ovens, and have brought their knowledge of Italian cooking to this restaurant. They are very hands on and check with every customer to make sure their food is satisfactory. Our waitress also was very helpful explaining every delicious item on the menu. Everyday there is a featured appetizer, pizza, soup, and dessert that may or not be on the menu.

By suggestion we tried the cheese stuffed jalapenos topped with tomatoes, onion, and capers for an appetizer. They were excellent. We had a hard time deciding on which of the many pizzas to choose from so we ordered the daily special which was the buffalo chicken pizza and the lasagna pizza, made with roasted mushrooms, Italian sausage, and ricotta cheese on a thin



crust. The pizzas come in two sizes, personal [\$9.00] and large [\$14.00].

The long list of unique Italian sandwiches are overstuffed and served on either ciabatta bread, focaccia bread, or a pretzel bun. Each one comes with a side of potato salad, Cole slaw, or homemade potato chips. All sandwiches are \$7.50. My stacked ham and provolone had a delicious pineapple sauce and the turkey, a cranberry mayonnaise. All sauces and dressings are homemade.



To top it off, there is a different kind of dessert pizza everyday such as white chocolate raspberry or the apple crisp pizza, as well as their cannoli, tiramisu, and fresh strawberry pie for only \$4.00.

It's a great place to go before or after a movie or a day of shopping.

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reg. 69.99
30-in. x 72-in. Banquet Table
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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR NOVEMBER:

419-334-4495

Register online at www.LoveMyParks.com.

Puddle Jumpers Terrific Turkeys, Thurs, Nov 14, 10am, Creek Bend Farm, 654 S. Main, Lindsey. Ages 5 and younger will be outdoors looking for clues of turkeys on the trail. Registration required.

November 15 - Campgrounds close for the season at White Star Park & Wolf Creek Park.

Moon & Stars Hike, Sat, Nov 16, 7:30pm-9pm, Peninsular Farms. Enjoy a night-time walk on this historic property. Bring binoculars & portable telescopes if you have them. Registration required.

HIKE for the Health of It, Mon, Nov 18, 4pm, Blue Heron Reserve, 2134 C.R. 260, Vickery. No registration needed.

Meet Me at the Cabin: Corn Cob Dolls, Thurs, Nov 21, 6pm, White Star Park Log Cabin, 5013 C.R. 65, Gibsonburg. Bring some scraps of material, scissors & thread to create your own corn cob doll. Registration required.

2 Park Hike, Sat, Nov 30, 1:30pm-3:30pm, Shelley Wetland & Tea Kauffman Homestead. They're so close you can explore 2 sites at 1 time! Winter is around the corner - see how nature prepares for the "rest & recover" season. Meet at the parking lot on C.R. 292 by the bike trail. Registration required.

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By Jay Bobbin

“MONSTERS UNIVERSITY”: Disney-Pixar’s prequel to the animated hit “Monsters, Inc.” revisits the amusing teamwork of Billy Crystal and John Goodman, cast again as the voices of Mike and Sulley, the creatures who meet here at the title college. When their rivalry gets them booted out of school, they set out to make their way in the world together. Helen Mirren is an amusing addition to a voice cast that also includes Steve Buscemi, Alfred Molina, Sean P. Hayes and Aubrey Plaza. The score is by music veteran Randy Newman. DVD extras: audio commentary by filmmakers; “The Blue Umbrella” short subject. *** (G) (Also on Blu-ray and On Demand)

“R.I.P.D.”: A double-crossed and murdered policeman (Ryan Reynolds) aims to avenge his death - while also trying to save the living world, along with his new partner (Jeff Bridges) from an even bigger danger - in this version of the comic book “Rest in Peace Department.” The deceased law enforcers occupy other bodies, giving them unlikely appearances that add considerable humor to the proceedings. Kevin Bacon, Mary-Louise Parker and Stephanie Szostak also appear. DVD extras: “making-of” documentary; deleted and alternate scenes; outtakes. *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

“AMERICAN EXPERIENCE: WAR OF THE WORLDS”: On its 75th anniversary, one of the most legendary radio broadcasts in history is revisited in this documentary, debuting on home video the same week PBS televises it. Oliver Platt narrates the account of Orson Welles’ 1938 Halloween-eve program that transferred author H.G. Wells’ story of a Martian invasion to a New Jersey town ... and was so realistic in its newscastlike presentation, countless listeners were convinced Earth was actually was under attack from Martians. Welles’ daughter, Chris Welles Feder, and filmmaker and close Welles friend Peter Bogdanovich are among the interviewees. *** (Not rated)

“FAMILY TREE: THE COMPLETE FIRST SEASON”: From the creative mind of Christopher Guest (“This Is Spinal Tap,” “Best in Show”), this HBO comedy series features Chris O’Dowd (“Bridesmaids”) as a man whose literal fortune changes when he becomes a sudden heir. He decides to look into his heritage in a quest that brings him from England to America. Guest’s frequent colleagues Michael McKean, Fred Willard and Ed Begley Jr. also are in the cast. DVD extras: deleted scenes; music tracks; 1970s British sitcom episodes. *** (Not rated; AS, P)

“THE THREE STOOGES: PREMIUM COLLECTOR’S EDITION”: Moe, Larry and Curly (and, in some instances, Shemp and Curly Joe) provide much of the merriment they were so known for in this gathering of much of their material. The collection includes short subjects, theatrical trailers, cartoons (largely from the “New Three Stooges” animated series) and the full-length Abbott and Costello feature “Africa Screams,” in which Shemp appeared.

*** (Not rated: V)

“INSPECTOR GADGET SAVES CHRISTMAS”: Yes, the time to start thinking about the yuletide is here again, and the extremely resourceful cartoon sleuth gets in the mood ... somewhat by force, since the sinister Doctor Claw has made the North Pole and its most famous residents his new targets. He takes Santa Claus prisoner and brainwashes the elves to do his bidding, prompting Gadget, Penny and the dog Brain to undertake the mission to save the holiday. *** (Not rated)

COMING SOON: "GROWN UPS 2" (Nov. 5): Adam Sandler, Kevin James, Chris Rock and David Spade regather as longtime pals now reunited in their hometown. (PG-13: AS, N, P)

“WHITE HOUSE DOWN” (Nov. 5): A Washington, D.C., cop (Channing Tatum) tries to save the president (Jamie Foxx) when terrorists take over America’s most famous residence. (PG-13: P, V)

“MAN OF STEEL” (Nov. 12): The Krypton native who will be Superman comes to Earth in director Zack Snyder’s reboot of the saga. Henry Cavill, Amy Adams, Russell Crowe, Kevin Costner and Diane Lane star. (PG-13: P. V)

“TURBO” (Nov. 12): A snail (voice of Ryan Reynolds) has hopes of winning the Indianapolis 500 in this animated comedy-adventure. Samuel J. Jackson and Maya Rudolph also are heard. (PG: AS)

“2 GUNS” (Nov. 19): After infiltrating a drug cartel separately, an NCIS operative (Denzel Washington) and a DEA agent (Mark Wahlberg) have to rely on each other to survive. (R: N, P, V)

“**RED 2**” (Nov. 26): The CIA veterans (Bruce Willis, Helen Mirren, John Malkovich) are targeted by foes and supposed friends while on the hunt for a revolutionary weapon. (PG-13: AS, P, V)

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

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Memorial Hospital hosts nationally renowned physician, author to speak about heart disease

On November 13, from 5:30 – 7:30 p.m. at the Fremont Middle School, Memorial Hospital is hosting Caldwell Esselstyn, Jr., M.D. and Ann Esselstyn; they will be presenting Ending the Heart Disease Epidemic. This presentation is free and open to the public. The purpose of the event is to provide education on how to halt and reverse heart disease. Continuing Medical Education is available to participants.

Individuals who attend this event will learn to understand the importance of the endothelial cell and nitric oxide; recognize intestinal bacteria can impact heart disease; and how to halt and reverse coronary artery heart disease.

Dr. Esselstyn is a board-certified physician who has been with the Cleveland Clinic since 1968. He has been published more than 150 times. He is the author of the *Prevent and Reverse Heart Disease*, in which he discusses his patients' reversals of atherosclerosis by following a low-fat, whole foods, plant-based diet. The second half of the book contains recipes from his wife, Mrs. Ann Esselstyn, who works with him to counsel patients on healthy cooking practices. Dr. Esselstyn and Ann Esselstyn have maintained a plant-based diet since the mid-1980s. Dr. Esselstyn was also featured in the documentary film *Forks Over Knives*.

Memorial Hospital is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. For more information, or to reserve a spot at the presentation, contact Wendy Conrad at Memorial Hospital at Wendy.Conrad@memorialhcs.org or call at 419.332.7321, ext. 3216.



Last year, 17,000 hot meals were provided to local residents.



2013 Christmas Greetings

We couldn't
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If you are interested in helping, please complete the form and send to the address below.

For donors who respond by Nov. 15, an acknowledgement will appear in a December issues of the News-Messenger recognizing your generosity.

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Donor Name: _____ Phone Number: _____

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715 S. Taft Ave., Fremont, OH 43420
Please make checks payable to
"Mobile Meals." Thank you!

In Your Own Backyard

FEAR OR PHOBIA? Fremont Women's Connection luncheon at Anjulina's Catering, 2270 W. Hayes Ave., Fremont, on Tuesday, Nov. 12, luncheon 11 am - 12:30 pm. Cost \$12 inclusive. (A complimentary nursery is available by reservation).

Our feature will be Jayne Gerner with Thirtyonegifts.com. The Speaker will be Sharon Eversmann, Mason, OH speaking on Fear or Phobia.

Living with confidence in a scarey world, Sharon was voted "Shyest Girl in her Senior Class". She will tell how she overcame social anxiety attacks and was set free to travel the world, first as a navy wife, now as a frequent flier. For luncheon and free child care, please call by Nov. 7th-Donna at 419-680-2251 or email - Carrol at fawcluncheon@gmail.com. Affiliated with Stonecroft Ministries which is celebrating 75 years.

Winter Wonderland Bazaar will be held on December 7th, from 10 a.m. to 1:30 p.m. at Faith United Methodist Church, 795 West Madison St., in Gibsonburg. It will feature several special shops with lots of great finds. The "Gifts & Goodies" room will have hand-made things along with RADA knives, our cookbook, and many other surprises. "Santa's Attic" will have lots of treasures from which to choose. (You know, he has to clean his attic every so often too.) The "Elves' Bakery" will have many freshly baked goodies, as well as a 'Fill the Container with Cookies' area. Who can resist "Candy Land" with all the sweets and chocolate goodies you can imagine? Be sure to save room for lunch in the "Christmas Café" from 11 a.m. - 1 p.m. Our famous Ham Loaf Luncheon will be served from Mrs. Claus' Kitchen.

Election Day Bake Sale, Tues. Nov 5, 7 a.m-6 p.m, Hayes Memorial Church, 1441 Fangboner Rd., Fremont. Pies,

cakes, cookies, soup and salad lunch stand. from 11-1pm.

The Sandusky County YMCA in Fremont is proud to host their 6th annual craft & vendor show on Saturday, Nov. 16th from 9am to 3pm. **FREE ADMISSION**, our community event which features over 85 booths! You're sure to find something for everyone on your holiday shopping list. From baby to body, home to health, sports to country, paint to print, hand-made to home-baked...and everything in between! Call 419-332-9622 for more info.

Family Aquatics Programs at Memorial Hospital: The Memorial Hospital Physical Medicine Department in holding three, 6-week aquatics courses that will meet on Saturdays from Nov. 16 - Dec. 21. The classes are held at the Herbert-Perna Center for Physical Health Aquatic Center. Babies & Me will meet from 9-9:30 a.m. Toddlers & Me will be held from

9:30-10 a.m. Toddler Aquatics will be held from 10-10:30 a.m. The cost of each class is \$35. For more info, or to register, contact the Memorial Hospital Physical Medicine Department at 419.334.6630.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held Wednesday, October 30th at 7 p.m. in the Chestnut Cafe at Fremont Memorial Hospital. There will be a guest speaker followed by a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info, contact Beverly Hart RN at 419-547-8273 or any one of the Facilitators, Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

Backyard, cont'd on page 17

Jan Pugh invites you to the:

Holiday Open House

at Packer Creek Pottery

November 22 & 23 9am-6pm
November 24 11am-4pm

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Holiday Open House

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(Jane Iredale is the skin care makeup, a mineral makeup that is safe for all skin types.)



419-355-9440
renewspa.net
1479 N. River Rd., Fremont, OH

Backyard cont'd

Fremont Moose Fall Craft Show: Local vendors, Sunday, Nov. 10th from 10-3, free admission and door prizes, lunch available.

The Sandusky County American Cancer Society is launching its annual Relay for Life effort with a kickoff party and celebration. The celebration/launch will be held from 6 p.m.- 8 p.m., Wed., Nov. 6, at Anjulina's Banquet and Catering Hall, 2270 West Hayes Ave. Fremont. The Relay for Life kickoff will serve as the official start of the 2014 Relay for Life effort, although volunteers and teams have already been working toward the annual event with fund-raisers and planning.

As part of the kickoff, information about the relay fund-raising effort will be provided to all who attend. Fremont's Brian Gibson, American Cancer Society income development representative to the Sandusky County Relay, urges people to "Come see how

you can make a difference in the battle against Cancer.

There will be raffles drawn every 10 minutes, door prizes, light refreshments and games during the kick off event.

The 2014 Relay will be held at Conner Park in Ballville Township, June 13 and 14.

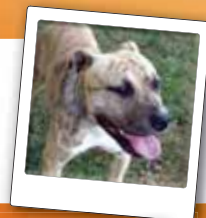
The theme of this year's Relay is "Let's Give Cancer the Boot," a western theme that gives teams and individuals the chance to use western-related costumes, decorations and team fund-raising events during the Relay.

The goal of the 2014 Relay is \$127,000. Co-chairs of the local Relay are Charmin Hetrick and Tina Taylor. Anyone interested in learning more about Relay for Life can contact Brian Gibson at 1-888-227-6446, extension 5205 or brian.gibson@cancer.org. For more info: www.relayforlife.org/sandco.

Humane Society of Sandusky County Needs Your Help!

Please consider the following as a year end donation to benefit the shelter. Over 400 dogs and cats were placed this year in homes, help us continue our mission to care for abused, neglected and unwanted pets in Sandusky County.

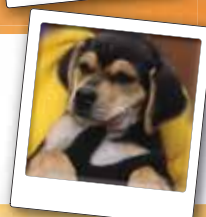
\$30 to feed an abandoned cat or dog for a month



\$65 to spay or neuter a cat or kitten



\$100 to spay or neuter a dog or puppy



\$150 to spay/neuter, fully vet and feed a dog or cat for a month



Name _____

Address: _____

Phone: _____

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circle \$30 \$65 \$100 \$150

If you wish to do as a holiday gift for someone, include their name and address and a card will be sent.

All gifts are tax deductible.

Please mail to: The Humane Society of Sandusky County,
2520 Port Clinton Rd, Fremont, OH 43420
419-334-4517

Upcoming Shelter Events

10th Annual Whiskers & Whine Gala, Sat., Nov. 9th at the Fremont Moose Ballroom, doors open at 6PM

Tickets available at the shelter or by calling 419-334-3602

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9th - Mike Risner
15th - Mark - Classic Trend Z
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Q: You recently wrote that half of all cats are fat. Is that because they're indoors all the time? If so, shouldn't they at least spend some time outside; it seems beneficial for the exercise. - G.C.

A: Keeping cats indoors is not the problem, however there are a myriad of other factors related to feline obesity.

For sure, life is safer indoors, where cats are not being chased and perhaps killed by coyotes, hit by cars, or threatened with infectious disease from other cats (to name only a few outdoor hazards). Kept inside, cats are also not killing songbirds or using a neighbor's garden as a toilet.

Some cats beg for food, and even some who don't still get an inordinate amount of table scraps. After all, to a 12-pound cat, eating an entire slice of lunch meat is pretty much akin to any of us eating a whole turkey.

However, one of the most significant explanations for overweight cats turns out to be a not-so-politically-correct topic to discuss in some circles. I endorse early spay/neuter (cats enjoy health benefits of being spayed/neutered, cats that are "fixed" are far easier to live with, and population control is important). However, these early spayed/neutered cats turn out to be hungrier (explaining what's sometimes inordinate begging). Specifically, spay/neuter surgery can trigger up to a 30 percent drop in energy needs and up to a 20 percent boost in appetite.

Here are some ways we can prevent overweight cats in the first place:

- Outdoors, cats spend 17 percent of their time hunting and traveling. Inside, they merely saunter over to the food bowl. I'm a proponent of feeding cats at set times (two to four times daily), and hiding about 5 percent to 10 percent of their daily food in food puzzles and toys scattered around the house. This allows even indoor cats to do some "hunting."

- Interactive playtime with a fishing pole-type toy is very important for exercise, and can enhance the human/animal bond. Reasonably short (5- to 10-minute) play sessions are fine, plus a bit more for kittens. Also, rotate toys so they're more interesting.

- Another reason not to leave food out all day is that in multi-cat homes, there's no way to know which cat is getting the most food. Of course, cats are very adept at training us to become automatic food dispensers.

- In Europe, diet is also used as a tool to prevent obesity in spayed/neutered cats - an idea I like. Royal Canin just launched a new line of spayed/neutered formulas in the U.S. This new food contains controlled fat levels and a unique blend of fibers to support the decreased energy and increased appetite of spayed/neutered cats. Cats on this diet won't be as predisposed to be overweight, and may not beg so much.

- Last year, nearly half of all cats didn't see a veterinarian. Weight gain in cats is gradual and therefore hard for most owners to observe. Also, there's an apparent perception issue of what is "normal weight." According the Banfield State Pet Health 2012 Report, the number of overweight/obese cats has increased 90 percent in past five years - yet about 70 percent of cat owners with an overweight or obese cat believe their pet is just the right weight!

Q: I've sprayed myself with mosquito spray to prevent West Nile Virus. Should I do the same for my dog? We live in a wooded area, and I've seen swarms of mosquitoes around my dog. - V.D.

Q: My two dogs love to be outside. Could they be infected with West Nile Virus? - K.B.

Q: We have an indoor/outdoor cat, and she came home sneezing recently. I worry about the West Nile Virus. Can cats get WNV from mosquitoes?

A: This is only a sampling of the questions I've received pertaining about whether or not West Nile Encephalitis Virus can affect dogs and cats. According to the U.S. Centers for Disease Control and Prevention and veterinary parasitologist Dr. Michael Dryden, it's very possible for cats and dogs to get the disease, but for the most part they don't get sick.

One recent finding, according to the CDC, is that a very small percentage of infected cats may exhibit mild, nonspecific symptoms during the first week after infection, most only showing a slight fever and some lethargy. Sneezing was not reported. If you cat continues sneezing, contact your veterinarian.

When mosquitoes bite us, we scratch because it itches. That's also true for pets. Dryden, a Distinguished Professor of Veterinary Parasitology in the Department of Diagnostic Medicine and Pathobiology at Kansas State University, says it's reasonable to not what your pets bitten, especially if you live in an area where there are many mosquitoes. Ask your veterinarians about flea/tick preventive products also labeled to repel mosquitoes. Examples include Vectra 3D, ACTIVYL Tick Plus and K9 Advantix. Some reports indicate Avon Skin So Soft might also have some repellency affect.

Pets groom themselves, so never spray your pet with a pesticide intended for human use.

"No product will repel all mosquitoes," Dryden notes. "While West Nile isn't a

worry, we know heartworm disease kills dogs and cats. Even if you are using a product to repel mosquitoes, pets still do require heartworm prevention."

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld(at)steve.dale.tv. Include your name, city and state.)

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Mary's Pampered Pets

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Mary Miller, CMG



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10th Annual Whiskers & Whine Gala

Saturday, November 9th • 6-8:30pm
Fremont Moose Ballroom
Tickets \$30

Live Auction at 7pm with Fred Wolfe

Tickets by calling 419-334-3602 or
at 2520 Port Clinton Road in Fremont
Tickets also available at the door



HUMANE SOCIETY OF SANDUSKY COUNTY INC.



We have Puppies & Kittens!



Cats and Kittens are adopt one and get one Free thru Nov.

Upcoming Events:

Santa Photos at Fremont Rural King on Dec. 7th from 12-2
Children and Pets are invited!

2520 Port Clinton Rd, Fremont, OH
419-334-4517 www.hs-sc.org

Now that a big part of the Affordable Care Act (aka ACA, aka Obamacare) has gone into effect, there's an unfortunate development - a new crop of scams that fraudsters have come up with in order to secure unauthorized use of your personal information. You need to be aware of what the bad guys are doing and clear about what information should and should not be shared with strangers. Here are the most common threats:

Phony ACA Insurance Cards: There is no Affordable Care Act "insurance card." The Better Business Bureau has issued a warning that con artists are trying lure people into providing Social Security numbers or bank account information so they can "send a new insurance card." With that information, the fraudsters can steal your identity. Remember, unlike Medicare, there are NO ACA cards.

Imposters posing as Navigators: The ACA created a designated breed of advisers known as "navigators," who generally work at nonprofits like the United Way or local agencies. Navigators are supposed to help answer questions and to help individuals enroll for coverage. Imposters are now calling and emailing unsuspecting consumers, posing as navigators and trying to steal their identities or sell them phony health insurance. Remember that NO ONE from the government will call you, email you or show up to your house regarding the ACA, so if one of these posers appears, hang up, hit delete or shut the door!

Medicare Card Scam: The Federal Trade Commission reports that Medicare-related complaints have skyrocketed from 117 in January to 2,164 in August. One new trick has the scammer saying that you need a new Medicare card under the new law. This is 100 percent false: there are no new Medicare cards as a result of the ACA. This scheme attempts to obtain your Medicare card because your Social Security number is printed on it, which allows for a new identity to be established.

Fake websites: The government's official website for ACA is www.healthcare.gov. However, cyber thieves are creating false sites with faux government seals that phish for personal information. Avoid any site EXCEPT healthcare.

gov, because it could lead to identity theft or nasty computer viruses.

If you believe that you have been the victim of identity theft, you are not alone. According to a survey by Javelin Strategy and Research, 12.6 million Americans had their identities stolen last year, and the criminals stole nearly \$21 billion. If you think your identity has been stolen, you need to take immediate action. According to credit expert John Ulzheimer, there are four steps to take after you realize that you've been a victim:

Step 1: Contact each of the credit bureaus (Equifax at 800-525-6285 and www.equifax.com; Experian at 888-397-3742 and www.experian.com; and TransUnion at 800-680-7289 and www.transunion.com), request a copy of all of your credit reports and put a fraud alert on each of them. The fraud alert will help stop the identity thief from opening any more new accounts in your name. Additionally, lenders will see the alert and should stop the presses on any new account openings. You should review the credit reports to see if there have been any new (and unauthorized) accounts, addresses and inquiries, which may indicate fraudulent activity. From the moment your identity is stolen, you should routinely check your credit report for signs of fraud.

Step 2: File a police report. You will be asked whether or not you know who may have stolen your information.

Step 3: Call the Federal Trade Commission hotline at 877-ID-THEFT and file a complaint. The FTC may be able to help with your dispute process and enables the police to track down identity thieves across the country.

Step 4: Close any and all accounts (bank, credit card, etc.) that may have been affected by the identity theft. If thieves have somehow accessed all of your information (i.e. a mortgage file was stolen), then you will need to close everything for your own protection.

The arduous process of reclaiming your identity may be just a tiny bit easier if you follow these steps.

(Jill Schlesinger, CFP, is the Emmy-nominated, Senior Business Analyst for CBS News. A former options trader and

CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@jillonmoney.com.)

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