

# 2000 lifestyles

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Vol. 16 Issue 11

**November 2014**

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# Lifestyles 2000

November 14

Vol. 16 • Issue 11

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## NEWS & NOTES

Welcome to FAIRYTALES Royal Parties! .....	6
REACH: A Career Education Program for Youth .....	19

## ENTERTAINMENT

Helen Marketti's Music Corner: Kelly Hansen .....	5
Omarr's Astrological Forecast, Jeraldine Saunders .....	6
SC Calendar of Events.....	11
SCPD Events.....	13
Out to Lunch: Carmie's, Lynn Urban.....	14
In Your Own Backyard.....	15
History Notebook, Nan Card .....	16

## HEALTHY LIVING

Reiki Circle.....	4
The Kids' Doctor, Sue Hubbard, M. D. ....	7
Interpersonal Edge: Grumpy Feelings, Dr. Daneen Skube .....	9
Hospice of ProMedica hosting holiday bereavement program .....	13
Mayo Clinic: Losing Weight, Dawn Davis, M.D. ....	17

## HOME & HEARTH

My Mother's Recipes, Joanne McDowell .....	3
12 Acres in Ohio, Gena Husman/Robin Arnold .....	8
Don't Worry...Be Happy!, Robert Morton, M.Ed, Ed.S. ....	10
Kiss-Me-Over-The-Garden-Gate, Grace Sidell.....	11
"Grate" Treats and Eats, Chris Timko-Grate .....	12
Sandy's Story .....	16
Pet World, Steve Dale.....	18

# My Mother's Recipes

By Joanne McDowell

November, a month know for good eating! I love pumpkin pie and especially Thanksgiving Dinner, however, with our family so far away we usually end up eating with friends or going to a brunch.

Years ago we purchased a turkey from a company that delivered meat to our freezer monthly. On Thanksgiving morning I remembered thinking that the turkey looked "blue". However my ex-husband informed me, "It's just cold". Hours later, when we removed it for dinner, (we had a table filled with waiting guests), we found the juice to be blue, as well as the turkey! Needless to say our Thanksgiving was ruined, blue meat and blue gravy don't make for a delicious meal. I think we all lived on pumpkin pie that day, not to mention the embarrassment!

This recipe was sent from Lynn Fox of Gibsonburg, it looks really delicious!

## Frosted Pumpkin Bars:

4 eggs beaten  
1 cup oil  
1 cup pumpkin  
2 cups sugar  
2 tsp salt  
2 tsp. cinnamon  
1 tsp. soda  
1 tsp. baking powder  
2 cups flour

Mix together and put on a floured cookie sheet, bake at 300 for 20 minutes.

## Frosting:

3 oz cream cheese, 2.5 cups powdered sugar, 1 tsp. vanilla, 2 Tbsp. melted butter, 1 Tbsp. milk. Mix together and spread on bars while still warm.



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## Publisher's Letter

Welcome to November! We want to wish our veterans a thank you for their service, please honor them on Nov. 11th. Also, Happy Thanksgiving to you and yours.



Have a fantastic month, enjoy your loved ones and don't "shop till you drop"!

God bless,  
*Joanne*



There were 146 correct entries and six incorrect. The correct answer was Women's Health Specialists. Congrats to our winners!

## Find Pete Winners

Our winners are: Holly Halbisen, Richard Strecker, Sharon Steinmetz, Bellevue; Suzanne Carson, Amy Miller, Charles Babione, Bill Babione, Lisa Smith, Sheryl Elkins, Debbie McClain, Fremont; Helen Baker, Clyde; Mary Ottney, Katherine Ash, Pamela Herman, Gibsonburg; Rosemary Durst, Kansas; Cindy Hines, Helena; Lona Rios, Toledo; Julene Pryor, Tiffin; Helen Humbarger, Lindsey; Jodi Adams, Marblehead.

## Find Pete Prizes

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

## Find Pete Contest Rules

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

## Reiki Circle

Meets Tuesday, November 11, 6-8 PM at  
The Bellevue Hospital, Conference Room A-B

Guest Speaker: Kathy Adkinson,  
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Kathy is a certified Reiki Practitioner, Level I and II. She is also one of our Reiki Circle team members and has attended for approximately two years. Kathy will explain The Tapping Solution, incredible information about Meridian Tapping, as well as demonstrate the Emotional Freedom Technique. Imagine the possibility that you could be freed from emotional and physical blocks in minutes with a technique that is easy to learn and simple to apply.

Join us and learn about EFT tapping, a combination Chinese acupuncture and modern psychology, and so much more from world leaders in the fields of energy work. Materials and links: [www.TheTappingSolution.com](http://www.TheTappingSolution.com)

Spread the word and bring friends along. Open to the public. We will be having the Reiki sessions sitting and moving meditation relaxation afterwards.



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# Helen Marketti's Music Corner

*Kelly Hansen*



Foreigner will be doing a show at The Hard Rock Rocksino (Northfield) on November 16. Lead singer, Kelly Hansen shares his thoughts on touring, current projects and playing with one of the best classic rock bands.

Foreigner's classic hits have stood the test of time for over thirty years. Songs such as Urgent, Hot Blooded, Juke Box Hero, Cold As Ice, Waiting For A Girl Like You and many more have lit up the airwaves since the early 80s and when fans hear those signature songs they are taken back to their own memories. Kelly Hansen joined the band as its front man in 2005. Prior to joining Foreigner, Kelly had a full music career going with finding his footing as a lead singer. It was a career he came across by chance. He really did not know what he wanted to do with his life. "I didn't come from a family who had a music background," said Kelly. "I do remember that I knew many commercial jingles. I guess I know a lot of useless musical trivia. (laughs) I was in choir by the time I was in fourth grade. Things really didn't start to change until my brother bought me a few record albums. He bought an album by Boston and another by Chicago, bands that were popular during that time. I

remember always looking through his record albums because he had such a freaky collection such as Edgar Winter (They Only Come Out at Night), Deep Purple and others."

He continues, "We had a family friend who was a little older than me and he had a band. He played guitar. He and his band played at school dances and recreation centers. One day he asked me to sing a song, which I did and actually found that I liked singing. He asked me to join his band and eventually I became the lead singer. I was around 16 years old at the time and that's when I started thinking that maybe I could be a singer as a career."

Foreigner's longevity keeps fans returning show after show to hear the songs that made the band famous. "I think I am lucky to sing such great material," said Kelly. "I am very thankful to be able to get onstage and sing these great songs. I have been around the block a few times so I understand how fortunate I am. I think it's about enjoying what you do and enjoying every day. In addition to fans coming to the shows to hear fantastic music, they also know they are going to get a high energy and interactive show. We entertain; we are not just standing there and playing songs."

Kelly follows a similar routine before each show to get ready and in proper frame of mind. "I usually do a few warm up exercises and stretches. I visit the rest of the guys, see how everyone is doing and get a pulse for what is going on. When we travel, I try to rest my voice as much as possible and not talk very much. I know my limitations so I take care of myself. Quite frankly, if my voice isn't working then none of us are working."



Photo Credit: Bill Bernstein

Foreigner has not had a new album since 2009. "I co-wrote our last album which at that time had been the first one for the band in ten years. I would like to write more music but it is difficult to find the time. We are on the road more than 200 days out of the year," explains Kelly. "We are going to be releasing an album called The Best of Foreigner 4 either later this year or early next year."

The band also participates with several projects. "We are involved with the Grammy Foundation where we provide an opportunity for local bands to come onstage. The bands sing a song with us and we donate proceeds from our CD sales to their music program. We are trying to raise awareness to the fact that when school budgets are cut, usually the Arts are the first thing to go. I look at the Arts as being just as important as any other subject. I think it helps create a well-rounded person who is accepting and open-minded. You need to experience things you are not used to and step out of your own bubble, whether

it is a play or period piece about somewhere else that you have never visited. Expanding your world helps you to have more of an open mind. We have been bringing awareness to this program for the past several years."

"We also keep busy with the Shriners," said Kelly. "We do as much as we can for our troops. We have visited Walter Reed Hospital. While we are on the road, we receive many opportunities and I think it's important to take advantage of as many as possible. You have to learn to live your life on the road instead of waiting until you get back home to start living. We are on the road a great deal of the year so you have to take advantage of being in a nice city, finding good restaurants and meeting great people. Doing the best you can is all that anyone can ask."

For more information:  
www.foreigneronline.com  
Foreigner is Facebook and Twitter



Photo credit: S. Schweiger

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Join us on November 22 at Anjulina's Banquet Hall, 2270 Hayes Avenue in Fremont for our OPEN HOUSE ROYAL BALL PARTY. Doors will be open between 2-4 p.m. Meet our Princess character performers, dance with Prince Charming and have your picture taken alongside your favorite princess. Beth Daniel's Productions will be playing all of your children's favorite music and our Princesses will be performing their favorite songs for you to sing-a-long and dance. Yohoho mateys come decorate your own pirate hat and join in the fun; and find a hidden treasure—Arrr you a lucky one?

While we completely entertain your children, you will learn all about Fairytales Royal Parties and how we can create your child's special celebration event. Our Royal Tea parties, Glamour Girlz Spa Retreat, Club PINK "Secret Sorority" PJ Club and our Pirate Adventure Party will be on display.

Enter our drawing to win a character visit for your next event. Also, the first 12 people to book a party with Fairytales during the open house will receive 50% off of their event! A non-refundable \$50 deposit is required to book an event--we accept all major credit cards, checks or cash.



# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): Focus is on finding your way to a fine future. Be concerned about achieving long-term goals and set aside money to make your future secure. Don't be extravagant about spending on personal items.

**TAURUS** (April 20-May 20): Think big. Big thinking precedes great achievement. You don't need to limit your ideas even if putting them into motion may take time and energy. A partner might not be willing to give you the go ahead.

**GEMINI** (May 21-June 20): Ask for forgiveness and you will be forgiven. Get a disagreement straightened out before it undermines your future prospects. Concentrate on making dreams a reality and on improving your most cherished commitments.

**CANCER** (June 21-July 22): Every hour that passes takes you an hour closer to what is yet to come. You might be smart to investigate your options for college or retirement planning when you have some personal time on your hands.

**LEO** (July 23-Aug. 22): You can check out, but you can't leave. Daydreams might take up much of your time, some of your ideas may be applicable to financial success in practical ways, but some are simply farfetched.

**VIRGO** (Aug. 23-Sept. 22): Something good can come from a simple act of kindness. Go ahead and grant someone a favor even if you feel they don't deserve it. You could be asked to make an important commitment of time and energy.

**LIBRA** (Sept. 23-Oct. 22): Turn the ordinary into the extraordinary, you may be amazed at what you can accomplish if you set out without preconceived notions. With Venus in your sign, romantic relationships can take top priority.

**SCORPIO** (Oct. 23-Nov. 21): Turn wounds into wisdom. You can move past hurts and humiliations if you put them behind you and use them as inspiration to do better. Several people will offer you flattering and positive feedback.

**SAGITTARIUS** (Nov. 22-Dec. 21): Benefit from good advice, you can gather

wisdom from traditional sources and use it to your advantage in financial and business planning. You may be inspired to look for more opportunities.

**CAPRICORN** (Dec. 22-Jan. 19): You may be more disappointed by the things you didn't do than by those you did. The fact is, you don't have to do them all right now. Hold off launching crucial plans until the end of the month.

**AQUARIUS** (Jan. 20-Feb. 18): Winners compare their achievements using the measuring stick of their goals, while losers compare their achievements to those of other people. You can stash away money like a squirrel to reach financial goals.

**PISCES** (Feb. 19-March 20): If you don't know where you stand with someone, perhaps you should quit standing and start walking. You should receive clear signals about whether a romantic prospect is worth your time and effort.

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## Prebiotics and probiotics both aid digestion

Lately, I've been hearing and reading a lot about the value of prebiotics and probiotics in children's diets. What, parents wonder, is the difference between the two?

Prebiotics are non-digestible nutrients that are found in foods such as legumes, fruits and whole grains. They're also found in breast milk. Prebiotics have also been called fermentable fiber. Once ingested, prebiotics may be used as an energy source for the good bacteria that live in the intestines.

Probiotics are beneficial live bacteria that you actually ingest. These bacteria then pass from the stomach into the intestine to promote "gut health." The gut is full of bacteria and these are the "good bacteria." There are currently hundreds of different probiotics being marketed.

The research on the value of using prebiotics and probiotics has been ongoing, but there are actually very few randomized, double blind, controlled studies to document that pre- and probiotics provide any true benefit to treat many of the diseases they're marketed to treat.

There are several areas where probiotics have been shown to be beneficial. By beginning probiotics early in the course of a viral "tummy infection" in children, the length of diarrhea may be reduced by one day.

Probiotics have also been shown to be moderately effective in helping to prevent antibiotic associated diarrhea, but not for treatment of that diarrhea.

There are also studies that are looking at giving very low birth weight premies probiotics to help prevent a serious intestinal infection called necrotizing enterocolitis. To date, there seems to be evidence to support this and there are currently more studies ongoing.

Studies are also being done to look at the use of probiotics as an adjunct to the treatment of irritable bowel syndrome, infantile colic and chronic ulcerative colitis, as well as to possibly prevent eczema. While preliminary results are "encouraging," there's not enough evidence to date to support their widespread use.

In the meantime, there are so many different products available. Prebiotics and probiotics are now often found in dietary supplements, as well as in yogurts, drink mixes and meal replacement bars.

It's important to read the label to see if these products are making claims that are not proven, such as "protects from common colds," or "good bacteria helps heal body." Many of the statements seem too good to be true!

Until further studies are done, there's no evidence that these products will harm otherwise healthy children, but at the same time there is not a lot of data to recommend them. They should never be used in children who are immune-compromised, or who have indwelling catheters, as they may cause infection.

This is a good topic to discuss with your doctor, as well.

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.) (c) 2014, KIDSDR.COM/TRIBUNE CONTENT AGENCY, LLC



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## Giving Thanks

It was a classic fall morning--crisp air, brilliant blue sky, and golden sunlight. We wore light jackets to keep out the chill. Armed with binoculars--and of course, Robin's camera and tripod--we went out in search of BIRDS. Fall migration was well underway and we wanted to see who was passing through on such a glorious morning.



We picked a spot about halfway to the back of the property in a stand of young poplars and maples and stood quietly. Within about fifteen minutes we spotted a blackpoll warbler, a pine warbler, a yellow-rumped warbler, and an "iffy" bird we later identified as a Cape May warbler. Chickadees flitted among the leaves in the nearby shrubs, chattering their delight at such a perfect morning. Overhead, two eagles circled in a cloudless sky.

It was a morning to put negativity aside and be thankful for all we had and were able to appreciate. (For a moment I even forgot I had just become eligible for Medicare). Standing there among such peaceful beauty it was hard to remember that only a short time ago this had all been a soybean field, and that other than two massive willow trees over near the pond, there were no trees, birds or wildlife to speak of. It was only because of our decision to let it go wild, that there were trees for the birds to sing in, meadows for the deer to bed in and a marsh for ducks, herons and egrets to land in... and a small area for us and

our domestic animals, of course. It was a lot to take care of but a morning like this made it seem worth it. We were fortunate to have it and enjoy it--and be healthy enough to take care of it, for now, at least.

We formally celebrate Thanksgiving this month, but it shouldn't take a designated holiday to remind us of all the things we are thankful for. Most of the things we are thankful for are not the ones we can hold in our hand, but intangible things like our health, our families and friends and the ability to recognize and appreciate what's good in our lives. We appreciate the natural world around us and all the wild and domestic animals and birds we've had the pleasure to know. We are grateful to have the opportunity to give little Pearl and Opal, the two "rescue" hens, a new home and a new life. What a treat to look out the window and see them picking their way around the backyard with our other chickens in the early morning sunshine.

(Most of the time) we are thankful our lives include Keetie, our guinea fowl, who can be bratty one minute, sweet the next, a birding tour guide in the spring and always, a loyal little friend. He has been the source of much happiness and amusement in our lives--and a great conversation piece. Sometimes, we're not sure if the birders come down here to look for migrating birds in the spring or to meet Keetie--apparently he has a reputation along--with his own Face book page.

Five years ago we adopted Babs and Dolly, two homeless little dogs from the Humane Society. We're not sure who is the more thankful--them or us. They provide us with unconditional loyalty, love and companionship. In return we give them a safe and loving home--and TREATS. (They learned early on how to work the treat angle.)

Our list could go on and on...and it does include our human friends and families. We are especially thankful for Robin's

mom--for all the things she does for us and all the fun times we have with her.

We would be remiss if we didn't mention that we are grateful for our friend, Don, who, despite all odds, is working his "magic" and fixing our "broken" barn up for us... and who also built a "screened-in" front porch on our chicken coop to keep our little flock safe.

Finally, we are very thankful to all of you--some we know well and some we've never met before--who have personally come up to us and told us how much you enjoy our stories. That means an awful lot to us.

Happy Thanksgiving from all of us at 12 Acres in Ohio!



Robin Arnold



Gena Husman

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# Interpersonal Edge: Grumpy feelings can lead you to effectiveness

**Q.** I just turned 50, and I feel like I'm turning into a grumpy old woman at work. Everything and everyone is irritating to me! The weird thing is even small things bug me more. Do you think this is just menopause or is something else going on?

**A.** Hormone changes in both men and women only highlight the issues that are already going on. The good news is hormone changes actually encourage us to clean up our bad habits.

A little known fact is that men go through a version of menopause as well. Right about the age of 50 both genders have hormonal encouragement to get grumpy.

At present, you may be thinking that menopause feels more like mean-o-pause, but there are good reasons you aren't as forgiving as usual. Starting as young as 40, women go backwards through the hormone door we went through as a teen. Remember those crazy teen years?

The great news is that since your tolerance for irritation is so low, you have tons of encouragement to stop doing whatever you do that isn't effective. So, instead of thinking of your grumpiness as proof you really are a bad person, consider that you're getting a chance to clean up stuff you've been sweeping under the rug.

This week, try keeping a grumpy journal. Every time anything or anyone slightly annoys you, make a note. Your notes may include: that constantly jamming stapler, your coworker dumping work on you, and your boss leaving you out of a great project.

At the end of your week, make a note about what you could do about each item on your grumpy list. You'll be surprised how many small things you put up with that drain your well-being every day. If all you do after reading this column is clean up every darn "jammed stapler" moment you have during the day, you'll be much better off.

Then there are those big problems, such as your boss leaving you out of a plum project. Brainstorm the root of your problem. Do you need to do better marketing of your skills to your boss or do you need to look for another job? If you don't know, ask for a candid review from your boss.

Worst case scenario, your new attitude of using your grumpiness will give you a heads-up that your job is on the rocks. Many of my clients have stayed too long in irritating dead-end jobs just because they were afraid to ask and get the facts about how their boss saw their performance.

Please be keenly aware I'm pointing out the power of feeling grumpy, not of acting grumpy. If you walk around speaking and behaving in externally angry ways, you will only succeed in making enemies, not in making progress.

From now on, when you start feeling grumpy, just figure you are about to start getting smart rather than judging

yourself as having a "bad" attitude. Let your irritation be the finger of wisdom pointing at exactly what you need to change!

The last word(s)

**Q.** Is there any good reason why it is so popular to blame anyone else when we make a mistake?

**A.** Yes, we often feel more comfortable looking like a perfect victim than looking powerful and imperfect.

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

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# Don't Worry...Be Happy!

By: Robert Morton, M.Ed., Ed.S.

The Bahamian phrase, "Don't Worry, Be Happy!" should be adopted by the many Americans who worry too much about unnecessary things. Mary Hemingway, an American journalist and fourth wife and widow of Ernest Hemingway, believed that if you worry a little bit each day, in a lifetime you will lose a couple of years. She further stated that if something is wrong, fix it if you can, but train yourself not to worry, for worry never fixes anything.

Worrying goes hand-in-hand with any discussion about happiness. I've counseled many chronic worriers and have learned much from them. Many are basically happy, but they fret over unlucky things that have happened in the past and fret over the possibility of them recurring in the future. They are perfectionists, who expect things to go flawlessly and who hate to make mistakes. They don't realize that when blunders happen, it's part of being

human. That's why pencils have erasers. It's crucial for all of us to learn from, then forget, our mistakes.

In the long haul, chronic worriers end up failing more times than they succeed. It's a vicious cycle, where the self-fulfilling prophecy kicks into high gear- their worrying produces uncertainty, and when they fail, their worrying becomes justified in their minds. More failure is inevitable.

Perhaps, chronic worriers can learn from Hank Aaron, the great home-run hitter. He struck out twice for each homer, revealing that life is a game where you can still achieve success without a smash hit every time you step up to the plate.

Researchers discovered that 40 percent of our worries are about things that haven't happened and probably never will; 30 percent relate to things over and past that can't be changed; 12 percent are unfounded worries about

our health; 10 percent involve petty things; and a picayune eight percent are legitimate worries that deserve our attention. So, 92 percent, or practically all the worrying in America is wasted on the improbable, unchangeable, unfounded, and unimportant. Heed the maxim, "DON'T WORRY, BE HAPPY!". The Bahamians learned that if you can solve a problem, there's no need to worry about it and if you can't solve a problem, what's the use in worrying?

Since most of our worries are over nothing at all, I'd like to share with you an exercise from my book, "Finding Happiness in America." Go find a comfy chair or couch and take a pen and notepad with you. Start thinking about all your worries and jot them down. Write down past worries that are no longer present as well as existing ones. Spend some time doing this, then look them over, one-by-one, and

sort them into the 5 worry categories described above. How many of your worries fall into one of the inconsequential 92% categories? How many fall into the legitimate 8% category? Examine your findings and avow to stop wasting your precious time agonizing and losing sleep over those concerns that are, in reality, insignificant. They're just not worth worrying about!

Heed what Mary Hemmingway and the Bahamians believe- worry never fixes anything. So, "Don't Worry...Be Happy!"

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. Contact him at the Family Journal: [www.familyjournal1.blogspot.com](http://www.familyjournal1.blogspot.com)

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# Calendar of Events

November 2013 – Sandusky County

**Nov. 8:** 2nd Saturdays R 4 Kids, Hayes Presidential Center, Fremont, 11am-3pm, 7.50 for adults, \$1 for children. Topic: Civil War Elections. Families are not obliged to stay for the entire 3-hours. The price includes admission to the Hayes Museum.

**Nov. 11:** Veterans' Day Extended Hours at the Hayes Center, noon - 5pm, \$7.50 Adults 6.50 Seniors \$3 kids 6 - 12. In honor of Veterans' Day, the Center will be open noon-5 p.m. are observed. The first tour of the Hayes Home takes place at 12:30 p.m. and the last at 4:30 p.m. [www.rbhayes.org](http://www.rbhayes.org)

**Nov. 14:** Dungeon Descent: An Adventure into the Paranormal, \$20 per person. Explore the age old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure.

**Nov. 15:** Internet Genealogy II Class, Hayes Presidential Center, 9am, \$10 Adults \$5 Students- Head Librarian Becky Hill leads a class on how to make the most of paid-subscription genealogy sites including Ancestry.com, HeritageQuest, Fold3.com; NewEnglandAncestors.org and Archives.com. Pre-registration requested, 419-332-2081, ext. 231.

**Nov. 17:** Jailhouse Rock Dinner Theater, Historic Sandusky County Jail, dinner at 6pm, doors open at 5:30pm, \$20. Costumed staff will greet you at the door to get your souvenir mug shot before you stand in the chow line for a delicious meal and real jailhouse entertainment! Following dinner, enjoy a tour of the Historic Jail, Dungeon and Gallows Exhibition Hall. Tickets can be purchased at the SCVB, 712 North St, in Fremont or [www.sanduskycounty.org](http://www.sanduskycounty.org)

**Nov. 25:** A Victorian Christmas Tea – Begins at 2pm, The Old Garden House, 1045 South Bloom Rd, Fremont. Ms. Grace and her staff will serve House Blend Tea, Sweet Holiday Treats, with Tea-Sandwiches. Tickets are \$12 and reservations are needed. Call Ms. Grace at 419-332-7427.

**Nov. 28:** Fremont Fridays in Downtown Fremont, 10am-8pm, downtown Fremont. Come out and do your Holiday Shopping at "Fremont Fridays". The businesses in downtown Fremont will offer a month of "Black Fridays" in store specials with excellent customer service. They will be open late each Friday, starting Nov. 28th throughout Dec. 19th.



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

By Grace Sidell

Oh, the age of cyber space. I have a computer. but I really need to upgrade my "technical skills" before I would decide to go online. However, friends and family often share printed copies of the interesting and fun information circulating around out there in cyber space. One of the house guides at the Hayes Home brought in such a piece to share with us. It is titled How Old is Grandma? Here's an abbreviated version-read on and make a guess how old she is.

I was born before: polio shots, frozen foods, Xerox, contact lenses, Frisbee and the Pill.

There were no: credit cards, laser beams or ball point pens.

Man had not yet invented: panty hose, air conditioners, dishwashers or clothes dryers. Man had not yet walked on the moon.

Other things: Your grandfather and I got married first, and then we lived together. Every family had a father and a mother. We were born before gay-rights, computer dating, dual careers, day care centers and group therapy. Our lives were governed by the 10 commandments, good judgment and common sense. We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions. In my day: "Grass was mowed, "coke" was a cold drink, "Pot" was something you cooked in, "rock music" was your grandmothers lullaby,"aids" were helpers in the Principal's office, "chip" meant a piece of wood, we volunteered to protect our precious country and we were the last generation to believe that a woman needed a husband to have a baby.

How old do you think this Grandma is? Answer: She would be only 62 years old, born in 1952, and would have graduated from high school in 1970. What a difference 62 years has made-we can only imagine what the next 62 will bring.

What a busy August and September it has been for me and The Old Garden House. I did a lot of the usual things like cooking and baking for lots of guests. That is always a pleasure, made even more fun because

two times they were for surprise birthday celebrations. Then there were some unusual things that I enjoyed a lot as well. For example, going to the Delaware County Fair grounds to watch the harness races on the track where "The Little Brown Jug" is run. We stopped in Waldo for a 'fried bologna sandwich' on the way home. I understand that is a "must do"-so we did. It was a new, fun filled adventure for me.

So, you ask what's up for November? The usual schedule of lunches and dinners are on the calendar. I have designated the 17th-23rd to decorate the house for Christmas. The Tea at Two on November 25th will be our Christmas Tea. (15 spaces remain for this)

Of course Thanksgiving dinner with my family is the most important of all. We have many blessings to be thankful for-things like good health, good friends-beautiful fall colors and to know the truth in the words LIFE IS GOOD.

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



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## Lunch & Learn

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**Wednesday, November 5th | 12:30pm-1:30pm**

Phil Wylkan from Hall & Wylkan, Certified Elder Law Attorneys will be our Lunch-N-Learn presenter. The topics for the presentation are: 15 most common reason to do estate planning living trusts, and planning for all life's contingencies.

**Veterans Day Ceremony**  
**Tuesday, November 11, 2014 | 8:30a.m.-9:30a.m.**  
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We all know fall is here but I want to know where is our Indian summer? I always love the cooler weather in the fall and the color of the trees leaves turning, but then I look forward to that little warm up, the one blast of summer weather before the cold sets in for the next five months, that's when I will begin to hibernate in the cold weather. I want that few more days of warm weather to get the rest of the outside work done, to feel the sun's warmth and to smell the fall aromas. Of course it has always been my hubby that does all that outside work, but this year I have been able to help a little too and it has been fun! It has been 36 years since I have helped do gardening and yard work, so this year has been great for the two of us.

By the time fall gets here with the cooler weather I am ready for those casseroles and crock pot meals. The good old comfort food, that is what I have been starting to crave, and now looking for new dishes to make and share.

As I mentioned in my last column, I was trying new Brussel Sprout recipes and I found one I would fix again, and even serve to dinner guests. I have even decided to serve it at our Thanksgiving dinner. Yes I know Brussel Sprouts are not many peoples favorite vegetable, but I love them and maybe this recipe will introduce this vegetables to others. Of course I will be serving other vegetables for Thanksgiving so everybody will find something they like.

I had another recipe I wanted to share, it was a crockpot recipe for Country Ribs but decided to hold off on that one and decided to use leftover turkey recipes because other than cold turkey sandwiches on white bread with miracle whip and salt and pepper I can only eat turkey for so long. So these recipes are new ways to use up our leftover turkey!

I host the Timko Thanksgiving and I have already started a menu but I have also started thinking about what comes next, Christmas! The Timko Christmas is celebrated Christmas Eve and is all about appetizers and cookies. So I am going to gather some of our family favorites and new recipes

to share with you next month. Have a Blessed Thanksgiving and be grateful for what you have and what you can do for others!

## Sweet and Sour Brussels Sprouts

4 slices bacon

2 (10oz) packages frozen brussel sprouts, thawed, I used our out of the garden fresh brussel sprouts and used about 20-25 cleaned stemmed big leaves broken off and a criss cross cut into the bottom stem of sprout (helps them cook faster).

1/4 cup diced onion ( I used 1/2 to 3/4 cup because I love onions and you can never have to many onions!)

1/4 cup white vinegar

2 tablespoons sugar

1 teaspoon salt

1 teaspoon pepper

1/4 teaspoon dry mustard

Fry bacon in a skillet until crisp. Drain bacon and set aside, reserving drippings in skillet. Add brussel sprouts and remaining ingredients to drippings in skillet. Cover and cook over medium heat stirring occasionally 10 minutes or until brussel sprouts are crisp-tender. Crumble bacon and stir into brussel sprouts and serve.

## Buffalo-Style Turkey Wraps

1/2 to 3/4 pound leftover turkey chopped, shredded whatever is best with what you have, the breast you can shred, dark meat shredded or chop.

3 tablespoons bottled hot pepper sauce

2 teaspoons paprika

1/4 teaspoon each salt and cayenne pepper

6 10 inch flour tortillas

3 cups shredded lettuce

1 1/2 cups shredded carrots or thin strips

1 1/2 thinly bias-sliced celery

1 cup bottled blue cheese salad dressing (or your own homemade)

Combine hot pepper sauce, paprika, and cayenne pepper. Toss with left-

over turkey. Divide lettuce, carrots and celery among tortillas, add turkey, top with dressing, roll up and enjoy!

Note: I had to add hot sauce to my sandwich because I am a big hot sauce lover, so make to your liking

## Turkey and Wild Rice Bake

1 6oz package long grain and wild rice mix

1 tablespoon butter

1 cup chopped onion (1 large is best!)

1 1/2 teaspoon bottled minced garlic

1 can condensed cream of chicken soup

1 cup milk

1 1/2 teaspoon basil

2 cups shredded Swiss cheese (8oz)

3 cups chopped cooked turkey

1 4oz can sliced mushrooms drained

1/2 cup shredded parmesan cheese

1/3 cup sliced almonds, lightly toasted toasted

Prepare rice according to package directions except discard seasoning packet. Use it for other rice or pasta dishes.

Preheat oven to 350 degrees.

In skillet melt butter over medium heat, add onion, garlic and cook until onion is tender, stirring occasionally. Stir in soup, milk, and basil, heat through. Gradually add Swiss cheese, stirring until cheese is melted. Stir in rice, turkey and mushrooms. Transfer to an ungreased 3-quart casserole baking dish. Sprinkle with parmesan cheese and bake uncovered for 15-20 minutes or until heated through. Just before serving sprinkle with toasted almonds.

Contact me with questions, comments, and your recipes at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com)



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

**Tuesday, November 11th**

**9:00 – 10:00 a.m.**

**Valley View Healthcare Center**

**Our program will include:**

- Breakfast - Biscuits & Sausage Gravy, Bacon, Eggs and Fresh Fruit
- Presentation of the Flag
- Veterans Pinning Ceremony

For more information, please call 419-332-0357.

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# SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR NOVEMBER:

Sandusky County Park District announces programs for November.

Call 419-334-4495 to register or LoveMyPark.com

**Babies in the Parks:** Forest Friends, Mon, Nov 3; 4-5p.m., White Star Log Cabin, 5013 C.R. 65, Gibsonburg. Bring your little one in a stroller, backpack, front pack or just carry them, but come! Fingerplays, stories and sensory items included in this program. Registration..



**Morning in the Marsh,** Tues, Nov 4; 8-9:30a.m., Muddy Creek Reserve, 1675 C.R. 157, Fremont. Begin your day in the great outdoors! We will take a nice hike around the marsh discussing management techniques, identifying plants and searching for signs of wildlife. Registration required at LoveMyParks.com or 419-334-4495.

## Hike for Health

Sat, Nov 8; 8:00-9:15a.m., White Star Barn, 5013, C.R. 65, Gibsonburg. Hate to walk alone? Get a breath of fresh air and listen to nature's music with a naturalist on the trail. Registration.

**Nature Center GRAND OPENING!** Sun, Nov 9, 1-5pm, Creek Bend Farm, 654 S. Main, Lindsey. Take a stroll through the newest Park District facility. Complete with a window on wildlife, classroom, outdoor deck with a spectacular view of Muddy Creek. This is the official opening of a year-round fun place for sharing nature with children of all ages!

Following the Grand Opening, hours of operation for the Nature Center will be: Tues-Fri 10 am - 7 pm, Sat-Sun 1 pm - 5 pm, Closed on Monday

**Puddle Jumpers:** Terrific Turkeys, Tues, Nov 11; 10-11a.m., Wolf Creek Campground, 2701 S. State Route 53, Fremont.

For ages 5 years and younger with an adult companion. Explore the trail and learn about turkeys through finger plays and stories. Registration.

**Swamp History,** Wed, Nov 12; 8:30-10:30a.m., Mull Covered Bridge, 1515 C.R. 9, Fremont. Meet at the bridge for a history lesson on covered bridges and life in the Great Black Swamp. Please bring your own chair or blanket. Registration.

**Kids in Nature:** Scavenger Hunter, Thurs, Nov 20; 6-7p.m., White Star Log Cabin, For youth ages 6-12 years of age. Bring a flashlight as we explore the trails on a night time scavenger hunt. Registration.

**Nature Walk,** Nov 21; 9-11a.m., North Coast Inland Trail- Tea Kaufman Homestead, 2091 C.R. 292, Bellevue.

Join a naturalist for a nature lesson on the bike trail. We will track the bird, tree and mammal species spotted along the way. Registration..

**Meet Me at the Cabin:** Pumpkin Cookie Baking, Tues, Nov 25; 5-6:15p.m., White Star Log Cabin, 5013 C.R. 65, Gibsonburg. Meet to learn the history of pumpkins then bake yummy pumpkin cookies in the wood cook stove. Registration.

## Hospice of ProMedica Memorial Hospital hosting holiday bereavement program

Hospice of ProMedica Memorial Hospital is hosting "Piecing Together the Holidays" bereavement support on Saturday, November 8 from 10 - 11:30 a.m.

This workshop is designed to bring validation to thoughts and feelings surrounding holidays; offer strategic planning to alleviate some stress; and provide an environment to encourage growth. The planned activities will help assist with accomplishing these goals. Hospice and palliative care professionals host this event, by providing emotional and spiritual support to those who are grieving. The workshop will also give participants tools to be able to enjoy the holidays after a loss.

Piecing Together the Holidays is free and open to anyone who has experienced loss. The program will be held at the Eliza Ramsay Home at 430 S. Main Street, Clyde, Ohio. Registration is required. To register for the program or to learn more about grief and loss or about hospice and palliative care, contact Hospice of ProMedica Memorial Hospital at 419.547.6419, or visit memorialhcs.org/hospice.

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# Out to Lunch

By Lynn Urban



## Carmie's

Located in Tiffin is a beautiful reception hall called Camden Falls, and in that building is a family friendly casual sports bar and grill named Carmie's. The hall and restaurant have been owned by the same family since 1998. The restaurant started out as Carmella's Italian restaurant. In 2007 they changed the look and it's been turned into fun and sporty gathering spot for many locals, especially on football week-ends. The hall has become a popular spot for wedding receptions and banquets. Another plus, is on the same property is the Hampton Inn, where guests can stay for the night after a reception.

The menu has some unique ideas, like ways that the customer can make up their own meals, such as building your own burger with their variety of toppings and cheeses, or building your own pizza and quesadillas, or creating your own pasta dish. It's also filled with a large variety of appetizers, salads, and sandwiches.

I opted for the Smoked Turkey and Artichoke Panini. It was a generous amount of turkey, spread with spinach artichoke dip, mozzarella cheese, tomato, and onion on grilled ciabatta bread, for \$6.99. All sandwiches are served with homemade potato chips and a pickle.



The homemade soup of the day was a delicious beef mushroom and rice soup that was as thick as a stew. It was wonderful on a chilly day.

I gathered that chicken chunks and wings were a specialty, since they have a 3 lb. chunk challenge. Many of the 13 sauces are house made. If you beat the clock, the chunks are free, and all finishers get a free T-Shirt, although it costs you \$36.00 to get in. You've got to love those chunks.

The dinner menu looked very good, with steaks, potato encrusted cod, pecan chicken, and a 10oz. smoked pork chop, to name a few. Although the next time I go, I might try the homemade five-layer lasagna with garlic toast. That's Carmella's the Italian restaurant being a little bit Italian!

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**Holiday Craft Show  
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of Sandusky County**

**Saturday, Nov 1st 10am- 3pm  
Numerous Vendors**

**VFW, 204 Birchard Ave,  
Fremont**

Admission \$1 OR an item for the Humane Society  
(paper towels, canned or dry cat food, treats,  
litter, Dawn dish soap, laundry soap)

# LOST PET



Bella went missing on Sept. 24th when she escaped under a fence. She was last seen running down Michaels Road, off Hayes Ave., in Ballville Twp. Her family misses her terribly and we are hoping that she is in a safe place.

Bella has rods in her legs because she was an abuse case, her owners spent thousands fixing her legs and would love to have her home for the holidays.

A \$200.00 reward is being offered for her safe return.

Please call 419-334-3602 or 419-559-1238 if you have any information.



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# In Your Own Backyard

**“THE ANNUAL JERRY MOFFO JEWELRY SALE”:** St.Paul Lutheran Church 9789 W. Oak Harbor SE Rd. Oak Harbor from 11am-4pm. It includes closeouts and samples of Sterling Silver, Marcasite, 10K & 14K Gold, Pearls and Gemstones. It's a great time to do some Christmas shopping and 100% of the proceeds goes to St.Paul's Lutheran Church.

**Clyde Museum & General McPherson House Holiday Open House:** Hours at both the Clyde Museum (124 W. Buckeye) and at the McPherson House (corner of Maple St. and US 20) Saturday, Nov. 22 from 11am - 3pm during the Winesburg Christmas weekend. Wagon rides between venues are to be available, no charge. Donations appreciated. The theme at the museum is “Winesburg Revisited” with Sherwood Anderson exhibits and “Winesburg Ohio” caricature paintings by Kenn Bower on loan from the Clyde Public Library. Entertainment provided by Kathy Alter, harpist from noon till 2pm. Refreshments. Visitors will be greeted by costumed volunteers for “Holiday on the Homefront” at the McPherson House. Tracie Henson will entertain on hammered dulcimer in the parlor from noon till 2pm. Warm cider will be served over the campfire by re-enactors on the grounds and music will be provided by bugler, Jim Cherven.

**GO TEAM - LET'S TAILGATE!** Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Fremont, Tuesday, November 11, 11 am - 12:30 pm and the cost is \$12.00 incl. The Feature will be “Go Team - Let's Tailgate”, led by “Coach” Barb Moran Engler. The Speaker will be Deb Wells, Mason, OH who will tell us how “Dreams Can Come True”. This Runaway finally found a place of peace and love and stopped running. For luncheon and free child care, call by Nov 6th, Donna - 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

**Our Lady of the Pines Retreat Center** Nov. Events: To register 419-332-6522 or e-mail olprc@pinesretreat.org.

**Nov. 6, An Introduction to Dreams by Father John Blaser.** Come to this lunch and lecture to explore how dreams can be beneficial to understanding what is going on in our lives. What do our dreams really tell us? Noon to 2m includes lunch and lecture \$15.

**Nov 8, Grandmothers Retreat Day;** Becoming Bread for Our Families. Grandmother Ann Cavera shares what we can learn from historic women on how to provide spiritual food for our children and grandchildren. Bring 2-4 photos of your grandchildren to share. 9:30 to 4pm includes snack and lunch \$35.

**Nov. 11, Grateful Hearts is the theme for Reflection with a Cup of Tea.** Thanksgiving will be here before we know it. Presenter Sister Wanda Smith, RSM will lead us in striving to live with a grateful heart ALL year. 9-10:30pm includes snack and a comfortable cup of tea \$7.

**“11th Annual Whiskers and Whine Gala” for the Humane Society of Sandusky County,** Sat., Nov. 8th at Sycamore Hills Golf Club, doors open at 6pm. Tickets are \$40 at the door, or presale \$35 at the shelter. Live auction at 7pm by Fred Wolf.

**Caring for Clyde Kids Community Toy Drive to kick off Nov. 19 - Dec. 15th.** We are in need of new or gently used toys - batteries - or cash for children ages birth - 18. No stuffed animals. Collection boxes at: City Bldgs. Post Office, Croghan Bank, St. Mary's, Family Eye Care Center and all Clyde-Green Springs Schools. The toys are

distributed thru the Clyde Food Pantry. For info call Kay Dick, 419-271-0569. Mail donations to: Kay Dick, Caring for Clyde Kids, 145 Nelson Street - Clyde, OH 43410. Thank you for making a child smile this holiday season.

**Ladies Auxiliary of the VFW in Clyde is hosting their Annual Holiday Handicraft Show** on Sat., Nov. 22nd from 9-3 at the Clyde VFW, 847 W. Maple St. Lunch will be served from 11-3; no admission, door prizes every half hour. This is a great way to show off our local crafters!

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# History Notebook

By Nan Card - Curator of Manuscripts Hayes Presidential Center

## *The Trommer Extract of Malt Company*

Nearly everyone experiences a belly-ache from time to time. Most of us know why it happened. It may have been a "touch of the flu" or that we ate too much or we ate the wrong food – too spicy, too greasy, or too rich! If it lasts very long, we are off to the doctor, who generally gets to the root of the problem fairly quickly.

During the nineteenth century, stomachaches were even more common than today. Known as dyspepsia, colic, bilious fever, heartburn, intestinal catarrh, or cacogastritis, a stomachache was often a symptom of something much more ominous than overeating! Bacteria from poorly cooked or rotting food, parasites, an inflamed appendix, gallstones, dysentery, ulcers, or cancer were some of the serious conditions that brought on a stomachache.

There were thousands who manufactured and sold patent medicines during this period when diseases were poorly understood. Sold as tonics, elixirs, and bitters, the products were often advertised as a cure for everything from that stomachache to ingrown toenails and baldness. And the tens of thousands who were desperate for relief made up a ready market. Finding "magic in a bottle" or even a temporary "fix" could become a lucrative business. Many contained dangerous levels of alcohol, morphine, or cocaine. Others were harmless, while still others were actually beneficial.

One of these was Trommer Extract of Malt produced at 117 S. Arch Street in Fremont in 1874. The well-respected Civil War surgeon Dr. John B. Rice secured the rights from a German chemist to make and sell the tonic everywhere but in Germany. Made from Canadian barley malt, the elixir contained the enzyme diastase and malt sugar as well as alkaline salts and bitter of hops. Trommer Extract featured only 2% alcohol. Still, alcohol did have its place! The company prescribed a tablespoon of the tonic mixed with cold water, milk, or wine to be taken three times a day immediately after meals. "Any kind of spirituous liquor may be added in quantities to suit the taste and

requirements of each case" - so said the label.

Brothers Stephen and Ralph Buckland, Dr. Gustavus Gessner, and Dr. Robert Rice invested heavily in the company. With the help of energetic agents across the United States, Trommer Extract of Malt became a booming business. Sold in amber-colored bottles stamped with the company's name, Trommer Extract of Malt went for a dollar each. The "Improved" version retailed at a \$1.50. Sales reached nearly \$65,000 by 1890 and \$150,000 by 1905. From its London offices, the company distributed the tonic throughout Europe.

There were no outlandish "cure-all" claims. Trommer was sold as a help for "sick headaches, loss of appetite, indigestion, consumption, asthma, diarrhea, and the debilities of females and aged." To be perfectly fair, the tonic was probably beneficial to many in relieving indigestion. Diastase, the first enzyme discovered, aided in breaking down foods. For those recovering from illnesses, Trommer Extract probably "settled the stomach," much like today's Pepto-Bismol or Alka-Seltzer. Sufferers of chronic illnesses may have found that the "improved version" (with cod liver oil) increased the appetite. Although Trommer Extract of Malt was not "magic in a bottle," it had its place in many homes across the nation until the company was officially dissolved in 1933.



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## Sandy's Story

Sandy and her three children came to the shelter from the Perrysburg when she could no longer pay her rent. She temporarily moved in with a friend but could not stay there long term since she was not on the lease. Sandy moved into the Liberty Center and enrolled the kids in school immediately. After living at the shelter about six weeks she found a job through a temporary employment service. Shortly after that she was fortunate to be hired permanently at a job which paid much better and included benefits. Sandy looked for housing throughout time that she was here but had difficulty finding a large enough apartment with a rent she could afford and still have enough to raise three children. It took Sandy two months to find the apartment that would meet her family's needs. While at the shelter she displayed excellent parenting skills, encouraging her children in school work and teaching them chore duties as well. Since leaving the shelter, Sandy has enrolled part time at Terra State College, Social Work program. Sandy continues to work, raise her family and attend school part time.

The Liberty Center of Sandusky County provides safe shelter, case management, life skill classes, supportive services, and referrals to homeless individuals and families. The shelter strives to provide an environment that is encouraging and empowering.

This year the Liberty Center is celebrating 20 Years of Service and Improving Lives. For more information please call the shelter at 419-332-8777 and speak to Margaret or Sherri.



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**DEAR MAYO CLINIC:** I'm a 36-year-old woman in decent health, but lately I've noticed unsightly cellulite on my thighs. How does cellulite form, and how can I get rid of it without surgery? Will exercise or losing weight make it better, or am I stuck with what I have for life?

**ANSWER:** Cellulite - the appearance of dimpled skin that is sometimes described as having a cottage cheese-like texture - is common in women and even occurs in some men. It most often appears on the thighs, buttocks or abdomen, but can also be found on the breasts or upper arms. Although having cellulite makes many people feel self-conscious, it's important to know that you're not alone: At least 8 out of 10 women have some amount of cellulite.

The good news is that the condition is nothing to be concerned about medically. Unfortunately, there are no tried-and-true methods for getting rid of cellulite altogether.

Cellulite is the result of normal fat beneath the skin breaking up. In areas where cellulite often appears, the layer of fat contains fibrous connective cords that hold your skin to your muscle. Fat cells are bound to the connective tissue cords, but over time the connecting fibers degenerate. When this happens, the surrounding fat starts to break apart and push up against the skin. In some areas of the body, this process occurs but might not be noticeable. But when the process occurs on your legs, buttocks, or other areas prone to cellulite, the result is dimpled or uneven skin.

Cellulite can develop or become more noticeable after gaining weight. An increase in fat tissue in certain areas of your body will be the areas most likely to show cellulite. Cellulite also can occur when there is significant friction or rubbing, such as the upper arms or inner thighs.

Cellulite is more common with aging. This is because the skin loses some of its elasticity over time, so the prominence of the existing cellulite becomes more evident. Genetics also may play a role in whether or not you develop cellulite, since it can show up in very lean individuals.

Because cellulite resides in the fatty tissue underneath the skin, any claims that a cream or lotion can eliminate it are just not true. The same goes for products or devices that promise to treat cellulite: There is little or no scientific evidence that supports these claims.

Losing weight and strengthening the muscles in the legs, buttocks and abdomen may make cellulite less noticeable in those areas, but it won't go away altogether. That's because once a fat cell develops, it's yours for life. Weight loss can only shrink the contents of the fat cells, but doesn't eliminate the fat cell itself. Maintaining a healthy weight over your lifetime is the best way to prevent additional cellulite from appearing.

Finally, if you're concerned about the appearance of cellulite, finding ways to creatively cover yourself with the right clothing can go a long way to making you feel less self-conscious about your body.

Living a healthy lifestyle that includes a healthy diet and regular exercise will make you look more toned and, most likely, feel better about your body, regardless of any perceived flaws. - Dawn Davis, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

*(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. To submit a question, write to: medicalede@mayo.edu. For health info visit www.mayoclinic.com.) (c) 2014 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED*

## 11th Annual Whiskers & Whine Gala

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**\$40 at the door**

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## Humane Society of Sandusky County Needs Your Help!

Please consider the following as a year end donation to benefit the shelter. Over 200 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



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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

**Q:** My cat was never a kisser, but he's begun to kiss us. I like the affection, but not the nasty breath! You'd think there would be a mint catnip or breath mint available for cats. Do you know of any such products? - S.J.

**A:** Actually, catnip is a member of mint family, points out Dr. Kate Knutson, Bloomington, MN-based president of the American Animal Hospital Association. However, a breath mint for a cat would only offer a temporary fix, at best. That's because likely something medical is going on with your kitty. Odd as it sounds, kidney disease can turn a cat's breath sour, or a dental problem might explain the bad breath. See your veterinarian, and Knutson bets that soon those kisses will soon smell sweet as sugar.

**Q:** We just adopted a Lab-mix from a shelter. We lost our other dog, also a Lab-mix, about 6 months ago at age 14. For the last two years of her life, she was increasingly hobbled up. Is there any way to prevent debilitating arthritis, aside from a dog not living long enough to get it? - S.K.

**A:** Dr. Daryl Millis, professor of Orthopedic Surgery at the University of Tennessee College of Veterinary, Knoxville, says that keeping extra pounds off matters. He points to a study which demonstrated that dogs with better body condition scores (svelte figures in good physical shape) lived an average of two years longer, and enjoyed a better quality of life compared to overweight dogs. Still, osteoarthritis does occur in some slim dogs as they age, and our dogs are, overall, living longer than ever before.

A part of what determines if a dog will develop arthritis is the pet's genetic luck of the draw, although larger dogs and specific breeds may be predisposed.

"When catching osteoarthritis early on, there's evidence that you can slow progression using certain nutraceuticals," adds Millis, a charter member of the American College of Veterinary Sports Medicine and Rehabilitation. Millis says there's evidence that avocado/soybean unsaponifiables may be more effective than the often discussed glucosamine and chondroitin, all of which (with other ingredients) are together found in a veterinary supplement called Dasuquin.

The tricky part is catching the arthritis before a dog starts limping. Tips on what to look for will be offered at the 2013 Sports Medicine Conference: The Canine Athlete at the University of Tennessee College of Veterinary Medicine, Knoxville, Dec. 6-7. Topics will range from treating the canine athlete to how to use nutrition to benefit canine joints.

Registration is from \$75 to \$375 (depending, in part, on which programs you choose). Learn more at: <http://www.utvetce.com/sportsmedicine.asp>. Millis is one of the instructors. If you can't attend the

conference in person, the website offers details on how to view events online.

Keeping in condition can delay or prevent the onset of arthritis, Millis notes.

"Your dog doesn't need to be a canine athlete. Regular leash walks and (for many dogs) swimming are excellent and safe activities," he says.

As for acupuncture for dogs, Millis says there certainly might be some pain relief at the hands of a competent, experienced veterinarian, but he isn't aware of a study which confirms that acupuncture provides preventive benefit.

**Q:** Thanks for your sweet Tweet (@stevedalepets) on "Knowing when to say goodbye." Scout, my 17-1/2-year-old Bichon, is nearly blind and mostly deaf. I was also comforted after hearing your radio interview (with Dr. Alice Villalobos). After all, Scout does respond when our other dog, Tucker, barks. She's feeble, but still gets around, even going up and down stairs (though I'm with her when she does this). She still drinks and eats well, though she's fussier. So it's not quite time for a farewell. - D.R.

**A:** "No one told your dog to be depressed because she can't see or hear very well," notes Dr. Alice Villalobos, of Hermosa Beach, CA, who has a special interest in end-of-life care for pets. "The big thing is that, based on what you wrote, Scout isn't in very much pain. And while her appetite isn't nearly what it once was, she's still eating. You are right; it doesn't sound like it's time."

Learn more at [www.pawspice.com](http://www.pawspice.com), including Dr. Villalobos' Quality of Life scale, a guide to assist pet owners to determine when the time may be right to euthanize (found under the Resources tab).

(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](mailto:petworld(at)steve.dale.tv). Include your name, city and state.) (c) 2014 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.

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# REACH – a Career Education Program for Sandusky County's Youth

Jobs! Jobs! Jobs! We hear a lot these days about this topic, both from a standpoint of people looking for jobs and of employers looking for qualified employees. With the pace of economic expansion in our county there is a real need for trained workers, people with the skills to fill various job requirements, and the determination to make a gainful living for themselves and their families.

Foreseeing this need many years ago, the Employment/Education Committee of the Chamber of Commerce of Sandusky County searched for an effective, affordable career education program to be implemented at the upper elementary school level in order to begin the training at an early age. In 2003 they found the REACH program, developed by the Ohio State University-Marion Department of Education. The Clyde-Green Springs School District agreed to run a pilot program for the 2003-2004 school year in the seven fifth-grade classes at Green Springs School.

Starting off that first year with financial support from the United Way of Sandusky County and three other Financial Partners and three Business Partners, the REACH program has expanded, and now in its twelfth year, has just been launched, with Classroom Consultants from 22 Business Partners bringing their job experiences to 600 students in 26 classrooms in 11 schools throughout Sandusky County. The United Way of Sandusky County continues to lead the way as the primary Financial Partner, while being joined by nine other financial supporters.

Classroom Consultants utilize a curriculum book that includes lesson topics such as: Habits and Attitudes That Make Good Workers, Jobs That Match My Talents and Interests, Communication, Teamwork and Interdependence, Equal Opportunity, Decision Making and In the Workplace, a visit to the Consultant's place of business.

It has truly been a delight for me as Program Coordinator to see the development of the 5,500 plus students who have

had the REACH experience over the years. The creativity that is exhibited by so many of the students as they go through their activities designed to reinforce the concepts being presented each month serve as a constant source of encouragement that they are indeed comprehending what is being taught, and that they will embrace the work ethics they are learning, both now while they are in school and later when they enter the work force.

Further information about the Education, Business and Financial Partners that support the REACH program can be found at the Chamber website, [www.sccchamber.org](http://www.sccchamber.org).



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Taking orders for real pine grave blankets. Full size with bow, poinsettias and decor \$60-\$75, small pillow size \$40. Text Jamie Meade for pictures and to order: (419)307-2324

### TOYS FOR TOTS

Greenlawn Memory Gardens is proud to be an Official Drop off location for Toys for Tots beginning Nov. 5 thru of Dec.10, 2014 at our office from 8:30am - 4pm Monday thru Friday. 1793 W. McPherson Hwy, Clyde, 419-547-0213 or 419-603-6354.

### HELP WANTED

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## Orthopedic Services

- > Total Joint Replacements (Hips, Shoulders, Knees)
- > ACL/MCL Repair (Sports Medicine)
- > Back and Spine Surgery
- > Foot and Ankle Surgery
- > Arthroscopy
- > Arthroplasty
- > Kyphoplasty

## Excellence in Performance

- > Board-certified physicians
- > Nationally-certified surgical assistants
- > Frequent mentions on Ohio Hospital Association "Best Practices Lists"
- > Hospital-born infection prevention rate among best in region

To find out more about the orthopedic surgeons at Memorial, call the physician referral line at 419-333-2792.