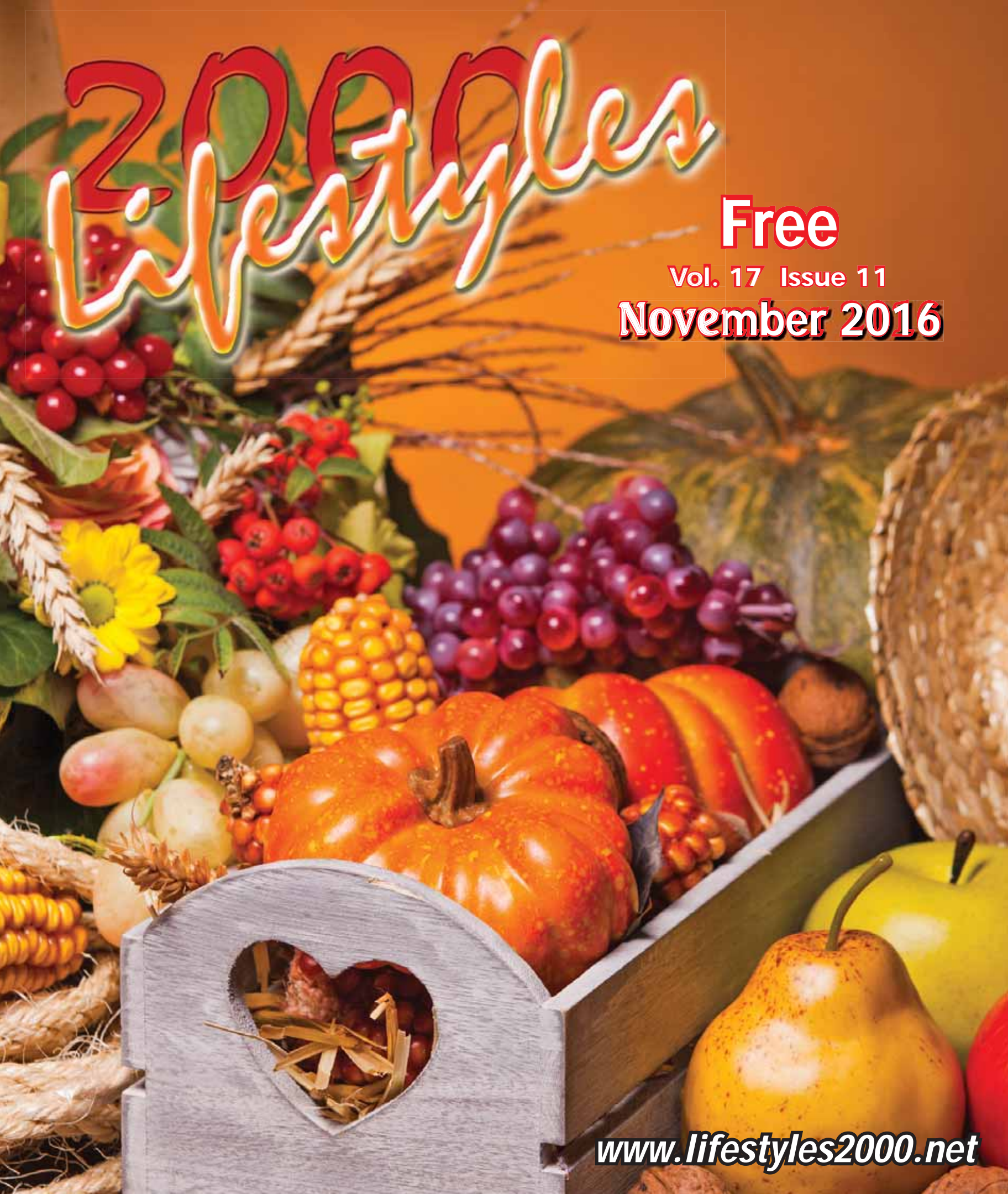


2000 lifestyles

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Vol. 17 Issue 11

November 2016



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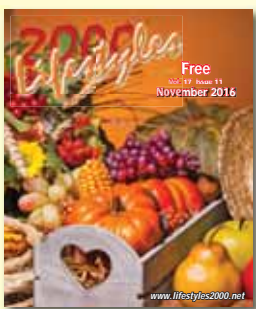
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*Lifestyles is available at local Subways in Fremont & Clyde,
Denny's and Frisch's and two new locations! Let's Eat at Byron's and
DJ's Coffee & Ice Cream*

Campfire News & Notes

Autumn is upon us and it is not too late to join Camp Fire. Now is a great time to become acquainted with us and become a youth or adult member, as most clubs are now beginning activities for the school year. Clubs are open to both boys and girls! If you had fun during summer camps, why not become part of our club programs?

Camp Fire offers program lessons that help youth deal with today's situations and problems. Our programs help youth make better choices, how to deal with peer pressure and what to do in situations such as bullying. Our focus is on preparing youth to become confident adults and future leaders in a pleasurable and age appropriate format.

Camp Fire gives youth the opportunity to develop lifelong friendships and encounter adult mentorship. Camp Fire offers children the chance to experience the outdoors and nature. We encourage children to learn more about the world around them and themselves. So, if you're looking for a positive experience for your child or yourself, you certainly want to investigate all the assets of Camp Fire.

Looking for something fun and cost friendly for the family to do? Why not come join us at a family fun night?. The night of fun will be November 15th . The cost is \$15.00 per family which includes pizza and punch.

We will be having two camps in December. Come have some Christmas fun. Camps will be Saturday, Dec.10th and Saturday Dec. 17th both will be 9:00-4:30.

We would like to thank everyone that supported us by purchasing mums. An additional thank you to all those that participated in Bingo at the Clyde Country Fair. Don't forget to support United Way of Sandusky County as they started their annual campaign last month.

Do you need a place to rent for a company or family holiday party! For available dates, room sizes, fees, and general information give us a call. In addition, for program information or questions about Camp Fire, please phone: 419-332-8641.



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

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

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

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

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

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Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

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30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Holiday Season!

Looking over this issue I was surprised at all the great events going on in November. The Clyde Winesburg Festival is a wonderful way to bring in the season. Packer Creek's Holiday Open House is in November, as well as numerous craft shows, many advertised throughout this issue. Kelsey Nevius column is all about her visit to Haslinger Orchards and wandering the trails around Gibsonburg.

Then not to mention the delicious recipe columns we have this month, including how to make the best chicken wings ever by Wolfgang Puck, and I shared my old favorite cranberry salad recipe my mother used to make.

Don't forget to look at the fall fundraisers, especially the Humane Society's 13th Annual Whiskers and Whine. I love this event and hope to see you this year.

Happy Thanksgiving to all of you!

Joanne



There were only around one hundred correct answers for October, the correct ad was Drown's Farm Market.

Find Pete Winners

Winners are: LaDonna Weisenberger, Mike Todd, Bellevue; Mariann Hovis, Risingsun; Tom Wadsworth, Rozella Foos, MiMi Risner, Cassie Molyet, Emma Schultz, Blake Reiter, Christopher Franks, Fremont; Ann Foos, Helena; Virginia Oglesbee, Port Clinton; Ashley Pugh, Burgoon; Dave Gooding, Tammy Taylor, Clyde; Glenda Gray, Vickery; Mary Moomam, Attica; Stephan Hartenstein, Tiffin; Hailey Ayres, Connie Rounds, Oak Harbor. Congrats!

Find Pete Prizes

Prizes are from Dairy Queen, Jenesis Salon, Byrons Barbeque, 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, 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.

Out to Lunch

By Joanne McDowell



Bone Boys BBQ

Some friends and I I got together the other night to try a new restaurant on Main Street in Bellevue called Bone Boys BBQ. It just opened this year and already is very popular. I thought parking would be a problem, but you can park around back and come in the back door. Its rustic charm lends to a comfortable dining experience. You place your food order at the counter then pick it up in minutes, for take out, or to eat in. The same goes for the bar in the back corner, which by the way has sixty-five different craft beers, a wine list and a bourbon bar.

The assortment of Pork, Ribs, Brisket, Chicken and Turkey are Smoked in House, and the four sauces ranging from sweet to extra hot are all homemade.

I had the 1/2 chicken dinner with baked beans and broccoli salad as my two out of a choice of eleven salads and sides, and a corn muffin, for \$8.99. The rest of our table had brisket, pulled pork, and ribs, all very tender and finger licking good. The baked mac and cheese was excellent, and the sweet potatoes were delicious. If

you don't want a full meal or sandwich, try the couch potato, a huge baked potato filled with pulled pork or brisket, cheddar cheese, and a side of sour cream, for \$7.99.

None of us had the smoked chicken wings, but if they're like the rest of the food, they've got to be good.

We had to end our meal by sharing a piece of their signature carmel bourbon pecan cake with a rich and creamy cream cheese frosting. That was over the top. There is no way I could eat the whole thing!

One thing mentioned on the menu is that they smoke enough BBQ daily to keep it fresh and the best quality, so when they're out of certain things, they're out, so my suggestion is to get there early.

I can't wait until I get a flower delivery in Bellevue so I can order out lunch here.

Check out their Face Book site for specials . <https://www.facebook.com/BoneBoysBBQ/>

Winesburg Christmas Weekend



Friday, Nov. 18

4 to 6 p.m.
6 p.m.
6:30 p.m.
8:00 p.m.

Model Train Display Opens at Clyde Masonic Lodge
Mayor lights Tree
Parade Kicks Off
Fireworks in downtown

Saturday, Nov. 19

9 a.m. to 5 p.m.
9 to 11 a.m.

Petting Zoo at Doebel's Flowers
Santa Breakfast at Main St. Café
Reservations required:
Model Train Display at Masons
Horse & Trolley on Railroad St.
Crafts with Elves in City Building
Noahs Ark Stuff Animal Workshop for kids (Reservation)

Sunday, Nov. 20

11 a.m. to 3 p.m.
Noon to 4 p.m.

Model Train & Barney the Clown at Masonic Lodge
Horse & Trolley on Railroad St.
Petting Zoo At Doebels
Santa with Pet photos
Super Hero Party (Reservation)
Princess Party (Reservation)
Community Holiday Service at First UMC

Full schedule and details @ Winesburg Christmas Weekend on Facebook

Mayo Clinic

Symptoms of chronic sinusitis often resemble a cold, but last for months

DEAR MAYO CLINIC: I've had an awful cold for months. My doctor recommends that I be tested for chronic sinusitis. What would that involve? How is chronic sinusitis treated?

ANSWER: Sinusitis is inflammation of the sinuses, which are the air-containing pockets in the skull and facial bones around your nose. Chronic sinusitis develops when inflammation lasts for more than 12 weeks. Testing involves a visit to an ear, nose and throat, or ENT, doctor who will examine your sinuses.

Most chronic sinusitis can be managed with medical therapy. However, if your symptoms or the inflammation do not respond to medical therapy, surgery may be necessary. The goal of treatment is to restore sinus health and function.

Symptoms of chronic sinusitis often resemble a cold. A cold is usually caused by a viral infection and accompanied by a runny or stuffed-up nose, sneezing, sore throat, watery eyes and a fever. This kind of acute viral sinusitis usually lasts seven to 10 days.

In rare instances, you may get a bacterial infection as a result of a cold, triggering acute bacterial sinusitis. If that happens, cold symptoms get worse after seven to 10 days. You also may have yellow or green nasal drainage, pain in your face or teeth, and a fever. Acute sinusitis lasts up to four weeks. When symptoms persist for more than 12 weeks, you may have chronic sinusitis. But some cases of chronic sinusitis can develop subtly, without a preceding viral infection.

In chronic sinusitis, the lining of sinus cavities, called mucosa, becomes inflamed and swollen. Chronic sinusitis symptoms usually do not include fever. You may have thick, discolored nasal discharge, often green or yellow, along with nasal congestion. You may feel dull pain or pressure in your cheeks, eyes, forehead or the back of your head. Your sense of smell and taste may be reduced. Sometimes, when the inflammation is very bad, polyps may form in the nose. Polyps occupy the nasal passageways and can cause problems with nasal breathing, drainage and sense of smell.

During an ENT evaluation for chronic sinusitis, your doctor will perform a camera examination called nasal endoscopy. For this exam, a thin tube called an endoscope that has a tiny light and camera at the end is inserted through your nose and into your sinuses. In some cases, a CT scan also may be used to evaluate the sinuses.

If you have chronic sinusitis, medical treatment is usually tried first to reduce the inflammation. Your doctor may recommend medications such as antibiotics, nasal or oral steroids, or a nasal saline rinse.

If medication is not enough to relieve symptoms or control inflammation, you may need sinus surgery. The surgery, known as endoscopic sinus surgery, involves widening the openings of the sinuses to allow for improved drainage and ventilation. It usually is performed entirely through the nose using an endoscope. It should not result in any external bruising or swelling. Typically it is not a very painful procedure, although you may feel tired and congested afterward.

Many surgeons no longer use nasal packing after this surgery, making recovery much more comfortable than it used to be. A procedure called debridement typically is performed a few days after surgery to clean the nasal and sinus passageways. People often notice a large improvement in symptoms after that, and most are able to resume their normal activities at that time.

In most cases, sinus surgery improves symptoms significantly. But even after surgery, many people with chronic sinusitis still require ongoing treatment, such as occasional use of nasal steroids and a nasal rinse to maintain good sinus health.

If you have nasal polyps or if your chronic sinusitis is complicated by other respiratory problems, such as asthma or bronchitis, it's best to have your condition evaluated by a rhinologist - an ENT surgeon that specializes in sinus and nasal disorders. - Devyani Lal, M.D., Otorhinolaryngology, Mayo Clinic, Scottsdale, Ariz.

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

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A Trilogy Health Services Community

Camron's Story

Camron, a twenty-eight year old lady, and her three children came to the Liberty Center after they were evicted from their apartment in Fremont. Camron had lost her job when work slowed down. She was not able to find another job right away, got behind on her rent, and was evicted. Shortly before moving into the Liberty Center, Camron secured a part time job as a home health aide. She had worked in that field before and really enjoyed working with the clients. About a week later she was able to acquire another part time job at a local non-profit organization. Between the two jobs she was working 40 to 50 hours per week.

Camron's children were all in school. She had two boys, Joe age 10, and Ricky age seven as well as one girl, Celia who was six years old. All of the children went to day care at the YMCA in the morning and were picked up by the school bus and transported to school. In the evening they went back to the YMCA where Camron picked them up after work. Joe played football and had practice most evenings after school. Camron got off work just in time to pick him up from practice and then swing by and pick up Ricky and Celia. They would return to the shelter for dinner and then an evening of homework and getting ready for the next day.

Camron applied for many income based apartments. The waiting list was long but she was finally approved at a local income based apartment complex for a four bedroom apartment. Camron had many of her belongings in a storage unit but did need a few



things. Destiny's Attic was able to help her with beds and a few other furniture items. At Share and Care, Camron found some bedding, towels, wash cloths, dish cloths, lamp, and a night stand. Camron and her children moved into their new apartment on December 30th and celebrated the New Year in their new home.

Camron's family is just one of the many families who have met with unexpected circumstances which caused their homelessness. Since opening the Liberty Center has served over 2890 people with 1235 of them being children.

The Liberty Center provides up to 60 days of safe shelter, case management, domestic violence advocacy, life skills classes, nutritious meals, laundry facility, and referrals. The shelter strives to provide an environment for its residents that is encouraging and empowering. Case management is provided to each resident, assisting them to become self-sufficient by helping them to form a plan of action, with job and housing searches, and referrals to other appropriate services and agencies.

For additional information about our services, volunteer opportunities, or donations please contact The Liberty Center, 1421 E. State St., Fremont OH 43420, or call (419) 332-8777.



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

The name of this column will be blooming all over the place next summer! During the fall Pass-Along-Plant-Day here many plant sharers harvested seeds to plant in their own gardens. I advised them to remember the plants grow tall and broad. They look best if planted where they can hang over a path to create a "walk under" look or shade a garden bench and give a "nook look" to the area. Many people came and brought lots of perennials and seeds to share. They also took many seeds from my Four O'clock, Laura Bush reseeding Petunias, Cosmos, Hibiscus and Marigolds. The spring Pass-Along-Plant day is set for the 2nd Sunday of April-the 9th from 1 to 3 p.m. When you get your 2017 calendar, mark the date and join us in the yard-no cost, just sharing.

All of my readers know that I love to celebrate everything-not just birthdays, holidays and ordinary things like that. So, you won't be surprised to learn that I've been watching the mileage odometer on my little read 1992 Toyota Celica Convertible as it edges its way to the 200,000-mile marker. I've had it since 1994, 32,000 miles on it then, and now, twenty-two years later it reads 199,460. 540 more to go, yeah!

I'll admit I don't wash it as often as it deserves-nor do I vacuum it as often as I should---as evidenced by the Fremont Community Theatre program dated Oct. 2013 that I just pulled out from under the front seat! But, I do not neglect the maintenance and that is the most important thing. Interesting-during these 199,460 miles, I have replaced worn out ignition key sets twice. That means lots of starts for a whole lot of short trips back and forth to the Camp Fire Complex, school runs to take the kids to sports practices or games, our every Sunday church runs, zillions of grocery store trips for our big family and now for The Old Garden House lunch or dinner guests, trips to the Hayes Presidential Center to serve as a House Guide. Those miles also include many trips to visit with my grown-up children, their spouses and my grand and great-grand kids.

I love my car, but I hope it never learns to talk! I've shared my innermost, thoughts secrets and frustrations with it. I've talked my way to important decisions while it listened and said nothing-just responded to my driving commands. It has seen my excitement over good doctor office reports or the birth of new grandchildren. It has tolerated my singing-a bit off key-

when I just couldn't stop the tears that ran down my cheeks at the loss of loved ones. So now you know why I need to celebrate when we have gone 200,000 miles together. Guess I'll take it to the car wash, then bring it home and vacuum it, even under the eats and inside the trunk! Then I'll buy it a "Celebration Gift"-a new set of front seat covers then together we'll go to work on the next 200,000 miles. Remember to vote on election day---be thankful as you celebrate on Thanksgiving Day---Come to tea at Two at The Old Garden House Tuesday the 29th and share the news with your car that LIFE IS GOOD and even better together.

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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Willie

We thought we were done saving birds after Robin caught Ripley, the little yellow parakeet that was hanging around our bird feeder. But, that was not to be....

Barely a week after we adopted Ripley, one of Robin's Facebook friends sent her a photo of a strange looking rooster that suddenly showed up at a condominium development in Port Clinton. She got a second FB message from another friend who had talked with the kind lady from one of the condo units who was leaving food and water out so the poor rooster would have something to eat and drink. She couldn't keep him and was afraid he would get hurt; besides, she was concerned that one of the other residents would complain about him. She wanted to find him a nice home. Robin's friend thought of us and gave Robin her contact information.

We talked it over and decided we had room for one more chicken--if we could catch him. So, we contacted the lady and set up a time to come up and see what we could do.

The remainder of this story is an excerpt from Robin's blog--since she's the one who finally managed to get her arms around Willie....

"Less than two weeks after we saved Ripley, the parakeet, I began hearing about a rooster who was hanging around a condo area on the edge of Lake Erie, a few miles from our home. We had a rooster years ago and he was a holy terror so I didn't pay a lot of attention to the FB posts I was seeing until a friend finally sent me a private message and asked if we would be interested. Against my better judgment, I decided to check it out. He was a Polish rooster and that reminded me of a Polish hen my grandfather once had named Susie. Susie followed me everywhere-- including the inside of the rowboat. This made me weak and my resolve faded away. So off we went on a Tuesday morning to see if we could catch him.

Sarah, the kind lady who had been feeding him, led the way and we found him behind a long string of condo garages. The three of us gave it our best shot but he was way too quick for our aging bodies. We left disheartened and I figured Sarah would give the guy who had 75 hens the next shot at him. Apparently, she felt we would give him a home where he would be the star because she called a couple days later. A neighbor had loaned her a fishing net and she wanted us to try again. I told her we would come up in the evening after I got home from work. I wasn't too keen on the net but I had a hunch if I could find where he was roosting I might be able to grab him. To make a long story short, the accompanying drawing is an accurate depiction of the event.



Willie--Sarah had named him--was sitting on a railing by the back door of a realty office. I waited 45 minutes until I thought it was dark enough and then started inching my way along the building and up the steps of the stoop until I was directly behind him. It took me 30 minutes to get there and my poor muscles ached and I was ready to pass out from the fear that I was going to mess this up big time. I finally worked up the nerve to go for it and shot my hands out towards the goofy-looking rooster and grabbed him from behind. I got a good grip on him, and thankfully, I managed to stay away from his spurs. Naturally, Willie was terrified and let out the most horrible scream I have ever heard in my 60 years. It was so awful that I'm sure some of the tourists who were filtering back in for the weekend will leave and never come back.

We hurriedly put the little guy into a large pet carrier and took him home. The next morning the hens woke up with Willie crowing in the carrier, which we had placed on the floor of the coop. We kept Willie separated from the hens for the rest of the day so they could get used to the new resident and Willie could get used to his new digs. Toward dusk we let him out of the enclosed area so he could meet the hens and hopefully roost with them that night. There were a couple of minor scuffles but nothing serious and Willie happily roosted with the girls.

As I write this, almost a week later, Willie and the hens are getting along great and our rooster phobia is disappearing. Willie is nothing like our last rooster and is turning out to be one of those sweet roosters I've heard about but was convinced didn't exist.

Listen...he just crowed! Love to hear that!"

Have a safe and happy Thanksgiving!



Kurt D.
Harrison, D.O.



Stanley Carr, M.D.



Stephanie Breault,
NP-C.

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Calendar of Events

November 2016 - Sandusky County

All month - Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Library.

5- Volunteers in the Parks: Creek Bend Farm Bird Banding, Creek Bend Farm, 720 South Main Street, Lindsey. 8am to noon. Free, meet in the parking lot at Creek Bend Farm. Register at 419-334-4495.

5- 28th Annual Sacred Heart Holiday Craft Show, Sacred Heart School, 550 Smith Road, Fremont. 9 a.m.-3 p.m. Cost: \$2.00. Homemade food served all day!

6 - Puddle Jumpers: Leaf It to Me, North Coast Inland Trail, Wendelle Miller Park, 240 S. Main Street, SR 590, Lindsey. 2-3 p.m. Free. Designed for children 2-5 years of age and their adult companion. Call 419-334-4495 to register.

6 - Tree Huggers: Leaf Hunt, North Coast Inland Trail, Wendelle Miller Park, 240 South Main Street, Lindsey. 2-3pm, free, ages 6-12. Call 419-334-4495 to register.

11 - Veterans Day, Rutherford B. Hayes Presidential Library, noon to 5 p.m., Hayes Home and Hayes Museum.

12 - Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. 11 a.m. to noon. An interactive educational series for children. The event this month will focus on the Gilded Age, an era during which Rutherford B. Hayes was president. Cost: \$1 for kids ages 1-12 and \$7.50 for adults. (Cost includes admission to Second Saturdays AND to the Hayes Museum.)

12 - Second Annual Veterans Breakfast, Fremont VFW, 204 Birchard Avenue, Fremont. 9 a.m. - 11:30 a.m. Free. We are looking forward to seeing as many of our veterans as possible! There will be door prizes, a short program and information. All veterans are also invited to join in a parade in honor of our fallen brothers who did not make it home. Any veteran wishing to march is to gather at Appleby Lumber Company, 304 N. Front Street, Fremont, at 8 a.m. A limo will be provided for those who wish to participate, but are unable to walk.

12 - Herd, School or Murder, Wolf Creek Park North Entrance, 2409 South SR 53, Fremont. 3:30 -5:00 p.m. Free. What are groups of deer, fish and crows called? Let's have some fun learning about animal group names while playing some nature games. Register at 419-334-4495.

14 - Dec. 14- "Caring for Clyde Kids" Community Toy Collection. Donate Cash, Gift Cards and NEW Toys (no stuffed animals) to help Clyde-Green Springs children during the holiday season. Collection boxes are located at Clyde St. Mary's, Library, Police Station, City Finance Building, Post Office, Miller's Super Valu, Croghan Bank, Clyde-Green Springs Schools. Toys are distributed through the Clyde Food Pantry each Thursday in December (1, 8, 15, 22) and will be given to those Clyde-Green Springs School District children only. Contact Kay Dick, 419-547-8014 or kaydick62@yahoo.com.

16 - Night Hike, Decoy Marsh, 2700 CR 259, Fremont. 6:30- 7:30 p.m. Free. Here's your chance to investigate the

nightlife at Decoy Marsh during the waxing crescent moon! 419-334-4495 or visit www.lovemyparks.com to register.

17- Babies in the Parks, Wilson Nature Center at Creek Bend Farm, 654 South Main St., Lindsey. 10- 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companion.

18-20 - Winesburg Christmas Weekend Clyde. (see ad in this issue)

19 - Ancestry.com and Paid Genealogy Websites, Rutherford B. Hayes Presidential Library. 9:30 - 11:30 a.m. Head Librarian and experienced genealogist Becky Hill will explain how to make the most of paid subscription sites available at the Hayes Presidential Center. Register by calling Becky Hill at 419-332-2081 or emailing bhill@rbhayes.org. Cost: \$10 which can be paid the day of the class.

20 - Night Hike for the Girls, Blue Heron Reserve, 2134 CR 260, Vickery.

7- 8:30 p.m. Free. Bring your family and friends for a fun time learning more about nocturnal wildlife. 419-334-4495 to register.

25 - Hayes Train Special, model train display, Rutherford B. Hayes Presidential Library. This operating model train display runs through an intricate Victorian holiday scene. Interactive buttons allow visitors to control aspects of the trains' movements along the winding, multi-tiered, 12x24-foot layout. Admission is included in the Hayes Presidential Center Museum ticket price of \$7.50 for adults, \$6.50 for seniors and \$3 for children ages 6-12.

26- Shop Small Saturday Bellevue. Small Business Saturday is a day to celebrate and support small businesses and their contributions to our community. A Holiday Shopping alternative to the big-box stores chaos. Let's celebrate and shop local to show our appreciation. Special discounts and promotions will be happening all day long! 9 a.m. - Close. www.shopbellevueohio.com.

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Wolfgang Puck's Kitchen

By Wolfgang Puck

Game Day grub, revamped: Watch your favorite team while enjoying my Chinese version of an American favorite

Of course, chips and dips are a must when you're watching weekend football on TV. A pot of homemade chili makes a great addition to the party. So do bratwursts or other favorite sausages. The list goes on and on of foods that are fun to eat while your eyes are on the action. But nothing compares to chicken wings, which simply offer the perfect combination of tender meat, crispy skin and finger-licking sauce. Each wing is just a bite or two, so there always seems to be room for just one more.

America's craze for chicken wings was already going strong when I first moved here back in 1973. It all started in 1964 with Buffalo wings, a specialty of the Anchor Bar in Buffalo, N.Y., where the specialty of the house was tossed in a spicy-hot sauce and served with a cool, blue-cheese dressing and celery sticks. While that version remains a classic, gradually chefs everywhere began adding their own personal spins, from wings bathed in barbecue sauce down South to those tossed with teriyaki sauce and pineapple in Hawaii.

One of the most delicious versions I've ever tasted, though, is served at The Source, my restaurant next to the Newseum, just down the street from the Capitol Building in Washington, D.C. Under Chef Scott Drewno, we've gained a reputation for innovative Asian food firmly rooted in tradition but with exciting modern twists. That description certainly sums up what Drewno calls General Tso's chicken wings, taking its name from a chicken dish popular in Chinese restaurants across the United States and loosely inspired by Hunanese cooking.

The recipe begins by prepping the wings in a way you won't normally find them back in upstate New York. It calls only for what some markets call the "drumette," the largest bone of the wing, trimmed of both the smaller bone and the wing tip. (You can find markets that sell them this way; or do it yourself, saving the trimmings for your stockpot.) To make the wings even more appealing to eat, the skin and meat are loosened from the narrower end and pushed down to the opposite end, forming a plump lollipop shape with a handle.

Marinated with garlic, ginger and scallions, the wings are then dipped in a cornstarch-and-water slurry before being deep-fried. The final touch: Tossing them with a delicious, sticky sauce made from sugar, rice vinegar, ginger, garlic, soy, chilies and sesame oil. Prepared in this way, chicken wings come out tangy, spicy, sweet and succulent. Be sure to serve them with lots of napkins, so you don't get sauce on the remote. And have plenty of beer or another favorite beverage ready to refresh your palate before the next one!

GENERAL TSO'S CHICKEN WINGS

Serves 4 to 8

For the chicken wings:

24 chicken wing drumettes

1 bunch scallions, white and light green parts, thinly sliced, dark green parts reserved

1 tablespoon minced garlic
1 tablespoon grated ginger
1/4 cup (60 mL) peanut oil
Pinch crushed red pepper flakes, optional
Kosher salt
For the spicy-sweet chili-garlic sauce:
1/4 cup (60 mL) peanut oil
2 or 3 Thai-style dried chili pods, broken into pieces
1 1/2 cups (375 mL) sugar
2 cups (500 mL) unseasoned rice vinegar
1/4 cup (60 mL) soy sauce
1/4 cup (60 mL) sambal oelek (Indonesian chili paste)
1 tablespoon grated ginger
2 tablespoons toasted sesame oil
For frying and serving:
Peanut oil, for deep frying
1/2 cup (125 mL) cornstarch, plus extra as needed
1/2 cup (125 mL) cold water, plus extra as needed

Cilantro leaves, for garnish

Scallions cut on a bias, for garnish

Starting at the narrower end of each drumette, carefully cut through the skin and meat all the way around to the bone. With your fingers, push the skin and meat down to the opposite end to form a plump lollipop shape.

Put the prepped wings in a mixing bowl. Add the white and some of the green parts of the green onions, along with the garlic, ginger, peanut oil, pepper flakes (if you like) and salt. Toss well. Cover and refrigerate for several hours or up to overnight.

For the sauce, heat a wok or large saucepan over medium-high heat. Add the peanut oil. When the oil shimmers, add the chiles and cook until they darken, about 1 minute. Stir in the sugar, vinegar, garlic, soy sauce, sambal and ginger. Boil until reduced by half, 10 to 15 minutes. Stir in the sesame oil. Set aside 1 cup (250 mL), refrigerating the rest for another use.

Too cook the wings in an automatic deep-fryer, heat several inches of peanut oil to 350 F (175 C); or heat the oil in a heavy-bottomed pot to 375 F (190 C) on a deep-frying thermometer. Meanwhile, stir together the cornstarch and water to make a slurry. Lightly dredge the wings in the slurry, then carefully place in the oil, taking care not to overcrowd. Cook until golden brown, about 10 minutes; then drain on paper towels.

In a wok or saute pan, bring the 1 cup (250 mL) of sauce to a boil and turn off the heat. Toss or turn the wings in the sauce.

Using tongs, arrange the chicken wings on a platter. Spoon the sauce left in the pan over them. Garnish with cilantro sprigs and sliced scallion greens. Serve immediately.

What true school reform would mean to your child

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

Meaningful and triumphant school reform has already taken place in America, but politicians educational bureaucrats in Columbus and Washington, D.C. ignore it.

I don't understand why they brush aside the Holmes Group findings, the principles developed by Theodore Size, who has over 1,200 CES public school districts operating in America, or the tenets which Debra Meier practiced in her Central East City Schools, which empowered more poor inner-city kids to graduate from high school and go to college. Now that the No Child Left Behind (NCLB) circus is vanishing, maybe they will have more time to look at what works.

Let's focus on just one, the Holmes Group. They believe in transforming the entire profession of teaching by giving teachers the power to do what is necessary through greater rewards, better working conditions, increased professional responsibilities and solid

career patterns, but only after they've earned it.

It proactively deals with the wide differences in teacher knowledge, skills, and devotion by identifying and placing novice, competent, and hi-level teachers into three levels of certification. Two levels are the Professional Teacher and Career Professional. Both require master or doctoral-level degrees, are renewable, carry tenure, and offer higher salaries. The third certificate, Instructor, requires an undergraduate degree and is temporary and nonrenewable. This Instructor-certified teacher would educate your child under the supervision of the Career Professional teacher, and have advantageous reasons to pursue further specialized training- to earn the next level of certification!

The Holmes Group embodies a best-kept secret in educational reform: an enduring public school/university bond. Imagine your child entering a classroom

School reform, cont'd on 12



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Grief During the Holidays: Some Tips

By: ProMedica Hospice – Clyde

The winter holidays are generally perceived as “the most wonderful time of the year.” But for those who are facing grief after the death of a loved one, the holidays may instead be a time filled with pain and sadness.

Even those for whom grief is not as fresh, the holidays may serve as an annual reminder of the loss—not only of that person, but of tradition and celebration.

Bereavement professionals working in hospice understand how difficult this season can be. They support families coping with loss all year long. Bereavement counselors stress the importance of making decisions that feel right to the grieving person, and giving oneself permission to make new or different choices at the holidays.

Experts in Grief offer some tips:

Be Willing to Change Traditions.

Holidays often center on certain traditions and rituals. For some, continuing these traditions without a loved one may be an important way to continue sharing their memory. For others, it may be more comforting to develop new rituals to help lessen the pain and immediacy of the loss.

Help Reduce Stress.

While the holidays can be filled with meaning, they can also be filled with pressure and stress because of additional tasks such as shopping, baking and decorating. Grieving people should be encouraged to prioritize what needs to be done, and focus on those projects that may bring them pleasure. Perhaps

the gift list can be pared down, cards need not be sent out, or another family member can cook the family dinner this year.

Remember those Who Have Died.

The holidays can bring opportunities to remember the person who has died in a way that is personally meaningful. Some families choose to participate in holiday events at a local hospice. Others may choose to share special family stories over a meal. Some may find that making a donation to a special charity or volunteering time to help others in need may be a comforting way to honor their loved one.

At ProMedica Hospice we know the importance of providing emotional and spiritual support to those who are grieving but most importantly, they remind us that a person grieving should do what's most comfortable for him or her during this time of year.

To learn more about grief and loss or about hospice, contact ProMedica Hospice at 419.547.6419.

Love Lights Memorial Service

ProMedica Hospice cordially invites you to attend the annual Love Lights Memorial Service, a brilliant display of sparkling trees and glowing luminaries, on Friday, December 2, 2016. Doors open at 6:30 p.m. and program starts at 7 p.m. ProMedica Hospice is located at 430 S. Main St, Clyde. For more information, contact Christina Sloan at 419.547.6419 or christina.sloan@promedica.org.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Pace yourself. You feel invigorated and energetic but you would be wise to channel it properly. Don't spread yourself too thin or scatter your money or energies. You may find true inspiration from unlikely sources.

TAURUS (April 20-May 20): Pass the torch. As part of a team you are expected to perform your fair share of the job and must rely upon others to do theirs. You may find that someone else can supply the energy or expertise you lack.

GEMINI (May 21-June 20): Create camaraderie with displays of compliance. You can accomplish much more when the subject of who gets the credit isn't an issue. This is a good time to demonstrate a cooperative spirit especially at work or on the job.

CANCER (June 21-July 22): Optimism and a positive attitude attract success while fear and doubt attracts problems. Make yourself available for public functions and outings where you can meet valuable new contacts.

LEO (July 23-Aug. 22): Too many friends are like too many cooks who spoil the broth. You might be overwhelmed by group activities or interactions with the public. Focus on gathering useful information in the week ahead.

VIRGO (Aug. 23-Sept. 22): Make some of your dreams come true, you can be in perfect harmony with a loved one about the plan for a profitable venture. Buy things of lasting quality and with long term usefulness in mind.

LIBRA (Sept. 23-Oct. 22): The best answer to a dilemma will come when you least expect it. You may receive responses you do not expect, but they will lead you in the right direction. This is a good time to receive sound advice about your health.

SCORPIO (Oct. 23-Nov. 21): Dream your time away without investing money on the insubstantial. There is nothing you can buy that you can't live without. Don't waste cash, you are better suited to pursuing creative activities.

SAGITTARIUS (Nov. 22-Dec. 21): Circumstances may make you feel you must rush through daily tasks. If you are not on the clock take all the time you need to get the job done right. Keep the purse strings drawn tightly.

CAPRICORN (Dec. 22-Jan. 19): Think your way into an improved state of mind. This might be a good time to develop useful, practical and healthy habits such as putting the dishes in the dishwasher after a meal or walking 30 minutes a day.

AQUARIUS (Jan. 20-Feb. 18): Be cynical. Look that gift horse in the mouth. Focus on fattening up your piggy bank. If someone offers you words of wisdom, put them to good use. Any assistance you receive is going to be infinitely valuable.

PISCES (Feb. 19-March 20): Use your inner compass to find a better direction. Discuss your intentions with a friend or trusted confidant. Establish boundaries as to what you can, and cannot, accomplish and go from there.

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United Way of
Sandusky County



October 15, 2016

Dear United Way Supporter:

The United Way of Sandusky County has been "helping you help your neighbors" in Sandusky County for over 85 years. This continuous community support is necessary to support more than 27 programs that impact the lives of all generations with a variety of needs. Your financial support 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 850 youth received educational and recreational services last year.

We believe in the United Way mission. 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 2016 campaign to support your neighbors and community. Together we can reach our local goal of \$825,000.00

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 2017.

Thank you for supporting our local United Way efforts!

Barry and Jan Luse,
2016 United Way Campaign Co-Chairs

To view a full listing of all our Funded Programs please visit
www.uwsandco.org

826 West State Street
Fremont, OH 43420
419.334.8938

Out and About By: Kelsey Nevius



By Kelsey Nevius

It's no secret that my favorite season by far is Fall. Though it's very fleeting, the cool weather that means Fall's in the air is incomparable to other seasons. We'll soon be ushering in snow drifts and cool weather, so the mid 50's and 60's weather is perfect for light jackets and hot beverages. The changing leaves mark the occasion to go out and venture into the Fall weather, and bring about treats like apple cider and pumpkin flavored everything. I like to head out and explore the kaleidoscope of colors that surround the Fall season, as we have some lovely walking trails crisscrossing the countryside. So, with Fall in full swing, I headed out to get my hands on some Fall goodies and enjoy nature at its best.



On my first stop, I visited Haslinger Orchards off the road of US Highway 6 in Gibsonburg. This little fresh produce spot is open year round, but show their best and brightest during the Fall season. I've been going here since I was a girl, and it remains one of my favorite spots to grab their homemade apple cider and, when the time is right, their John Mac apples. They offer a ton of apple varieties to pick from as well- from cooking to eating, they have the apple selection to suit your needs. Once entering the little stand, it honestly makes your mouth water as the familiar smells of Autumn hit you full force.

Haslinger Orchards is also family owned and operated, and all the produce from their stand is home grown and local. Thanks to the Fall season, they were also stocked full of pumpkins, brightly colored varieties of gourds, and candies and treats specifically for the season. Though I do love wandering through fields full of pumpkins to find the best one, Haslinger has the convenience of a small stand with quite a few to pick from. Getting décor for outdoors and inside your home is also easy with a great selection of gourds and indian corn.

Fresh fruit and vegetables are great fresh and homegrown picks, which my mom especially enjoys, as she loves to cook homemade and local. I love the mom-and-pop store feel, and you can't go wrong no matter what type of apple you pick. Fall favorites are a must, and carving pumpkins is truly better with a warm cookie and apple cider in hand. To finish out my Fall mission, I wandered the many walking trails my hometown of Gibsonburg has to offer. The smaller trails around White Star Quarry are excellent for a stroll amidst the Fall colors, and the trails near the White Star barn are perfect mini getaways. One of my favorites, Creek Bend Farm, also features a beautiful array of colors bordering its trails, which makes for a relaxing walk. Whichever trail, near or far, it simply matters to get out and enjoy the weather while it lasts. Fall is an amazing season with so many things to offer, and sometimes enjoying the little things each season are what counts.



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School reform, cont'd from 9

where the Professional Teacher, thru this university link, employs state-of-the-art research on effective teaching strategies alongside the Instructor. This on-going Professional Teacher/university connection enables Instructor-certified teachers to receive and implement unprecedented growth in "hands-on" knowledge, enabling them to advance professionally while your child's learning environment is enriched. I pray, someday, that the Holmes Group supersedes all the residual No Child Left Behind (NCLB) mandates, for it transforms the entire teaching profession without closing in on educators from the top-on-down, finger-pointing, placing blame where it doesn't belong, or turning people against each other.

True teacher reform understands the complex problems that 110,757 Ohio teachers face in educating 1,847,035 children in 3,945 overburdened school buildings. Ohio's reform efforts fall flat because of oversimplification and political expediency. Our politicians look for educational troubles, diagnose them incorrectly, then apply the wrong remedies while campaigning on a fabricated educational reform platform.

No school employees I know of ever faithfully followed the tenets of Leave No Child Behind, except for the school bus drivers. Children learn better when their teachers have a strong desire to better themselves, professionally. The Holmes Group construct would inspire them to do so. I wish our politicians and educational bureaucrat's in Columbus and Washington, D.C. seriously study and implement sound, researched educational reforms. Your child would be better off if they did.

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 and Policy Studies at Bowling Green State University. He authored the book "Finding Happiness in America." Contact him at the Family Journal: www.familyjournal1.blogspot.com



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RUMMAGE SALE: Nov. 11, from 9 am - 5 pm; Nov. 12, 2016 from 9 am-1pm. St. Paul Lutheran Church, 147 East Forest Street, Clyde. Lunch featuring roast beef sandwiches and homemade fruit pies from 11 am - 1 pm on Friday. Saturday is \$1 bag day.

SANDUSKY COUNTY REMEMBERS VETERANS: 2nd Annual FREE Veteran’s Breakfast, Sat., Nov. 12th, 9-11:30 am at the Fremont VFW on Bidwell Ave. All spouses/ guests are invited. There will be door prizes, a short program and information available.

PET PHOTO SHOOT: Humane Society shelter, 1315 North River Road in Fremont on Sat. and Sunday, Nov. 19-20. Bring the kids and the pets for a photo with Santa. \$20 donation requested.

TOLEDO SYMPHONY PRESENTS HOLIDAY CONCERT: The Toledo Symphony will present their 16th holiday concert at Grace Lutheran Church, 705 W. State St., on Thursday, December 1, 7:30 p.m. Tickets may be purchased at Grace Church office between the hours of 8:30 a.m. and 5 p.m., Monday - Friday. General admission is \$10 for adults, \$8 for seniors 65 and over, and \$5 for students 18 and under.

WHISKERS & WHINE 13th ANNUAL GALA: Sat., Nov. 5th at the Fremont American Legion, doors open at 6 pm. Tickets at the door are \$40. Wine, buffet, music, live auction and more to support the local shelter.

OPEN HOUSE & SALE: “Three Artisans” Art Glass, Friday, Nov.11th from 3-7 pm and Sat. Nov. 12 from 10 am-4 pm. Location: 1500 Tiffin Road in Fremont, behind the First United Church of Christ near the Ballville Bridge. Three local fused glass artists, Elaine Bast, Jill Groves & Fran Jackson will be on hand to present their latest artwork for sale and answer any questions. Each piece of art is original and one of a kind and will include wearable art and home décor such as vases, platters & table & wall display pieces. Stop by for a chance to start your Christmas shopping or just treat yourself to a beautiful work of art. There will be a drawing for door prizes of fused glass objects. Fused glass is composed of layers of art glass which is fused together in a kiln. The layering imparts a dynamic dimension to each unique piece of finished work. For more information on this event, fused glass classes and shows, contact Jill

COOKING WITH CLASS: Fremont Area Women’s Connection luncheon at Anjulina’s Catering, 2270 W. Hayes Ave., Tuesday, November 8th, luncheon 11 a.m. – 12:30 p.m., Cost \$12/incl. Our feature will be Bella Cuisine, Tom and Linda Lambert, owners/catering. They feature cooking classes in a Mediterranean kitchen. Please wear your favorite apron or bring your favorite cookbook to spice up their presentation. Speaker is Lisa Haley, West Salem, OH. Lisa will speak about “Surviving Life’s Surprises”. Piano music by Carolyn Speer and Special music by Donna Miller. For reservation call by November 3, Donna at 419-680-2251 or email Carrol at fawcluncheon@gmail.com

The Tiffin Art Guild is sponsoring a “Holiday Art Boutique” on Saturday, December 3, from 10 am to 3 pm at the East Tower, 109 E Jefferson, Tiffin. The Boutique is a juried art show featuring local artists both from the Tiffin Art Guild and the area. This will be a great Christmas shopping opportunity within 1 block walk from the Annual Christmas Parade on Washington St. Children’s make and take crafts will be available from 11 am to 1 pm. The artist application is attached and is available on our website tiffinartguild.org and on Facebook.

Windsor Lane Healthcare, “Holiday Craft Gala”, Nov. 20 from noon to 5pm at Windsor Lane, 355 Windsor Lane, Gibsonburg. Call 419-637-2104 for info. Vendors space available.

“Holiday Handicrafts” Craft Show: Clyde VFW, Maple Street, Sat., Nov. 19 from 9am-3pm.

My Mother’s Recipes

By Joanne McDowell

Recently I found another of my mother’s cookbooks, the date in the front was 1948. Paging through it I found this recipe in her handwriting, one that we made over the years every Thanksgiving. I know I have shared this before, but for those of you who weren’t readers back then, here it is again. Those of you who have made it have told me how much you enjoyed serving it.

This one is in memory of you Mom. Happy Thanksgiving!

Cranberry Salad

- 1 large box of cherry Jello (or strawberry if you prefer, I have also done sugar free)
- 2 cups of hot water
- 1 can whole cranberries

Add cranberries while Jello is hot. When cool, add 1 can crushed pineapple, 1 cup of crushed walnuts. Fold in one cup of sour cream. Refrigerate overnight.



For 44 years, the Memorial Hospital (MH) Auxiliary has sponsored the “Christmas Greetings Project.”

To meet the healthcare needs of our community, this year’s fundraiser will again support MH Foundation’s new Cancer Patient Needs Fund. Established in support of MH’s efforts to open a comprehensive cancer and radiation center locally, this fund benefits local cancer patients and families cared for at the new Dorothy L. Kern Cancer Center.

In December, a special Christmas Greeting will appear in the News-Messenger with the contributor’s name, extending Season’s Greetings to local families and friends. A gift to the Christmas Greeting Project helps others not only at Christmas time, but all year.

The deadline is November 25, 2016.

We would appreciate your consideration and support of this project. Contributions will be acknowledged upon request only. All contributions made to “MH Foundation Cancer Patient Needs Fund” are fully tax deductible.

2016 Season’s Greetings Project Committee
ProMedica Memorial Hospital Auxiliary



For donors who respond by November 25, an acknowledgment will appear in a December issue of the News-Messenger recognizing your generosity.

Name (As you wish name to appear in the paper): _____

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Donation Amount: \$ _____ Complete and send to:



Cancer Patient Needs Fund
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Please make checks payable to “MH Foundation Cancer Patient Needs Fund.” Thank you!

You have the right to request that we not send you any future fundraising materials and we will use our best efforts to honor such requests. You may make the request by sending your name and address to ProMedica Memorial Hospital in care of Auxiliary, 715 S. Taft Ave., Fremont, OH 43420 together with your request to be removed from our fundraising mailing list.

DEAR MAYO CLINIC: How effective is surgery to treat scoliosis in adults? What does the surgery involve?

ANSWER: Fortunately for most adults who have scoliosis, the condition can be successfully managed without surgery. For some who suffer from an overly tilted or arthritic spine, though, surgery can be very effective at relieving symptoms. The surgery is a complex procedure and can include removing some spinal joints and connecting two or more of the bones in the spine together to properly balance the spine and improve quality of life.

Scoliosis is a three-dimensional change in the normal shape of the spine that leads to excessive sideways or forward curves. It most often develops in children during the growth spurt just before puberty. But adults can suffer from scoliosis, too.

For adults affected by scoliosis, the curve may be a remnant of scoliosis that developed during childhood. More commonly, though, adult scoliosis happens as a result of the spinal wear and tear that comes with aging, usually in combination with another condition that affects the spine, such as arthritis or osteoporosis. In fact, it's usually arthritis or osteoporosis symptoms that cause the discomfort and disability that lead people to seek medical care.

When an adult is diagnosed with scoliosis, treatment is based on the severity of symptoms. If scoliosis is not causing any symptoms, treatment is not necessary. When symptoms become bothersome or limiting, then treatment is recommended. Symptoms may include low back pain, pain and numbness that radiates down one leg, leg weakness or a stooped posture.

Typically the first step in treatment involves physical therapy, along with stretching and making any necessary changes to diet and nutrition. Weight-bearing exercise such as walking can help maintain bone mass and ease scoliosis symptoms. If another medical condition such as osteoporosis is contributing to scoliosis, then treatment for that disorder is also necessary to help keep the spine curve from getting worse as the bones get softer. If pain lasts despite treatment, or if

scoliosis symptoms are so severe that they limit mobility, then surgery may be appropriate.

It's not necessary to completely correct the abnormal spine curves to achieve a good surgical outcome. Adults with surgically treated scoliosis that end up with a balanced spine - that is, the head is positioned directly over the pelvis from front-to-back and side-to-side - can achieve a high degree of satisfaction after surgery.

A surgical procedure called spinal fusion is used to treat scoliosis. In many cases, joints in the spine are a significant part of the deformity. During surgery, those joints are removed. The surgeon may choose to replace them with filler made of bone or a bone-like material. Then, metal rods, hooks, screws or wire are inserted to hold in place the portion of the spine where the joints were replaced. This "loosens up" the spine and assists the surgeon to straighten, balance and stabilize the spine.

The surgery may involve making incisions on the back or abdomen and waist to allow the surgeon access to the spine from many directions. The surgery can be quite prolonged and often takes six hours or more to complete. The length of hospital stay required after surgery typically is three to five days.

At some surgical centers, treatment for scoliosis can be accomplished via minimally invasive techniques that shorten recovery times. Regardless of the way it is treated, it can take several months after surgery for the spinal bones to heal and fuse together. During that time, a brace may be required to protect the spine.

After surgery, spinal mobility in the area where the bones were fused together is limited. Physical therapy can be helpful to teach people who've had spinal fusion ways to sit, stand, move and walk as part of improving their mobility and quality of life. Although spinal fusion surgery for adults with scoliosis may not eliminate all symptoms, in a high percentage of cases it can effectively balance the spine, relieve scoliosis symptoms, and improve overall quality of life. - Paul Huddleston, M.D., Orthopedic Surgery, Mayo Clinic, Rochester, Minn.

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

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"Grate" Treats & Eats

By: Chris Timko-Grate

As I was thinking about recipes for this column I came to the realization that Thanksgiving and Christmas are closer than I thought. That thought produced a sense of panic in me, cleaning, cooking, decorating and shopping! Then I thought of the cold weather that comes with those holidays, but I'm not going to jump ahead like that because we still have lots of warm days ahead of us with those beautiful fall colors the trees are starting to show us.

The two recipes I have for you this time are good recipes to use up your leftover turkey from your holiday dinner. Relax and enjoy your family time if you're able to celebrate with them.

Impossible Turkey Pot Pie

- 2 cups cut up cooked turkey
- 1 ½ cups frozen peas and carrots, thawed and drained
- ¼ cup each chopped mushrooms and onion
- 4 eggs
- 1 and 1/3 cups milk
- ¾ cup Bisquick baking mix
- ½ teaspoon salt
- ¼ teaspoon pepper

Heat oven to 400 degree's. Grease a 10 inch pie plate. Mix chicken, peas and carrots, mushrooms and onion in plate. Beat remaining ingredients

until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 30 to 35 minutes. Cool 5 minutes. 6 to 8 servings.

Stove Top Turkey Bake

- 2 (6oz) package Stove Top Stuffing
- 1 1/2 to 2 cups hot water
- 2 cups chopped cooked turkey
- 2 (10 ¾ oz.) cans condensed cream of chicken soup
- ¾ cup sour cream
- 1 1/2 (16-oz) bags frozen mixed veggies, thawed and drained

Preheat oven to 400 degrees. Sprinkle 1½ cups of the dry stuffing mix evenly on bottom of a 13x9 baking dish. Set aside. Add the hot water to the remaining stuffing mix. Stir just until moistened. Set aside. Mix soup, sour cream, chicken and vegetables. Spoon over the dry stuffing. Top with the moistened stuffing. Bake at 400 degree's for 20 to 30 minutes or until browned. Enjoy!

Contact me at christimkograte@roadrunner.com

with any questions, comments, or your recipes.

Quote – People want the front of the bus, the back of the church and the center of attention - unknown

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Floro Receives Graduate Nursing Degree

Sandusky - Val Floro of Oak Harbor received her advanced clinical practice degree from Frontier Nursing University. Floro graduated with a master of science in nursing degree with a (nurse-midwifery specialty). Graduation ceremonies will be held on the historical FNU campus in Hyden, Ky., on Oct. 22, 2016.

Val is a certified nurse-midwife at NOMS Healthcare. She sees patients in Fremont at 1479 N River Road in the office of Drs. Mary Bower and Jennifer Hohman. Floro is providing care to women of all ages, including: prenatal care, labor and delivery, childbirth education, preconception care, gynecological exams and care, family planning and contraception, menopause care and management, and health maintenance and disease prevention.

Frontier Nursing University, a graduate school of nursing and midwifery, offers distance-learning programs, with a mission of educating nurse-midwives and nurse practitioners to provide primary care for women and families residing in all areas, with a focus on rural and underserved communities. Founded by Mary Breckinridge in 1939 in the mountains of southeastern Kentucky, FNU has been dedicated to its mission for more than 75 years.

"We are so proud of our new graduates who will join thousands of other FNU nurse-midwives and nurse practitioners across the world who are delivering care to deserving families. Today we are carrying on Mary Breckinridge's mission and vision, while preparing our graduates to continue making an impact on healthcare nationwide and around the globe," said Dr. Susan Stone, FNU President.

Val is accepting new patients of all ages; call 419-355-9440 for an appointment.



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The election and the financial markets: Should you worry?

With a few weeks to go before the election, many readers have asked me how the outcome could affect their investments. Let's start with my usual advice: You should not make changes to your portfolio in an attempt to outfox the tried and true practices of long-term investing.

What are those practices? Identifying your personal goals and objectives; creating and sticking to a diversified asset allocation plan using low-cost index funds; and rebalancing two to four times a year.

That said, the following should be filed under the heading "Fun with facts and figures" - not prescriptive advice as to how to reallocate your portfolio. There are going to be a lot of articles and news segments - not to mention political ads - discussing which candidate is better for your money, the markets and the economy. Don't take them too seriously.

Let's start with the Presidential Election Cycle Theory, which holds that, regardless of whether Republican or Democrat wins the election, U.S. stock markets are weakest in the following year, improve in the second year, peak in the third year and then are weak in the fourth year. This theory has held up even better for two-term presidents.

But like almost every market theory (e.g., "The January Effect," "Sell in May and Go Away"), there are always exceptions to the rules. In fact, while the theory held up well through most of the 20th century, it has been less reliable lately. The last four years have largely refuted it. In the first year of President Obama's second term, the Dow saw an impressive 27 percent gain, followed by 7.5 percent in year two. Last year, which was supposed to be the strongest of the cycle, the blue chip index dropped by 2 percent. The Dow is up 5 percent through the first three quarters of this year.

A recent academic study, "What to Expect When You're Electing," finds that there is "no systematic difference between Republicans and Democrats" when it comes to steering the direction of the stock market. What does matter is the direction of interest rates: The stock market tends to do better when rates are going down than when they are rising.

Maybe we are looking at this backwards: According to InvesTech Research, the market may be a better indicator of the presidential election than vice versa. If the stock market is up in the three months leading up to the election, the incumbent party usually wins. Declines over those three months tend to mean a new party will take control. In the 22 president elections since 1928, exceptions occurred in 1956, 1968 and 1980. In other words, the S&P 500 has an 86.4 percent success rate in forecasting the election.

You may still be wondering: Who's better for my bottom line, Trump or Clinton? In the end, though, isn't it better to know that party that prevails will have far less to do with your portfolio's performance than bigger macroeconomic trends? Instead of trying to outsmart the Mr. Market, my advice remains simple: Address what is within your control by creating a financial plan.

(Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.)

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SANDUSKY COUNTY POSITIVE PEOPLE BRINGS DRUG AWARENESS PROGRAM TO THE COMMUNITY

On Wednesday, December 7, Sandusky County Positive People (SCPP) will bring a drug awareness program called The AWAKEN Project out of St. Louis, Missouri, to our community. This program, which is free and open to the public, focuses on drug prevention and education through both stories and music. According to AWAKENPROJECT.ORG, the message is loud and clear that drugs are NEVER an option, not even one time!

Jeff Mozingo, "Percussion Extraordinaire" with The AWAKEN Project explained that, "The entertainment aspect allows us to bring kids in and get their attention and be entertaining. And then I can start talking about the positive effects of music as opposed to the negative effects of drugs."

When travelling with The AWAKEN Project, Joe Richardson, former MLB and Anti-Drug Enthusiast, talks about how drugs have affected his life. Through a promotional video on their website, he states, "I'm here to tell you there is a problem in every school and every community around the United States. Kids today don't know what they're getting into. It's more of an epidemic and a problem now. Now it's made a huge comeback and it's killing our youth."

With drugs being a problem in all communities, including our own, Sandusky County Positive People hopes to bring awareness and education to the effects of drug and heroin use. SCPP President Tom Hoffman stated, "Joe Richardson is a good friend of mine and I know his story. I have wanted to bring him and Jeff to Fremont ever since they started The AWAKEN Project. I'm thankful we are finally able to!"

The AWAKEN Project is being presented that week to high schools students across Sandusky County as well as the program the evening of December 7 for the public.

"Drug abuse isn't just a teenage or young adult problem. It's a community problem. We hope to be able to help with this problem through The AWAKEN Project," stated Hoffman.

Hoffman also explained that Sandusky County Positive People would not have been able to bring this program to the high schools and the community without the generous support of the following: Mental Health and Recovery Services of

SSW, ProMedica Total Rehab, Sandusky County Health Department, Sandusky County Juvenile Court, United Way of Sandusky County and WSOS Community Action.

Sandusky County Positive People is a 501c3 organization that was established in 2011. The main purpose is to recognize and award scholarships to graduating Sandusky County high school seniors who have overcome an extreme obstacle in their lives and have come out the other side in a positive manner. Since its first awards ceremony in 2012, SCPP has been able to provide scholarships to 36 Sandusky County graduating high school seniors totaling over \$60,000.00.

For additional information on SCPP, visit their website at www.scppohio.org or find them on FB at Sandusky County Positive People.

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What Does a County Prosecutor Do?

By Tim Braun, Attorney at Law, Braun Law Office, Fremont, Ohio.

A county prosecutor is the top law enforcement official in a county. He/she works with police departments throughout the county and the sheriff's office to "lock up the bad guys" and bring justice to victims and their families. This is a position that carries a significant amount of responsibility.

You want a prosecutor who has a thorough knowledge of the law and is experienced in trying cases. The prosecutor you elect will work in multiple courts throughout Sandusky County. He and his assistant prosecutors will prosecute felony cases in the two Common Pleas Courts in Fremont as well as the Clyde and Woodville Courts. They will also handle misdemeanors in these outlying courts. Misdemeanors are handled by the City Law Director's office in Fremont.

Felony cases involve things like drug trafficking, sexual assaults, serious physical assaults, and murder. These charges carry the most serious penalties with the potential for long prison terms and even the death penalty in the worst cases. Misdemeanors typically involve fines/jail time for lower level drug cases, less serious assaults, routine DUI's, etc.

The county prosecutor's office handles juveniles charged with all of the above in a separate juvenile court. "Older" juveniles may be bound over to adult court for especially serious crimes.

Your county prosecutor should work with law enforcement to make sure people engaging in criminal behavior get the punishment that fits their crime, not more...not less. Everyone deserves to be treated fairly based on what they did, not differently because of who they are. Politics and personal relationships should not determine how cases are handled.

It is frustrating and difficult to watch families suffer more when things are not done the way they should be. Increasingly, we read news stories that make us cringe-like the one about a mother being told "She's not a victim until I SAY she's a victim!" when she tried to follow up with our current Sandusky County Prosecutor's Office on what was happening after they reported her daughter's rape.

In addition to handling criminal cases, the county prosecutor's office should work with elected officials to assist

them in civil matters. This includes things like writing ballot language for the Lindsey Fire Dept. levy and helping townships hold companies that damage our roads accountable for the costs of repair. We shouldn't see the Lindsey's Fire Department levy, worth \$60,000 in operating revenue, pass with nearly 80% of the vote only to be voided by the state because of errors made by the prosecutor's office. It is frustrating to see the prosecutor's office fail to even file the paperwork needed to collect \$40,000 set aside by a construction company for road repairs in Jackson Township.

Mistakes like these are painfully expensive. Taxpayers pay more when township trustees feel it is in the best interest of the township to pay for outside counsel rather than use the prosecutor's office. We pay more when the prosecutor's office declines to work with our treasurer and auditor to collect unpaid real estate taxes and our county commissioners are forced to hire an outside firm. This year, the Sandusky County Land Bank has spent nearly \$80,000 for legal fees.

Know what your county prosecutor's office does and vote!



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A fence may help stop your dog from barking at others

Q: My husband and I very recently adopted an eight-year-old rescued golden lab mix. He was in foster care for six months where he lived with two dogs and a cat. He is a mellow, sweet and adores humans. But when I have him in the backyard and dogs walk past the street, he goes into attack-mode, snarls and barks. It takes all of my strength to hold him back. I called the foster guardians to ask about this behavior, but they never saw it in him. They tell me he has always been rather friendly with other dogs he met while on walks. Can you suggest what we might do to help him get over this? - Maureen Andrew, Richfield, MN

A: This is what a scientist would call a self-rewarding behavior. Most dogs that live in a yard that borders a street do this when they see a dog walking past their property. When they see another dog, they bark and see

that dog leave, in their mind they just did a good thing. Once this happens, they now believe it is their mission to chase all dogs away that walk past the property.

The anxiety you show when he does it only adds to the drama. He thinks you are upset that the dogs are near the property - he is blaming the other dogs for your anxiety. This is not easy to fix and requires the attention of an animal behaviorist - not a dog trainer. You'll need a behaviorist that specializes in positive reinforcement.

The best quick fix I can offer is to build a solid fence along your property that does not allow your dog to see the passing dogs. He will lose interest when he can't see them and likely will be a happier dog since he no longer has the worry about chasing away other dogs.

Q: My male cat, Fluff, who is 11, has a new bad habit. He will paw at a small area on a rug or bath mat until it's all bunched up and then pee all over it. What can I do? I have removed the rugs but I'm afraid he'll start finding new places to relieve himself. Thank goodness he is still pooping in his litter box. - Holly Baldyga, Middletown, CT

A: Well there are a number of reasons that this can happen and many times it is all trial and error to discover what is going on here. The most common reason that cats do this is because they have a mild urinary tract infection.

When a cat in such a situation is forced to squat in a box full of rough litter it does not feel comfortable, so they will seek out something that is soft and more yielding. This may be why he carefully bunches up the rugs or bath mats: to prepare them so he can urinate against a soft and comfortable surface.

The fact that he is still pooping in the litter box indicates further it is a urinary tract infection. The obvious answer to fix this is that the cat needs to go to the vet to determine if my hypothesis is correct. If it is correct, the vet will prescribe medication to cure the infection and all should go back to normal.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)

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The Flu Season is Upon Us

Dr. Paul Silcox

As the cold weather approaches, a common topic comes up. The Flu Shot. Millions of Americans get their flu shots each year. While many sail through the season with no problems, I frequently hear of people that get sick right after getting a shot. Those usually swear off ever getting a flu shot again. Some get the flu anyway later in the season.

The federal Vaccine Injury Compensation Program (VICP) estimates that claims from injuries or deaths from vaccines will total \$224 million in 2016. The VICP was originally created to shield drug companies from lawsuits due to vaccines. Gives you something to think about doesn't it?

So what's an alternative? First, it's a matter of having a healthier lifestyle. Eating better quality foods that your body can get good nutrition from. Did you know in 2002, the AMA reported that many chronic health issues are due to nutritional deficiencies and vitamin supplements are recommended.

I just want to let people know that there are natural methods to help keep your immune system in top shape and avoid some of the risks of flu vaccines. Standard Process, a company that makes their products out of whole foods plants and vegetables that they grow, process them in a low heat environment to maximize the nutritional value to help your body's immune system stay at its best.

Immuplex is specifically formulated to help keep white cell activity at a maximum. Congaplex gives a boost on a short term basis when an acute episode comes up. These products work with the complex immune system response fighting off germs, bugs & bacteria that are a natural function of our body.

And one other thing, Chiropractic adjustments stimulate the body's nervous system which helps the immune system response to fighting off invaders that can make us sick. Been getting them for 49 years.

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The Bellevue Hospital Welcomes Dr. Peter Highlander

Peter Highlander, DPM, MS has joined the staff of The Bellevue Hospital as a reconstructive foot and ankle surgeon. He offers expertise in cartilage replacement, total ankle replacements, deformity correction, diabetic limb reconstruction, nerve repair and advanced neuropathy treatments. He also provides treatment of fractures and podiatric trauma. Most recently, he has worked for Wooster Orthopedics & Sports Medicine Center. Dr. Highlander and his wife are parents of three children. His hobbies include fishing, reading and college football.

Education:

Bachelor of Science in Chemistry, Hillsdale College, Hillsdale, MI
Master of Science in Biomedical Science, Barry University, Miami Shores, FL
Doctor of Podiatric Medicine, Barry University, Miami Shores, FL

Residency:

Reconstructive Foot & Ankle Surgery, University of Pittsburgh Medical Center, Pittsburgh, PA

Professional Memberships:

American Podiatric Medical Association
American College of Foot and Ankle Surgeons
Ohio Foot and Ankle Medical Association

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