

# 2000 Lifestyles

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Vol. 17 Issue 11

**November 2015**

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# Lifestyles 2000

November 15  
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[www.lifestyles2000.net](http://www.lifestyles2000.net)



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# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (Mar 21- Apr. 19): Enthusiasm will be contagious. If you approach a project with a bit of gusto you'll soon find that others are eager to help out. Reconnecting with an old friend may lead you to recall the reason why you haven't seen them for so long.

**TAURUS** (Apr. 20- May 20): The busy bee may miss an opportunity. Keep your schedule flexible as you may be the recipient of a rare offer. Focus your free time on family and friends.

**GEMINI** (May 21- June 20): Let it slide. You are unlikely to resolve difficulties or disputes so it may be best just to look the other way. Home and family should receive your total and complete attention.

**CANCER** (June 21- July 22): Turn off and tune out. Find a private place to take it easy and recharge your batteries and let the world's problems fade. Don't get bent out of shape over a loved one's careless choice of words.

**LEO** (July 23- Aug. 22): Show restraint. Giving into a whim could prove costly or a companion's inability to make up their mind could test your patience. During the upcoming month focus on being the consummate professional.

**VIRGO** (Aug. 23- Sept. 22): Don't rush to judgment. There may be a tendency for you to think the worst of someone before all the facts are revealed. Bide your time when making decisions regarding love or long term relationships.

**LIBRA** (Sept. 23- Oct. 22.): You don't need the drama. Your light-hearted mood could quickly change when you are drawn into the

petty squabbles in the week ahead. Maintain happy thoughts by avoiding those who rain on your parade.

**SCORPIO** (Oct. 23- Nov. 21): Stall for time. When faced with tough decisions you may need more data to make the right choice. Reap the benefits of all hard work and look for ways to strengthen your financial security.

**SAGITTARIUS** (Nov. 22- Dec. 21): Ideas need time to grow. The plan running through your mind may just be an acorn right now but could sprout into a mighty oak. You'll fare better using your mind rather than your body.

**CAPRICORN** (Dec. 22- Jan. 19): Avoid dwelling in the past. Nostalgia may drum up long lost memories that remind you just how bad the good old days really were. Put important decisions off until your judgment improves.

**AQUARIUS** (Jan. 20- Feb. 18): Don't beat around the bush. You won't be able to charm someone into having your way. You'll have to lay out a solid case. Don't expect others to read between the lines. Say exactly what you mean.

**PISCES** (Feb. 19- Mar. 20): Some things just aren't meant to be. Times change and certain ambitions you may have had may no longer be viable. Reassess long term goals and keep objectives realistic rather than grasping at pipe dreams.

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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](mailto: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

Happy Thanksgiving to our readers and a special thank you to our veterans this month.

We are so thrilled to have Nan Card back this month with a History Notebook article, I found reading about the Black Swamp really intriguing, hopefully you will also.

As I see more and more printed publications disappear I am so blessed to think we are still around after sixteen years and hope to be here for a few more.

Thanks for picking up our November issue, and as always, let our advertisers know you saw them here.

God bless,  
Joanne



Just a reminder, many of the entries came in after the 20th which made them ineligible, so be sure to get them to us in time.

"Pete" was hiding in the Dairy Queen ad, only about fifty people guessed it correctly, in fact less than fifty percent. Most of the answers were for the Promedica ad, not sure what everyone was seeing, but it wasn't "Pete"!

## Find Pete Winners

The lucky winners are: David Newman, Melanie Goodman, Jackie Mayfield, Ray Twigg, Dan Minich, Deb Stults, Steve Rich, Diane Kepler, Katie Light, Edith Foos, Fremont; Rosemary Durst, Kansas; Riley Hillman, Lindsey Rochowiak, Bellevue; Carter Payne, Kevin Miller, Eric Shaver, Clyde; JoAnn Kleinfelder, Sandusky; Terry Dragon, Green Springs; Steve Soule, Vickery; Margaret Halbisen, Tiffin.

Thanks for entering!

## Find Pete Prizes

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

## Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net), please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad.

# History Notebook

By Nan Card - Curator of Manuscripts  
Hayes Presidential Center

## Living and Dying in the Black Swamp

The Black Swamp was an immense tract of low-lying land covering some 1,500 square miles of northwest Ohio. The swamp stretched west from the Sandusky River to the Maumee, dominating half of Sandusky County's landscape. Its jungle-like vegetation, decaying trees, and blocked streams discouraged even the hardiest of pioneers. Most settlers expected to girdle trees, grub out stumps, build cabins, and fight off wild animals, but few were prepared for the misery of endless mud, mosquitos, and malaria. More than a third gave up and returned to their former homes or moved further west.

For those who remained, it was a grim existence. There was little hard cash and no safety net. Disease, poverty, and starvation became the lot of many who struggled in the Black Swamp. Sometimes the misery could only be relieved by the ever-present whiskey jug. Leodegar Lehman recalled that he and his father-in-law had worked two summers on the canal. Walking from Delphos, they "got home on five gallons of whiskey."

Some, like Permit Thomas, were not so fortunate. In March 1846, Thomas was on his way to work for Julius Patterson in Lower Sandusky (now Fremont). With jug in hand, Thomas stopped at the McBride Tavern on the Maumee and Western Reserve Turnpike near Sugar Creek. At 2 o'clock in the afternoon, McBride thought he was intoxicated. Thomas then moved on east toward the Nicholas Box Tavern, located at what is today the corner of Rte. 51 and Rte. 20. Thomas remained there until dusk,

drinking heavily from his whiskey jug the entire time.

About 2:30 a.m. Cyrus McCumber, while driving the Wells and Co. Express wagon, saw something lying in the road. It was Permit Thomas, lying on his back. McCumber stopped but then decided to drive on. Later in the early morning hours, stage driver George Baker's horses grew frightened. Baked jumped down and discovered the body of Permit Thomas lying in a pool of blood. Beside the body lay a whiskey jug and a side of pork. Baker was sure he'd run over Thomas, but his passengers assured him he had not. Baker pulled over at the Box Tavern to tell him about the body.

Fearing they would be accused of killing Thomas, neighbors refused to move the body from the road. Everhart Meier set out to find James Parks, the county coroner. Finally, John Moore and Michael McBride took control. They covered the body with a sheet, moved it to a board and placed it atop a stone pile at the side of the road. They then covered the blood. McBride and Moore told John Meier to make a coffin and they would pay for it and bury him. Again Meier refused, still fearful he would be incriminated.

The following day Parks convened a jury at Woodville, where after taking testimony, it was decided that Permit Thomas had died of "head wounds from unknown causes." Who was Permit Thomas? Where had he come from? How had he really died and where was he buried? Like so many others who lived and died in the Black Swamp, much about Permit Thomas will probably never be known.

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# "Grate" Treats & Eats

By: Chris Timko-Grate

As I start this column tonight it is cool and windy, fall is definitely in the air. Our trees are starting to drop their leaves now, and the cool nights are refreshing. This time of year is also when I like outside fires, inside fireplaces are wonderful, but there is something about an outside fire. I think it is the smell of the wood burning and the fall smells that combine together that makes the outdoors smell so wonderful.

I am already thinking about our Thanksgiving celebration, going through cookbooks looking for new recipes. We always have our family favorites, but I love to add new items that I think look good. I started looking through my cookbooks and in my Soroptimist Cookbook I came across a side dish and a dessert that looked good, both using fall produce, so all the items are easy to find. The side dish uses zucchini, which we have from our garden, and the dessert uses apples which we bought from the store. I look forward to trying them, tweaking them, then using them at Thanksgiving. I have a reunion to go to so will take them then for a trial run!

Enjoy and have a safe and joyous Holiday!

Also a reminder do not forget the Sandusky County Positive People Annual Pizza Challenge at Terra Tech on November 7th, that is always a great time and it's for a great cause in our county!

## Zucchini Crescent Pie

4 cups sliced unpeeled zucchini  
1 cup chopped onion  
½ cup butter or margarine (I prefer butter!)  
½ teaspoon salt  
¼ teaspoon each garlic powder, and basil leaves  
8oz can crescent rolls  
2 eggs beaten well  
8oz (2 cups) mozzarella cheese (shredded)  
½ cup dried parsley  
½ teaspoon black pepper  
¼ teaspoon oregano

In a 10 inch skillet melt butter and cook zucchini and onion until tender. Add salt, garlic powder, and basil. In a large bowl beat together the 2 eggs until well mixed. Add rest of ingredients and the zucchini and onion mixture. Spread the crescent rolls in the bottom and up sides of a 10 inch ungreased pie pan or 9X13 casserole dish. Pour mixture into pan and bake 18 – 20 minutes at 375 degree oven or until center is set. Let stand for 10 minutes before serving. My suggestion - cut the dish into serving size squares, it will be easier for your guests to remove from the pan.

## Caramel Apple Pizza

1 pkg. refrigerated sugar cookie dough  
1 8oz package cream cheese, softened  
2/3 cups brown sugar  
2 teaspoons vanilla  
2 apples – sliced and dipped in 7-up to keep from browning  
1 bottle caramel ice cream topping  
½ cup chopped nuts (any you like)

Spread out cookie dough on a pizza pan and bake according to directions until golden brown. Cool the crust. Mix cream cheese, brown sugar and vanilla. Spread over cooled crust. Layer apples on top of cream cheese spread. Drizzle caramel topping and nuts on top and serve. Kids along with us adults will love this!

Any questions, comments, suggestions, and your recipes please contact me at ChrisTimkoGrate@roadrunner.com

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# Helen Marketti's Music Corner

## Remembering Scott Gast

April 13, 1984 ~ November 2, 2014



When you come across a person who has made a lasting impression on your life and encourages you to do your best and strive for more by just knowing them, then you have truly met a unique and special individual. Scott Gast was one of those people. While



Scott may not be here in the physical sense his presence and influence is already having a lasting ripple effect for those who knew him well and for those who perhaps only crossed paths with him briefly.

The past year has been an emotional time for grieving, healing and realizing the full impact that Scott had on people. "This past year has been challenging," said Scott's father, George. "Every morning I start my day by visiting Scott's grave and saying prayers. It has been very difficult to accept that he is gone. I was fortunate to have him for 30 years. He crammed 100 years into 30."

Over the past year, there have been many memorial plaque and guitar dedications for Scott at establishments where The CoCoBeanOs played as well as donations in his honor for a stained glass window restoration project at Holy Angels Church (Sandusky). This is only a small fraction of what has been done in his memory. The list seems to be endless when one realizes how much he made an impression upon others. "All of this shows you how much Scott was loved," said George. "People do not get that kind of recognition unless they are respected in their community. He was very kind to everyone

and it didn't matter if you were 5 or 105 because he always took the time to talk with everyone. God gave Scott the gift of lighting up the room. Everyone wanted to be around him. He always went over and above with everything he did."

Since Scott's passing from a one-vehicle accident last year, George and his family have received an outpouring of support from people that wanted to share how Scott touched their lives and made a difference. "A gentleman got in touch with me to say that Scott saved his life," recalls George. "The man said he had plans to commit suicide because he felt his problems were too great to continue. Scott talked to him at one of The CoCoBeanOs shows, keeping the conversation going until the early morning hours and encouraged the man to "stick around". Scott had to be to work by 8:00 am the next morning but it didn't matter, what mattered was this man's well being and by doing so Scott saved his life."

Scott's "day job" was working at Charter One Bank in the Cleveland area. While he enjoyed helping clients with loans and investments, his first love was always music. "He loved playing for large crowds. He especially enjoyed the crowd of 100,000 when he played with Start Me Up (Rolling Stones tribute band) in Honduras last year," said George. "Scott sent me a photo of himself with the crowd behind him and said, "Dad, this is the best day of my life." I will never forget how happy he was."

George continues, "Hundreds of people have asked me if The CoCoBeanOs will continue and I tell them "no" because there will never be another version of that band that would compare. Scott was the backbone of that band. It was his personality and smile. It would never be the same."

The CoCoBeanOs played hundreds of shows and managers loved booking them because they not only brought in crowds but because Scott was professional and a pleasure to work with. Linda



Jeske has booked bands at Sawmill Creek Resort (Huron) for 8 years. "I feel Scott was the heart of The CoCoBeanOs. He was super nice, friendly and I just loved him. The last time I saw him he gave me a hug. He was the best musician in this area," said Linda. "It has been difficult to accept his loss. I don't understand how life works sometimes. As a parent, I cannot imagine what his family has gone through. I still have the poster of the band and the paper work when I booked them here. I am going to keep it in my files. Everyone loved when The CoCoBeanOs played. We have a guitar dedicated to Scott hanging on the wall to the entrance of the Black Bear Saloon. I sometimes stop for a few moments to look at it and remember him as such a nice young man."

Scott always wanted to write music and maybe one day have his songs released. "I know Scott had written many songs," said George. "I just can't bring myself to listen to them yet but Bryan (Scott's brother) has and there are at least between 20 to 30 songs. Some of them are complete and others are not but they are the ideas and creativity of what he was working on. There are many bands and many musicians but there is only one Scott. He had an overwhelming spirit and worked hard to put on a show to make people happy. He was doing what he loved."



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

By Grace Sidell

Good news! My book, "Heartbeats and Footprints: A memoir of 30,000 Sunrises", is at the publishers. YEAH! How long it will take to get the books back has not been determined for sure. I have been invited by the libraries in Fremont, Clyde and Bettsville to do book signings with them. So to make sure the books will be back in time for these events, we have set the dates after mid-November. We will be at Birchard Public Library in Fremont on Thursday, November 19th at 10:30 a.m. to noon and return for 6:30 p.m. to 8:00 p.m. Clyde Library has set the date of Monday evening, November 23rd, from 6:30 p.m. to 8:00p.m. Bettsville Library has invited me for Monday, December 7th from 3:00 p.m. to 4:00 p.m.

The books will sell for \$10.00 each, which includes sales tax. I will have a supply with me at the book signings, of course. And I will have them at my home, The Old Garden House. You would be wise to call 419-332-7427 before you come to make sure I'm home.

Also, my book can be bought at Whitey's Diner on East State Street in Fremont any time they are open.

I'm excited about this new adventure in my life, and admittedly, I'm a bit nervous too. You know, back in high school, I must have had the desire to write. I took every English class that was available – even journalism. I was probably the only kid who ever thought that diagraming a thirty word sentence was fun! So you see, deep down in my heart, it seems that writing a book has always been a "someday wish" that was buried under the busyness of the present day needs. Because of you – my readers and friends – and your support

and encouragement, my "someday wish" is a "today's reality". Thank you.

Indian summer at The Old Garden House is so welcome – these precious few warm and sunny days following the first frost of the season. Time to harvest seeds to plant again in the spring, gladiola bulbs and dahlia tubers to dig and store, paint and fix up jobs to finish and a few more times to do nothing but sit on the porch swing before it comes down to be stored away for the winter. I love these days.

Thanksgiving Day will soon be here – a time for giving thanks for our blessings and resting a bit with family and friends before we begin to prepare for Christmas.

Our Christmas Tea will take place on Tuesday, November 24th at 2:00 p.m. At this writing, we have four places remaining. Because of weather concerns, there are no Teas scheduled for December, January or February. We will begin a new season with the Tea at 2:00 on Tuesday March 29th, 2016. Call for reservations. 419-332-7427.

I will look forward to seeing you wherever our paths cross. Let's find the beauty in the sunrises and the invitation to relax in the sunset...Eat a caramel apple on a stick, drink a glass of cider, call a friend to chat and share the message that 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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RSVP is required by Nov. 19th to Maria at 419-547-7746.

**Clyde Gardens Place**  
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# Out to Lunch

By Lynn Urban



Fremont has several bar/restaurant establishments, such as the 818, Time Out, and the Tackle Box, which all serve great food. Lately, a few of the older bars have added full menus with very good food, it's not just a beer and a bag of chips anymore!

Whether you go for lunch, dinner, or even breakfast, food is served all day. With the changing times, and stricter laws, bars have made it necessary to reach a new clientele, and they've done that by adding full meals.

Two places that I've tried are the Pub 400 on Stone St. and Shellukes on East State Street, both have daily specials at reasonable prices..

At the Pub 400, for \$5.00, you get a nice homemade dinner. I've tried a tasty hamburger steak, mashed potatoes and gravy, served with toast. It's one of those meals that a working person would stop in for at lunch to warm them up and keep them going the rest of the day. If you drive by, the specials are listed on the board outside.

At Shellukes, Tuesday is Taco Tuesday, with 2 tacos, rice, beans, chips and salsa for \$5.75, and Thursday is Italian. I've had the homemade lasagna with homemade sauce and it is excellent. It is served with a salad and bread for \$6.00 and is enough for two people.

Both places have a variety of sandwiches served with fries and delicious hand pressed burgers with many toppings, lots of appetizers and the Pub also serves pizza.

Both places have breakfast, and I'm told the biscuits and gravy at the Pub 400 is delicious and you have to get there early before they run out. Shellukes opens at 7:00 a.m. and Pub 400 at 6:00 a.m. Both also have outside seating.

Both are friendly places and welcome new faces.

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# Tackle your Bad Habits using “baby steps”

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

Why is it so difficult to replace bad habits with good ones? Partly, I guess, because ingrained habits are embedded and entrenched over time into our daily activities. We forget we have them until someone brings them up to us. Yes, nothing is stronger and stealthier than habits! Regardless of how many bad habits you have, you must proceed in “baby steps” to effectively deal with them. Mark Twain said that habits can’t be flung out the window, they must be coaxed downstairs, one step at a time.

Do you have so many bad habits that you don’t know which one to tackle first? Take a lesson from Duane. He smoked and drank too much, overate, gossiped, cussed, consumed a high-fat diet, and had a negative attitude about most things. He sought counseling and was turned off by the term “baby steps”, which his counselor often used.

However, Duane soon learned the importance of employing the “baby step” approach when attempting to change his bad habits. It’s a drawn-out, difficult process where he worked diligently on changing one bad habit at a time before moving on to the next one.

In my book “Finding Happiness in America” (Amazon.com books) there is an exercise called “Replace the bad with the good!” which I’d like to share. Find a comfy sofa or chair and relax. Begin thinking about your long-range goals, aspirations and what you’d like your ideal life to be like. Spend some time doing this.

Next, reflect on your present daily routine and customs. Think about things you regularly say and talk about along with the behavioral actions you routinely take. Write these habits down with specificity. Determine which ones facilitate the attainment of your dreams and put a (+) sign by them. Similarly, decide which ones clash with your goals and aspirations and place a (-) sign before them. Keep this list readily available. Now, you can no longer conceal (from yourself) how your current bad habits are imprisoning your future!

You’re now in a position to attack your bad habits cognitively, to undermine your entrenched (-) bad habits by deliberately attending to how your good but often under-utilized (+) habits will empower you to succeed in reaching your dreams. The only difference between losers and winners is the differences in their habits. It takes constant effort to integrate good habits into your daily routine. You may be a slave to bad habits today, but you have the power to become a master over good habits tomorrow. Proceed in “baby steps” by setting short, easily-reachable goals and focus on replacing one bad habit at a time. While harmful behaviors become habitual almost immediately, studies reveal that it takes around 21 days of daily practice before admirable habits become ingrained in us.

Isn’t it strange how good habits erode swiftly and catch hold sluggishly while the opposite is true with bad ones? Fight the omnipresent temptation to say to yourself “One of these days I’ll begin on what I want to accomplish”. As time marches on, “one of these days” may become “none of these days”.

Robert Morton, M.Ed., Ed.S. authored the book “Finding Happiness in America” (Amazon.com) and 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.

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By Kelsey Nevius

For this month's column, I had originally planned to write about the Oak Harbor Apple Festival. And while the festival is reminiscent of the summer fairs that we'll all miss over the winter, the place I went to after the festival was something I am really passionate about. On a whim, my mother and I decided to head to head to one of Sandusky's newer addition of wildlife parks. Creek Bend Farm and Wilson Nature Center are located at 654 South Main Street in Lindsey, and I've got to say that after my visit, it's one of my new favorite places in Sandusky.

I've always enjoyed nature centers and the outdoors, and with the Fall season in full swing, nature it at an especially beautiful point in the year. The Wilson Nature Center, which opened in November of 2014, features an educational classroom, children's activity area, enormous windows for viewing various types of animals, snakes and turtles, and even a very friendly rabbit named Nibbles. The back of the center has a stunning overlook of the Muddy Creek, and numerous trails that run along the 310 acre property. Along with the center, Creek Bend Farm has a house and barn from the 1930's-1950's era that you can experience in a tour. The Roush family, who previously owned the property and house, have also generously donated



a lot of historical items in the house. Some of the most interesting that I saw were height markings from generations of children on the kitchen door frame, a collection of old hand-written recipes, and an old wedding album that housed precious pictures.

The center alone is enough to fill the day up, and the Muddy Creek running along the back perfectly framed by fall-toned trees makes for a wonderful display of what nature is all about. If that isn't enough to draw you in to this picturesque farm, Creek Bend Farm also has an event called "Farm Days", which I went to on October 18th. This festive fall event had free pony rides and games for children, free s'mores and hot dogs, and tours of the house and barn. And this is not the end of their events; there is Black Swamp History, a Senior Stroll, and a 3-Day Moccasin Making Workshop in November, and Christmas Cookie Baking & Treasure Making and a Winter Hike in December.



Creek Bend Farm and the Wilson Nature Center are amazing additions to our Sandusky County Parks. Our parks are so often overlooked and taken for granted that we don't realize we have beautiful places like this to

go and spend some time just taking in the beauty of nature, or spending time at events with our families. Parks like this are a hidden treasure in our county, and I can't imagine missing out on something so amazing and cost-free. I can't wait for more people to experience our parks, especially Creek Bend Farm.

The Wilson Nature Center is open Tuesday through Saturday, 10 a.m. - 5 p.m., and Sunday 1.00 p.m. - 5 p.m.

Several years ago I gave you a recipe for a salad that everyone raved about. I believe my mother made it back in the seventies and all of us continue to make it yearly because it is so good. I even had people stop me in the grocery store to say how much they enjoyed it.

This salad reminds me a lot of the other, except it doesn't call for the sour cream. I am sure you could add an 8 oz. container to jazz it up. The other recipe called for walnuts, but I love pecans. Either way, how simple to make for such a busy holiday... enjoy and Happy Thanksgiving!

## Cranberry Gelatin Salad

**Ingredients**  
 12 servings, 123 cal  
**Preparation** 15 minutes, ready in 8 hours  
 2 (0.3 ounce) packages sugar-free cherry flavored Jell-O® mix  
 2 cups boiling water  
 1 (16 ounce) can jellied cranberry sauce  
 1 (20 ounce) can crushed pineapple, drained  
 1/2 cup chopped pecans

## Directions:

Combine the gelatin and boiling water; stir until gelatin is dissolved. Mix in cranberry sauce and pineapple.

Transfer to glass serving dishes. Sprinkle with chopped nuts. Chill until set and serve

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## Clyde's Winesburg Weekend

**Friday, Nov. 20**  
 Model Train Display  
 Winter Princess Party

**Saturday, Nov. 21**  
 Breakfast with Santa  
 Horse and Trolley Rides  
 Craft Shows  
 Clyde Museum, General McPherson  
 House & Clyde Public Library events  
 Make-It-Take Shop for Kids  
 Santa meets Pet Pals at Santa's House  
 Northern Lights Parade  
 Fireworks

**Sunday, Nov 22**  
 Santa House open  
 Horse and Trolley Rides  
 Model Train Display  
 Super Hero Party

Visit Winesburg Christmas Weekend on Facebook for details on these and other events.

Sponsored by Clyde Business and Professional Association Winesburg Weekend Committee

clydebpa.com



# In Your Own Backyard

**Birchard Library will host The Edmund Fitzgerald:** The Legend Lives On at the main library on November 4 at 7 pm. It will mark the 40th anniversary of the freighter's sinking. The program will be presented by the National Museum of the Great Lakes in honor of Fremont's Ralph Walton, an oiler on the boat. No registration is required. The library is located at 423 Croghan Street, Fremont. For more info call 419.334.7101.

**BRIGHTEN YOUR DAY:** Come to a luncheon and program with Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., on Tuesday, Nov. 10, Luncheon 11 am-12:30 pm, Cost \$12.00 incl. The Feature will be Jeannine Brown, Fremont of "JBrown Designs", Brighten your day with a new quilted purse or backpack. The Speaker will be Tiffany Blevins, Monroe, OH, "Night of Horror". A young man, a mother-to-be, and a successful woman all collide on one fateful night. For luncheon and free child care, please call by Nov. 5, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

**Grateful Hearts...**All year long, Gratitude turns what we have into enough. Our Lady of the Pines Tuesday, Nov. 10, 9-10:30 am, 419-332-6522 or olprc@pinesretreat.org. Sister Wanda Smith RSM--All Are Welcome.

**Sing With Praise and Thanksgiving,** Join with the youth in thanking God for all our blessings, Our Lady of the Pines, Nov. 23, 7-8pm, 419-332-6522 or olprc@pinesretreat.org. Tracey Vas and Youth Choir of Sacred Heart-- All Are Welcome

**"We'll be Home for Christmas",** Winesburg Weekend - Clyde Museum will host their annual Christmas open house Saturday, November 21 from 11am-3pm. Entertainment by David Lester, acoustical guitarist from noon - 2pm. Featured exhibit architectural sketches recently gifted to the museum by local artist Dorothy Cox. Refreshments. The museum is located at 124 W. Buckeye Street across from the post office. No charge.

Donations appreciated. 419.547.7946 or clydeheritageleague@yahoo.com. The McPherson House will be open November 21 from noon-4pm. Share cider over the campfire with the soldiers led by Captain Mike Payden, 1st Ohio Volunteer Light Artillery, Battery H. Enjoy Tracie Henson on hammered dulcimer from 1pm-3pm in the parlor. House will be decorated for the season and costumed guides will be on hand to greet visitors. The McPherson House is located on the corner of Maple Street and US 20 McPherson Highway. No charge. Donations appreciated. 419.547.7946 or clydeheritageleague@yahoo.com.

**Fremont Women of the Moose Fall Craft Show:** November 8th, 10 am-3 pm at the Heights Banquet Hall (American Legion) 2000 Buckland Ave., Fremont. Local vendors showcasing their talents. Lunch will be available. Admission free! Open to Public. Door prizes! For more info, contact Sue Wetzel at 419-332-0470.

**24th Annual Holiday Handcrafts Show:** VFW, 847 W. Maple St., Clyde, Sat., Nov 21st, from 9am to 3pm. Lunch from 11-3, free admission, door prizes, Sponsored by Clyde VFW Ladies Auxiliary.

**Rummage Sale,** St. Paul Lutheran Church, 147 West Forest Street St, Clyde, Friday, November 13 from 9am to 5pm; Saturday, November 14 from 9 am to 12 noon.

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## Campfire News & Notes

Is our society spending too much time with technology? Some alarming statistics from the Nature Conservation said, only six percent of children ages 9-13 play outdoors on their own, and children from the ages 8-18 spend 53 hours a week using entertainment media. Although technology can be great, it has proven to assist with our children being less physically active and less involved outdoors. Camp Fire is here to help! In Camp Fire clubs we promote social skills, responsibility, and decision making skills all while the children have fun and are reunited with nature. Our curriculum meets national standards and children gain hands on experiences they will never forget!



Did you know Camp Fire is open to both boys and girls? Our all-inclusive club meetings have just started and it's not too late to register! Our council clubs are scheduled as follows; Starflight (grades K, 1 & 2) meets the second Monday of each month from 6 pm-7:30 pm and Adventure (grades 3-5) meets the second Sunday of each month from 6 pm-7:30 pm. Contact the office at 419-332-8641 for details on registration!

Camp Fire will be selling poinsettias for the fast approaching holiday season. Poinsettias are available in red, pink, marble and white in a variety of pot sizes. Contact our office to place your order.

Camp Fire receives funding from United Way to assist in our club programs, self reliance courses, preschool classes, team building 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. As United Way continues their 2015 campaign, we thank you for your continual support.

If you would like to stay in touch with the most recent news with Camp Fire please feel free to like us on Facebook. Relax, enjoy and cherish your time with family and friends. Happy Thanksgiving.

### Fremont Country Club



2340 E. State Street  
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[www.fremontcountryclub.com](http://www.fremontcountryclub.com)

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### Veterans Breakfast

**Wednesday,  
November 11th  
9:00 - 10:00 a.m.**

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Fremont, OH**

**Free Community Event  
Breakfast  
Presentation of the Flag**

Call 419-332-0357 for  
more information.



**Valley View  
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## Attila the Hen: Another Chicken Story



Robin Arnold



Gena Husman

We've washed and stored our oriole and hummingbird feeders for another year. Fall bird migration has peaked and other than watching the leaves fall, there's not a lot going on here right now... so, in the interim, we hope you're up for yet another chicken story.

Actually, there IS a lot going on here right now--watching six baby chicks grow is almost a full-time job and it takes two of us to do it... somebody has to play with them and spend quality time with them so they get to know and trust us.

They grow fast! In three and a half weeks' time they outgrew their three-foot plastic tub, the spare bathtub, their outdoor playpen and our laps. At the end of their third week we moved them and their heat lamp from the house to a stock tank in the chicken coop.

And then, just when things seemed to be going well, who would have guessed that timid Leica, the only hen who survived the June massacre, would become "Attila the Hen?" This was an issue we hadn't expected. Instead of enjoying their company when we let them out to play, she chased them and tried to peck them. According to others who have raised chickens, this is normal behavior when introducing chicks into a flock--often older hens will peck at the young ones. Being smart babies, it didn't take them long to catch on and stay clear of her--of course, we also made sure there were ample chick-size hiding places where they could get away. Soon, they'll outgrow the tank and Leica will wake up some morning with the six of them perched on the roost beside her. But for now we only let them out with her during the day under close supervision, and put them to bed in the stock tank at night. Hopefully her behavior will improve....

When we finally decided to raise a few chicks for companions for the ungrateful Leica we spent a lot of time reading about the different breeds and their characteristics. The six little chicks we brought home were carefully selected because we wanted hens that were not only cold hardy but also able to tolerate heat. We chose breeds that were listed as friendly, curious, calm, docile and preferably NOT fliers. Knowing that these would probably be the last babies we would raise, we picked a couple of unusual breeds in addition to two-time tested and reliable breeds. . So far, it appears we made some good choices.

We've spent a lot of time sitting on the floor in the coop playing with them and getting to know each one. We included Leica, too, whenever she wasn't being a crab. It's a good way to relax after a busy day--sort of soothing, like watching fish swimming around in a fish tank. From six little feather balls, six different personalities have begun to emerge. And now, they all have names.

"Harriet" is a gentle golden-laced Wyandotte with soft black feathers edged in gold. She loves to climb up on our laps, fluff out her feathers and close her eyes. "Susie" is a black and white barred rock with bright inquisitive eyes and a sweet disposition who cocks her head at us and gives us the once-over before she climbs up and sits on our legs.

"Maggie" and "Amelia (Earhart)" are the two blue Ameracaunas. Maggie is a true-blue Ameracauna covered with blue-gray feathers. She loves to get up on everything. She was the first to flap up on the roosting poles, and the first to fly up and look in the nesting boxes. She is a little monster who seems to delight in getting up on your shoulder and leaning around so she can shove her face right in your face and peck your nose or your lip. "Amelia (Earhart)" is the original aviatrix of the group. She was already flying around their tub when she was two days old. She's quite adept at flying circles around Leica whenever she gets a little too close. Although she's also a blue Ameracauna, her coloring is white-blond with splashes of gray-blue. She loves to climb up and sit on our shoulders and go to sleep.



"Cuddles" and "Debi" are Barnevelders, a breed of chickens that originated in Holland. Both are rich dark brown and mahogany with orange and tan spots on their wings. Shy little Cuddles is the

smallest of the whole flock and likes to climb up on our laps and push her way in between everybody else so she can get cozy and warm. Debi likes to climb up on our laps and snuggle in the bend of our arms. She also likes to climb up on our shoulders. She sat on my shoulder one day and had an accident that went down inside the collar of my shirt. I had to hose my shirt and jacket off before I could put them in the washer. I still love her anyway.

By the time you read this, our six new chicks will be seven or eight weeks old. Hopefully by then Attila the Hen will start to accept them as the friends they were meant to be and willingly share her home and her treats with them.

Have a happy and safe Thanksgiving!

Check out Robin's website and blog at [www.duckmarsh-studio.com](http://www.duckmarsh-studio.com). There you will find her blog, a link to her photos, and a link to her etsy store.

The ladies of First Presbyterian Church invite you to

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# Calendar of Events

November 2015 – Sandusky County

**Nov. 1, 8, & 15:** 3-Day Moccasin Making Workshop, Creek Bend Farm: Wilson Nature Center, 720 S Main St, Lindsey, 1-5pm. With instruction, participants will cut and sew their own moccasins, Moccasins will have a moose-hide sole and a deer-hide upper side. All materials provided. Materials fee: \$50. For full program descriptions or to register [www.lovemyparks.com](http://www.lovemyparks.com) or 419-334-4495.

**Nov. 7:** Internet Genealogy II Class 9:30-11:30am, Hayes Presidential Center. \$10/Adult, \$5/Student through High School. Pre-registration is required. 419-332-2081 or visit [www.rbhayes.org](http://www.rbhayes.org).

**Nov. 7: 8-9:30am,** Bird Banding at the Feeders, Cost: Free, Creek Bend Farm: Wilson Nature Center. To register: [www.lovemyparks.com](http://www.lovemyparks.com) or 419-334-4495.

**Nov. 7:** Pemberville Opera House Concert Series; Pickin' Roots. 115 Main St., Pemberville. Beeker's General Store for \$12 each or you may purchase the entire season for only \$90. For info [www.pembervilleoperahouse.org](http://www.pembervilleoperahouse.org) or call Carol at 419-287-4848.

**Nov. 8;** Hike and Bike, Castalia Quarry, 8404 Sandusky/Clyde Rd, Castalia, 2-4pm. Hike and/or bike around the Castalia Quarry – a vast, rocky, open space. Enjoy the jeep and single track trails; surrounded by beautiful scenery, congregating for pizza after event. Contact: 419-332-4481 [www.flatlanders.info](http://www.flatlanders.info).

**Nov. 14:** Second Saturday R 4 Kids, 11am-2pm, Hayes Presidential Center. A hands-on educational series designed for children and parent/adult companions. Each session may include speakers, special guests, and a make-it-take-it craft. Call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**Nov. 14:** All you can eat Pancake Breakfast – Girton Church of God, 2112 S. C.R. 32(Corner of C.R.32 & C.R.21). 7-11AM Cost: \$5.00.

**Nov: 14:** 12th Annual Whiskers 'n Whine Gala for the Humane Society, 6-9pm at the Fremont American Legion. Tickets \$35 at the shelter, \$40 at the door. Call (419) 334-4517 for more info.

**Nov. 16:** 5-6pm Puddle Jumpers: Terrific Turkeys, White Star Park, Barn/ Log Cabin Area. For ages 2 to 5 years with adult companion. Free. Minimum number of people: 4 Max: 5. 18 Openings. Registration closes Nov. 15th. (419) 334-4495

**Nov. 16:** 5pm-6pm Tree Huggers: Turkey Talk, White Star Park, Barn/Log Cabin Area. For ages 6-10 years old. Guaranteed to increase your vocabulary and surprise you about turkey intelligence. Dress to be outside. Free. Maximum number of people: 25; Minimum 5. Registration closes Nov.15th. (419) 334-4495

**Nov. 20:** Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historical Jail, 622

Croghan St, Fremont. Explore the age old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure. Cost: \$25/pp. Must pre-register for this event by calling 419-332-4470.

**Nov. 20-22:** Clyde's Winesburg Weekend, Downtown Clyde at the Train Depot, FREE.

**Nov. 21:** Northern Lights Christmas Parade, Downtown Clyde, 6pm.

**Nov. 24:** Make your own Table runner 6pm-7pm: White Star Barn/Log Cabin Area. Bring your old used Christmas cards and scissors. Learn how to create your own holiday table runner in the coziness of the cabin. Dress in layers as the cabin can be cool. Registration required. Ages 6-12 with adults. 11 openings. Registration closes Nov. 23rd. For off-line registration, call (419) 334-4495.

**Nov. 25:** A Closer Look: Great Black Swamp History, White Star Park, Barn/Log Cabin Area, 4:30pm-6:30pm. Free. 15 openings. Registration closes Nov. 24th. For off-line registration, call (419) 334-4495.

**Nov. 27- January 3, 2016:** Hayes Train Special Exhibit, 9am-5pm, Tues.-Friday, Noon-5pm. Sunday & Holidays (Closed Mondays, Christmas & New Year's Day).

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**Nov. 28:** Senior Stroll, Wolf Creek Park- Campground, South Entrance. 8-9am. For seniors who want a little bit of exercise and a little bit of nature, join us as we walk the trails, learning as we go. Age Range: Seniors (50+) 25 openings. Registration closes Nov. 27th. Call (419) 334-4495 or [www.lovemyparks.com](http://www.lovemyparks.com).

**Nov. 28 & 29:** Pemberville's Christmas in the Village. Saturday 10-5pm and Sunday noon-5pm. Festival of Trees, Santa's House/Tours, Holiday Open Houses, Strolling Musicians, Holiday Bake Shoppe, Lighted Window Displays.

**Nov. 29:** Pemberville's Lighted Christmas Parade, FREE. Downtown Pemberville (along Front Street). 6:30pm.

**Nov. 30:** Christmas at the Cabin, White Star Park- Barn/ Log Cabin Area. 6pm-8pm. Celebrate the season in our 1874 log cabin. Experience a 1800s style Christmas dinner, learn the history of Christmas, and make your own ornament to take home. For ages 10 and up. \$17/person. Registration available online. 12 openings. Registration closes Nov. 21st. For full program descriptions or to register [www.lovemyparks.com](http://www.lovemyparks.com) or call 419-334-4495.

8080 Main Street,  
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Sat 8am-5pm  
Sun 10am-4pm

**OLD FORT COUNTRY MARKET**

**Christmas Open House**  
December 5th, 9am-1pm  
Stop in a taste some our familiar favorites and new goodies for the holidays. Orders will be taken for your holiday party needs, with lots of fun had by all.

**Children's Cupcake Decorating**  
December 12 - 10:00 am  
Decorate snowman cupcakes for \$5.  
All supplies will be furnished.  
Please call 419-992-4666 to sign up.

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- Provides a propane tank refill for 3 Sandusky County families in financial crisis.
- Finances canoeing and swimming opportunities for 100

**\$20** per week  
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- Finances two complete courses of Alcohol/Drug treatment for two Sandusky County residents.
- Assures that 96 nutritious meals are delivered to homebound seniors living in Sandusky County.

United Way of  
Sandusky County



October 5, 2015

Dear United Way Supporter:

The United Way of Sandusky County has been "helping you help your neighbors" in Sandusky County for 85 years. This continuous community support is necessary to fund more than 27 programs that impact the lives of all generations with a variety of needs. Your financial donation is critical in assisting a widely diverse group of programs in our local community.



Through our United Way funded programs, Sandusky County residents are able to gain assistance with important and even challenging issues. The United Way of Sandusky County's Community Impact Agenda focuses on supporting programs which provide services in the areas of Safety and Basic Needs, Health, and Education. With this commitment and your financial support, more than 1,000 requests for basic needs were met, emergency shelter offered to 150 families, support for 117 cancer patients provided, and more than 500 youth and disabled citizens received educational and recreational services last year.

We believe in the United Way mission and process to "mobilize the caring power of communities", and encourage you to do the same. So many valuable programs and lives are touched by the local funding generated by this annual campaign. We ask you today to join the United Way of Sandusky County's 2015 campaign to support your neighbors and community. Together we can reach our local goal of \$750,000.00

Your tax deductible donation to the United Way of Sandusky County will ensure that our local programs are able to continue providing very critical services, meeting the needs of many Sandusky County residents in 2016.

Thank you for supporting our local United Way efforts!

*Ryan & Sarah Zimmerman*

Ryan and Sarah Zimmerman,  
2015 United Way Campaign Co-Chairs

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**Q:** I have two cockatiels. Sugar we found on the roadside. She's about 5 years old and rather skittish. After a couple of months, I thought she could use a companion, so we got Sweetie, also a female. The pair quickly bonded. Sugar has become more tame, but Sweetie more wild. In the past year, I've noticed Sugar seems to want to mate. She postures and makes all sorts of noise. Sweetie seems indifferent, though. Is there something I can do? - E.L.

**A:** "Sometimes, a female may take the role of the male," says Dr. Peter Sakas, a veterinarian in Niles, IL, with a special interest in birds. "Sometimes, two females can both be laying eggs, despite no presence of a male. The hormones get stimulated while they're in their hormonal cycle, the ovary develops follicles, the oviduct enlarges and eggs can develop. So fertilization does not need to occur for that to happen."

Isn't nature wonderful? But now what? "Increase the birds' time in darkness to 16 hours daily for two weeks, avoid too much stimulation from affectionate owners, and remove stimulating toys or objects," Sakas suggests. "Also, remove areas (in the cage) where a bird might nest. And rearrange the cage furnishings to throw the birds off a bit.

If little changes, another option is hormonal control measures (hormone injections)."

**Q:** How do you catch a feral cat? I've tried leaving tuna and cat food inside a cat carrier to attract a neighborhood stray. The idea is to trap the cat, have him/her spayed or neutered and vaccinated for rabies, then release him again (a process called trap, neuter, return, or TNR). But I can't do that when the cat is smarter than I am. Any advice? - J.C.

**A:** Tree House Humane Society in Chicago has been a national TNR frontrunner for many years, assisting other animal welfare agencies and TNR groups. Jenny Schlueter, director of the Tree House program, says, "First, speak to your neighbors. It might be they're offering so much food to the cat that it isn't enticed (to your carrier)."

Next, leave a humane trap (rather than a standard carrier) out with food inside, offering a meal at the same time daily for several days in a row, Schlueter suggests. While you're baiting the trap, at first, don't set the trap. Even open the "back door." Just get the cat comfortable receiving a meal inside the trap. After about a week, and once you've consistently seen the food disappear and are fairly certain the cat (not another critter) is taking it, set the trap, Schlueter explains.

You can buy a humane trap, or try borrowing one from an animal shelter or the office of animal control in your community. "Good for you for doing the right thing," Schlueter adds, and I concur,

**Q:** My daughter's Cavalier King Charles Spaniel is calm and easy to walk - until we encounter another dog. Then he goes berserk, jumping and barking. We've tried spraying him with water and vinegar, and have used a shock collar. No luck. Any advice? - J.A.

**A:** "Obviously, this dog is reactive to other dogs," says certified dog behavior consultant dog trainer Sarah Hodgson. "Right now, the cortisol level (hormonal response to stress) increases when your dog sees another dog. Add to that being sprayed, or worse, shocked, and the level (of cortisol) goes up even more. In other words, your best intentions are making matters worse."

Hodgson, Westchester, NY-based author of "Puppies for Dummies" (Wiley Publishing Inc., New York, NY, 2006; \$19.99), suggests you seek hands-on help from a veterinary behaviorist ([www.dacvb.org](http://www.dacvb.org)) or certified dog behavior consultant ([www.iaabc.org](http://www.iaabc.org)) who can demonstrate how to desensitize and counter-condition your pup using food or a

toy. Over time, this system will decrease the dog's cortisol levels.

"It (positive reinforcement) can work like a charm," Hodgson says.

When walking your dog, stay (as best you can) just beyond the point where he gets upset around other dogs, maybe a block away or perhaps half a block. Simultaneously, distract your dog with whatever he prefers, such as treats or toys. Gradually, decrease his distance from other dogs. In addition to calming your pet, this process also teaches him to pay more attention to you than to other dogs, and encourages him to associate treats or toys with seeing other dogs. A professional could offer more advice on how to actually accomplish this.

(Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY, 14207. Send e-mail to [PETWORLD@STEVE DALE.TV](mailto:PETWORLD@STEVE DALE.TV). Include your name, city and state.)

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# Digesting the Holiday Meals

By Dr. Paul Silcox

Being able to enjoy a holiday meal is not always about what you eat. But about how your body can handle what you eat. Over 60 million Americans have digestion issues that cause massive intake of TUMS, Roloids, Mylanta, and Prilosec. Here are 6 habits to keep in mind that support digestive health that will make it easier to enjoy those holiday meals with your family.

1. Chew your food **THOROUGHLY**. Digestion begins in the mouth by breaking down the food for smoother digestion.
2. Handle Stress. Stress causes less blood flow to the gut and digestion to slow down. Take time to relax. Breathe deep, lessen the stress and be happy!
3. Get some regular exercise that support intestinal muscles and helps digestion function.
4. Stay hydrated. Drinking water supports regularity and the health of the digestive system.
5. Eat more fiber. Dietary guidelines recommend 25-35 grams of fiber a day. Fiber keeps food moving through the intestines, and also helps lower blood sugar and cholesterol.
6. Take supplements to assist in digestion. Gas, bloating, burning sensations after eating, are all indications of improper or incomplete digestion. It is NOT always an indication of too much acid in the stomach as we are taught on television. As we age, our bodies often have LESS enzymes and acid needed to digest our food that can make us miserable.

Remember, we are what we eat. We don't have to eat perfectly. But we do have to eat **BETTER** quality and usually, **LESS** quantity, and give our body what it needs to process the food more thoroughly to produce more intake of nutritional value. It's not as hard as you think. There is **HOPE**.

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## OPEN HOUSE

"Three Artisans" Art Glass Open House & Sale,  
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from 10 am-4pm. 1500 Tiffin Road, house behind  
the First United Church of Christ near the Ballville  
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# The Bellevue Hospital Welcomes Dr. Nathan Fogt

**Nathan Fogt, D.O.** has joined the staff of The Bellevue Hospital as an orthopedic surgeon. He is Board Certified in Orthopedic Surgery and for the past 13 years worked for Mercy Clinic in Defiance, OH, where he was team physician for Defiance College and five area high schools and was past Hospital Chief of Staff. He is a retired U.S. Army Colonel, serving time in Afghanistan, Operation Iraqi Freedom, and Operation Desert Storm with U.S. Army Medical Services. He and his wife are parents of five children and have three grandchildren. His hobbies include travel, hiking, and music.

## Education:

Bachelor of Science in Engineering, United States Military Academy, West Point, NY

Doctor of Osteopathic Medicine, Ohio University College of Osteopathic Medicine, Athens, OH

## Internship & Residency:

General Orthopedic Residency and Chief Resident, St. Vincent Medical Center, Toledo, OH

## Certifications:

American Osteopathic Academy of Orthopedic Surgery

American Osteopathic Association

## **Nathan Fogt, D.O.** *Board Certified Orthopedic Surgeon*

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

