

# Lifestyles 2000

**Free**

Vol. 18 Issue 11

**November 2017**



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# Lifestyles 2000

November 2017  
Vol. 18 • Issue 11  
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*Lifestyles is available at local Subways in Fremont & Clyde, Denny's, Frisch's, The Garrison, Bassett's, Kroger's and Clyde Drug Mart*

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# Out to Lunch

By Joanne McDowell



## Canoe Club - Marblehead

Apparently we don't get out much because we just discovered this gem after my neighbor, Penny Deffenbaugh, pointed us in the right direction. Located on SR 163 right before the turn off to East Harbor, is the Canoe Club. Apparently it has been there for five years, but our first visit.



We, us and another couple, started off with Spinach Artichoke Dip served with pita bread for \$10.00. There were many other small plates to choose from including meatball, brie, stuffed ricotta and Bruschetta.



The Wood Fired Signature Pizzas include Philly Steak, Meatball, Italian Sausage and Wild Mushroom to name a few. Prices range from \$11-16 per pizza. The pizza is hand made to order with local ingredients when in season.

Pete tried the Black Bean Chili with Italian Sausage, shown in the photo. He said it was spicy and delicious.

I had the Turkey Brie Apple sandwich. It was absolutely fabulous on a Ciabatta roll with an apple and blackberry Dijon for \$9.00. There was a side of potato salad and a pickle. Our friend had the French Dip and said it was also delicious.

For being in a tourist area I thought the prices were reasonable, our two sandwiches and drinks were \$31.00 and the service was great. The tourists have gone home and the leaves are turning, time to take a drive north!

For a look at the menu and photos of the interior, visit: [www.canoecubwinebar.com/index.php/menu/](http://www.canoecubwinebar.com/index.php/menu/)

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# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

419-334-3602

Email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## DISTRIBUTION

Pete McDowell

## GRAPHIC DESIGN

Tammy Calhoun

Email: [trcalhoun@me.com](mailto:trcalhoun@me.com)

## Advertising/General Information

For advertising and general information call, 419-334-3602, or email [lifestyles2000@sbcglobal.net](mailto: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](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.

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."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

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

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Welcome to November!

We want to send all of the veterans our best wishes. Valley View is having a breakfast in your honor, see their ad on the inside back cover for the details.

Happy Thanksgiving to our readers! I have included a cranberry recipe to help you celebrate the day.

Enjoy the beautiful weather and best wishes for a wonderful holiday season!

Joanne



There were over 160 entries, and as one friend said to me, "Even I could find him for a change!" But just in case you didn't, the correct answer was Legend's.

## Find Pete Winners

Winners are: Jason Engler, Vickery; Sheila Long, Ray Miller, Mary Dyer, Roxanne Griffith-Wolfe, Lorrie Miller, Jane Fawley, Diane Kepler, Emily Longoria, Nicole Roca, Bonnie Wickert, Lavonne Horner, Fremont; Ron Raifsnider, Rhonda Jones, Bellevue; Amber Miller, Bradner; Bonnie Kistler, Vickie Maines, Clyde; Betty Haar, Elmore; Ron Ritzman, Green Springs; Stephen Hartenstein, Tiffin. Congrats!

## Find Pete Prizes

Prizes are from Dairy Queen, Fastraxx, Let's Eat at Byron's and Jenesis Salon in Fremont. The Calico Cat and Legends in Clyde, and Old Fort Market in Old Fort. 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.



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

By Grace Sidell

Ok everyone...Oldsters, Millennials, Teens, Tweens, Youngsters and Kinder Kids, that's about all of you who might like to read the following clues and see if you can guess what kind of unusual family pet I visited with today.

His name is Mr. Snuggles. When they got him he was two days old and fit in the palm of their hands. He is now 3 1/2 years old. He wears diapers when he is in the house. He shares the house and fenced in yard with two big dogs, but he is 'The Boss'. He loves to take long showers. He goes along on the family's road trips where he rides in the back seat strapped into his own car seat. They have gone to Niagara Falls and to Connecticut to visit his owner's family. They confessed that keeping him unnoticed overnight in motel rooms can get interesting sometimes!

To celebrate his birthday on May 29th, they fixed him a plate of peas, crickets, meal worms and because it's a special occasion, they added a few super worms. How are you doing? Do you know what kind of pet he is? Here are a couple more clues; he is a swimmer with webbed feet. Yep, you got it! He's a domesticated Mallard Duck. His owners are Robert and Heather Fontaine who live on the river's edge northeast of Fremont. They have attached a flat rubber raft to their paddle boat for Mr. Snuggles. He rides there, jumps off at will and swims a big circle as fast as he can, and hops back on his raft again.

Another story Heather shared is about Mr. Snuggles and his blanket. He knows when it is in the washer. He stands and watches it go round and round. When the washer stops, he goes to find her and quacks until she takes it out and puts it in the dryer. He stands in front of the dryer and waits for the buzzer, then once again, he goes to find Heather and quacks until she takes his blan-

ket out. She showed me a picture of him in front of the washer watching his blanket.

They have many holiday dress-up outfits for him; one for St. Patrick's Day, Santa for Christmas, an Elf suit and even one she calls "Duckula" for Halloween. What a fun afternoon I spent with Heather and Robert and their most unusual, very cute and friendly pet, Mr. Snuggles.

Meanwhile, at the Old Garden House, we're finishing up our Pioneer Days 4th grade school visits. Each year we are impressed with the children who behave so well, the teachers who are attentive to them, which helps the instructors do their jobs, and the parents who accompany the students. It all works like a 'well-oiled machine'. They make butter, grind coffee, prepare fry-bread over an open fire, scrub clothes on a scrub board and hang them on a clothes line. They go to the corn field and each student picks an ear of corn, then they put it through a corn shucker, (a machine to remove the corn from the cob) and then they put the corn into a hand cranked corn grinder to make cornmeal. They learn that a pioneer's life was hard work, a good lesson for today's children and adults as well.

So until next month, enjoy the crispy fall weather and let's count our blessings as we celebrate Thanksgiving Day together and are reminded once again 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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**OLD FORT COUNTRY MARKET**

**Christmas Open House**  
December 2nd,  
9am-1pm  
Stop in and 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.



# My Mother's Recipes

By Joanne McDowell

My favorite menu item, after the turkey and dressing, is the cranberry salad. This month I am sharing a favorite, you know it is if it is called "Grandma's"! Have a wonderful Thanksgiving holiday.

Grandma's Cranberry-Orange Gelatin Salad

Prep time: 20 minutes

1 6 oz. package Raspberry flavored Jello  
2 cups boiling water  
1 16 oz can whole berry cranberry sauce  
1 8 oz. can crushed pineapple, undrained  
1 cup chopped celery  
1 cup chopped pecans  
1 tsp. orange zest  
1 4 oz. package cream cheese, softened  
1/2 cup whipping cream

Place the gelatin into a bowl, pour in boiling water, stir until the gelatin dissolves. Mix in the cranberry sauce, pineapple sauce, celery, pecans and orange zest until evenly blended. Pour into a mold or serving dish. Refrigerate over night or eight hours.

To make the topping, beat the cream cheese with half of the whipped topping. Fold in the remaining whipped topping until well blended. Spread with the topping mixture.

## "Three Artisans" Art Glass Open House & Sale

On Saturday, Nov. 11th from 10 am to 4 pm three local fused glass artists, Elaine Bast, Jill Groves and Fran Jackson will be on hand to present their latest artwork for sale and answer questions. Each piece of art is original and one of a kind and will include wearable art and home décor such as vases, platters and table and wall display pieces.

Stop by to start your Christmas shopping or treat yourself to a beautiful piece of artwork. There will be a drawing for door prizes of fused glass objects. Fused glass is composed of layers of art glass which are fused together in a kiln. The layering of this specialty glass impacts a dynamic dimension and beauty to each unique piece of finished work.

This free event will be at the First United Church of Christ by the Ballville Bridge in Fremont.

## TRIVIA

By Mike Kelly

- 1) What colorful product used the Rolling Stones song "She's a Rainbow" in its ads in 1999?
- 2) Which has a heavier brain, on average: a hippo, a horse, a human, or a polar bear?
- 3) According to the Web site Rover.com, what was the most popular name for female dogs last year: Bella, Daisy, Maggie or Molly?
- 4) What is the Roman numeral CXV expressed in Arabic numbers?
- 5) Back in the 1600s, the Pilgrims were forced to land at Plymouth, Mass., because they were running perilously short of what?



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The graphic features a winter scene with a white tree and two reindeer on a snowy ground. To the right, a gift box is wrapped in white paper with a large white bow, containing a photo of a family, a calendar, and a card.

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## Once a Soldier ...

"He proved at once a worthy and brave soldier. His intelligent performance of duty and faultless conduct in camp and in the field made him a favorite with

exceptionally fine cavalry officer. He had succeeded time and time again in leading his men against the Apache and Comanche who were killing settlers and causing an estimated \$48 million in damages.

In December of 1873, Lt. Hudson led 41 of the 4th Cavalry on another successful expedition against an elite group of Kiowa and Comanche warriors who were plundering ranches. Hudson reported that among the dead were the sons of Kiowa chief Lone Wolf and his brother Red Otter. The entire Kiowa tribe went into mourning when learning of this devastating loss. Hudson was recommended for promotion by none other than General William Tecumseh Sherman.

The fact that the 29-year-old was so beloved by his men and idolized as a successful Indian fighter made the senseless accident a few weeks later seem even more tragic. Hudson had just returned from the plains and was resting in his quarters when he was hit by a bullet that had been accidentally discharged from his comrade's carbine. Struck in the abdomen, Hudson survived until the next day. Aware that recovery was hopeless, he asked his comrades to telegraph his mother in Clyde. When the 4th Cavalry learned that the Army would not pay to transport Hudson's body home to Ohio, they formed a 50-man honor guard to escort his remains to the San Antonio National Cemetery. The monument paid for by the Fourth Cavalry officers and erected over his grave can still be seen at the cemetery today.

officers and men and step by step he ascended in rank from his original position as private....until he was commissioned a captain."

These were the words Colonel Charles Eaton used to describe Charles Hudson, the 18- year- old he had recruited in Clyde, Ohio, for the 72nd Ohio Volunteer Infantry. Although not an American citizen, Hudson, born in Brantford, Canada in 1843, eagerly enlisted in the Civil War. He served in nearly every battle with the 72nd. He survived wounds inflicted at Shiloh and Tupelo and returned to the fight. Following the war, Hudson planned a career in medicine, but instead joined a friend in raising cotton in Louisiana. When it proved a disaster, he returned to Clyde, where he began to study law. Still not content, Hudson was persuaded by a friend to join the regular U. S. Army, where he was assigned to the 15th Infantry at Mobile in late 1868. He was soon transferred to Fort Clark, Texas where he served in the Fourth Cavalry. The Fourth was one of the most effective units of the U. S. Army against Indians on the Texas frontier. And it was among these men that Hudson found his place as an



**ARIES** (March 21-April 19): If you shoot from the hip be sure you don't shoot yourself in the foot. Ingenious ideas will help you make your mark in the workplace, but won't help to stabilize relationships.

**TAURUS** (April 20-May 20): You may be filled with imaginative ideas, it may not be possible to translate your ideas into moneymaking enterprises, but sharing ideas may bring some people closer.

**GEMINI** (May 21-June 20): Spread the word. You may learn many new things that enrich your life and enhance your creativity. You will forget your doubts and fears as you share your ideas.

**CANCER** (June 21-July 22): If you care you will share. A partner may inspire you to be more businesslike in your approach to possessions and assets, others might inadvertently block your plans.

**LEO** (July 23-Aug. 22): The tighter the knot, the better the bond. You enjoy ties of affection, but it is difficult to sustain relationships that hang by a slender thread. Concentrate on being loyal and trustworthy.

**VIRGO** (Aug. 23-Sept. 22): New technology can help you achieve your aims. Find ways to shave a few pennies off the bills by becoming more energy efficient. Stay abreast of the latest trends.

**LIBRA** (Sept. 23-Oct. 22): The unexpected or unpredictable might work out in your favor. Welcome sudden breaks in routine or unanticipated visitors. You may learn something of great value.

**SCORPIO** (Oct. 23-Nov. 21): You can't command respect until you have earned it. Don't rest on your laurels or hide away in a dream world. Be seen as trustworthy and act as a model of industry.

**SAGITTARIUS** (Nov. 22-Dec. 21): Although you may want to correct someone's mistakes, be understanding and forgiving. People may forget what you say but will never forget how you make them feel.

**CAPRICORN** (Dec. 22-Jan. 19): You have ambitious dreams but sometimes don't have the money or time to pursue them. By applying logic it may be easy to achieve your goals.

**AQUARIUS** (Jan. 20-Feb. 18): You've got all the right moves. You feel more glamorous or talented than usual, but must fight an urge to act on impulse or switch direction. Don't abandon an ongoing project.

**PISCES** (Feb. 19-March 20): The tides may turn quickly where your finances are concerned. Enjoy unique experiences but don't put your money on the line. Someone's expectations might be unrealistic.

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# In Your Own Backyard

**The NORFA/Terra Community Flute Choir** is looking for a few good flute players. The multi-voiced flute choir (piccolo, C Flute, Alto and Bass), rehearses at Terra on Wednesdays at 6 pm.

There is no audition, but high school level and above would be most comfortable. Music consists of all levels and styles. The Alto and Bass Flutes are provided, as is the Wooden Piccolo.

The Flute Choir is directed and managed by Tamara Kagy, Principal Emeritus, of the Firelands Symphony, and a faculty member of Terra State. For information, please email Tamara at tkagy@terra.edu.

**Grieving? Know of someone who is?** When you are grieving a loved one's death, the holiday season can be especially painful. Our Surviving the Holidays seminar helps participants discover: How to deal with emotions, what to do about traditions, helpful tips for surviving social events and how to find hope for the future. Please join us for this FREE encouraging Grief Share seminar on Saturday, Nov. 4th from 10 a.m. to 12 noon at Fremont Alliance Church, 936 N. Brush St. Fremont. Call for 419-332-4392 for more info.

**14th Annual Whiskers and Wine Gala**, Sat., Nov. 4th at Fremont Quality Inn on SR 53 north. Tickets are \$40 presale at the animal shelter and \$45 at the door. Doors open at 6pm.

**Veterans and active-duty military and reserves to receive free admission on Veterans Day:** Veterans, active-duty military and military reserve members will receive free admission to the Rutherford B. Hayes Presidential Library & Museums on Veterans Day, which is Saturday, Nov. 11. The Hayes Home and museum will be open noon to 5 p.m. Those receiving free admission are asked to bring a military ID.

**Rummage Sale: Friday, Nov. 10, 9 am - 5 pm; Sat. Nov. 11, 9 am - 1 pm.** St. Paul Lutheran Church, 143 W. Forest Street, Clyde. Lunch from 11- 1 pm on Friday. Roast Beef Sandwiches, homemade fresh fruit pies, bake sale.

**Clyde St. Mary Knights of Columbus are having a pie fundraiser;** apple, cherry, pumpkin and pecan. Pies are

baked and ready to eat. Orders will be taken Nov. 1st -12th. Pies can be picked up Nov. 22 from 2:30 pm-5:30 pm at St.Mary's parish hall ,609 Vine St., Clyde. All money raised from the Knights fundraisers are donated to local charities including The Back Door Food Pantry, Clyde Coats for Kids, high school scholarships and the School of Hope. For more info or to order, contact Matt Wasserman at 419-202-3569 or mc86wasserman@gmail.com; Bruce Darr at 419-680-3218 or dqcakes1401@yahoo.com.

**Nov. 4th - Christmas Clash Race.** Experienced and non-experienced racers can take part in racing the fast 90' oval and restored American Raceways Royal. Cars and help will be provided for the racers who would like to experience Fremont's fast racing. The Christmas Clash is an effort by FASTERXXX and BAANC, Bikers Against Abused and Neglected Children. We ask that experienced racers bring a new packaged toy (\$15 value) as entry for the all day races. New racers may pay entry or donate a toy also. BBQ lunch will be provided. The toys will be distributed by the BAANC members to area children at Christmas. The doors open at 8 AM for fast racing and fun. FASTERXXX is located at 2201 Commerce Dr., Fremont.

**Nov. 11th - Ohio Challenge Cup slot car race at FASTERXXX**, 2201 Commerce Dr. Fremont. Drivers from Ohio, Michigan, and Pennsylvania will be racing GT cars on the fast and famous 95' restored American Royal. Open at 8 AM.

**Nov. 25th - SLOT CARSWAPMEET and GT-1 race at FASTERXXX**, 2201 Commerce Dr. Fremont. Buy, Sell, Trade, and Race. Doors open at 8 AM. Come and experience Fremont's fastest racing.

**Fremont Izaak Walton League Pistol Pop up target shoot:** Nov. 4, 8 a.m.- 1 p.m. Registration begins at 7:30 a.m. Bring any handgun shooting pistol ammunition ( no shot shell) at least 2 magazines, eye and ear protection is a must and a lawn chair if desired. You will be shooting pop up targets at 10 to 25 yds. in random order. Cost is \$5.00 for 20 target presentations. Open to

the public for all ages. Under 18 must be accompanied by an adult. The club is located just off S.R. 53 north of the Ohio turnpike turn left on C.R. 99 left again on C.R. 170 follow Izaak Walton signs. For info call Larry Perkins @ 419-355-8374.

**The Toledo Symphony will present their 17th annual Community Christmas Concert** at Grace Lutheran Church, 705 W. State St., Thursday, Nov. 30, at 7:30 p.m. Tickets may be purchased at Grace Church office beginning October 30, between the hours of 8:30 a.m. and 4:30 p.m., daily. General admission is \$10 for adults, \$8 for seniors, 65 and over, and \$5 for students 18 and under.

**Clyde Eagles Women's Auxiliary Presents the Annual Christmas Craft Show**, Sunday, Dec. 3, 10-3 pm. Lunch served 11-2 pm. Crafts, Baked goods and specialty presents. 1120 South Main St, Clyde. Call 419-547-9950 for more info.

**The Fremont Area Women's Connection luncheon** will be at Anjulina's Catering, 2270 W. Hayes Avenue, Fremont, 11 a.m. -1:00 p.m. on Tues., November 14, Cost \$12.00 incl.

**Our Special Feature will be Ferguson's Gallery & Studio**, Marblehead. Our Speaker will be Sandi Lemmon, Toledo, telling us "The Confessions of a Workaholic" with a Type A Personality.

For reservation for luncheon and free child care, please call by Nov. 9, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com

**"Caring for Clyde Kids" Community Toy Collection: Nov. 13-Dec. 13**, collection boxes at Clyde Police Station, Finance Bldg., Bolte Realty and Dollar General. Toys are distributed by the Clyde Food Pantry each Thursday in Dec. Questions, call Kay Dick at 419-547-8014.

## Our Newest Listings

### Wonderful Home



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jeffphillips@howardhanna.com



**DEAR MAYO CLINIC:** When I was in my teens and 20s, I regularly used a tanning bed. I'm now 43 and very worried about melanoma, so I go to a dermatologist every year for a skin check. I have numerous moles, but the skin check only takes about five minutes. Is this enough time for a thorough evaluation? What are they looking for? What should I be looking for on my own?

**ANSWER:** You're wise to keep an eye on your skin. Being evaluated by a dermatologist once a year and checking your skin regularly are two excellent steps you can take to catch melanoma and other types of skin cancer early. The sooner skin cancer is found, the better the chances of curing it.

Melanoma is the most serious type of skin cancer. It develops in cells called melanocytes that produce melanin - the pigment that gives your skin its color. The exact cause of all melanomas isn't clear, but exposure to ultraviolet, or UV, radiation from sunlight or tanning lamps and beds increases your risk of developing the disease.

The number of melanoma cases has increased dramatically over the past 30 years, especially in middle-age women. The increase may be linked to the rise of tanning bed use in the 1980's, when many women who are now in their 40's and 50's were in their teens.

If melanoma goes unchecked and spreads, it can be very difficult to treat. But if you catch melanoma early, it's often curable. That's why it's so important to be familiar with your skin and report any changes to your dermatologist right away, especially if you've had a significant amount of exposure to tanning beds in the past. Get into the habit of checking your skin once a month. In particular, watch for new moles appearing that haven't been there before.

Know the ABCs of skin cancer, too, and report any of them to your dermatologist. A is for asymmetry: One half of a mole looks different from the other half. B

is border: The borders of a mole are uneven, jagged or scalloped. C is for color: The color of a mole is different from one area to another. Specifically, if you see colors of the U.S. flag - red, white or blue - within a mole, that can be a concerning change.

It's also important to note a mole's size. If you have a mole larger than about a quarter of an inch across - or about the size of a pencil eraser - have it checked. If there's a change in the size, shape, color or height of a mole, or if you develop symptoms such as bleeding, itching or tenderness, that should be evaluated, as well.

Keep in mind, too, that there are other kinds of skin cancer in addition to melanoma, including basal cell carcinoma and squamous cell carcinoma. These cancers tend to look like pink, red or scaly spots on your skin that don't go away on their own.

Although the annual skin check you get from your dermatologist may not last long, it's a critical part of catching skin cancer early. Dermatologists specialize in skin disorders and can often spot problem areas on the skin quickly. That's particularly true after you have your first skin assessment, which may take a little longer than your follow-up visits.

Of course, prevention is also key. Protect your skin as much as you can. Whenever possible, stay out of the sun during the middle of the day when UV light is the strongest. When you are outdoors, use plenty of sunscreen in all seasons, and put it on your skin often. The sun protection factor, or SPF, of your sunscreen should be at least 30. Never use a tanning light or a tanning bed, as they can drastically increase your chances of melanoma. - Jerry Brewer, M.D., Dermatology, 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(AT SIGN)mayo.edu. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

## “What is the Sandusky County Land Bank?”

By Tim Braun, Sandusky County Prosecutor

Local land banks have been established throughout the country to deal with the increasing problem of neighborhood blight. The Sandusky County Land Reutilization Corporation is our land bank and was established in July 2015 to help deal with abandoned, dilapidated, and tax delinquent properties in our county.

Many of these properties have structures on them; some are vacant lots. They have essentially become “non-sellable” because of their condition or tax liens against them. Left vacant, these properties can create safety hazards, attract criminal activity, and lower surrounding real estate values.

The Sandusky County land bank receives most of its funding through penalties and interest paid by delinquent tax payers. They also use grant funding when available. The land bank is administered by our local land bank board and our office provides legal counsel. The land bank works with local officials to identify vacant, dilapidated properties that are delinquent on their taxes and forecloses on these properties. Sometimes, however, an owner gives the property to the landbank through a “deed in lieu” to cancel their tax debt. This might occur, for example, when an elderly resident passes away and their family lives out of state.

Once the land bank has ownership of a property with a dilapidated structure, they will work with other agencies to rehab it or it will be scheduled for demolition and grass will be planted on the lot. Properties are then offered for sale to cover the costs incurred. Next door neighbors are given priority if they are interested in purchasing a property.

There is an application process to screen potential buyers to make sure they do not have a history of tax delinquency, property code violations, etc. since the goal is to transfer these properties to owners who will care for them and pay their taxes.

Land bank board meetings are open to the public, minutes are available online, and a listing of available properties can be found at [www.sandusky-county.com](http://www.sandusky-county.com).



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- Provides a local family with a six week course on Healthy Living Habits.
- Assures that 84 nutritious meals are delivered to home-bound seniors living in Sandusky County.

## United Way of Sandusky County



October 1, 2017

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 32 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.

As the Board of Trustees, we believe in the mission of the United Way of Sandusky County. 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 2017 campaign to support your neighbors and community. Together we can reach our local goal of \$850,000.00.

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 2018.

Thank you for supporting our local United Way efforts!

A handwritten signature in black ink that reads 'Nancy Lipstraw'. The signature is fluid and cursive, written on a light-colored background.

Nancy Lipstraw  
2017-2018 United Way of Sandusky County Board Chair

To view a full listing of all our Funded Programs please visit  
[www.uwsandco.org](http://www.uwsandco.org)

826 West State Street  
Fremont, OH 43420  
419.334.8938



**3 - Feb. 25, 2018** – Special exhibit ‘Ice for Everybody’, Rutherford B. Hayes Museums. Lake Erie and America’s Ice Harvesting Industry” will explain the story of how the Sandusky area became the center of a century-long mammoth industry that changed the way Americans lived.

**4 - Sacred Heart 29th Annual Holiday Craft Show**, Sacred Heart School, 550 Smith Road, Fremont. 9 am - 3 pm. \$2 Admission. Shuttles from the parking lot to the front door.

**6 – Morning Health Break**, Bellevue Hospital Conference Rooms A&B. 8 – 11 a.m. Educational literature, a light breakfast and a registered nurse available to answer questions about health. Free Glucose (fasting) & BP, A1C’s \$10. 419-483-4040, EXT. 6610.

**7– MOMS Breastfeeding Support Group**, Bellevue Hospital 2nd Floor Conference Room, 10:30 – 11:30 a.m. All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. Free and open to the public.

**9– Hope for the Holidays**, Bellevue Hospital Conference Rooms, 5:30 – 8:00 p.m.  
This coping program is specifically designed for people who are grieving or going through a stressful time

in their lives. Co-sponsored by Stein Hospice of Sandusky, Foos & Foos Funeral Service and Auxter Funeral Homes, the program includes coping plans to help get through the holiday season and an honoring activity where participants can honor the memory of their loved one. The support group is free and open to the public. Registrations are requested. To register, call 419-625-5269.

**10, 11 – “Three Artisans” Art Glass Open House and Sale**, First United Church of Christ, 1500 Tiffin Road, Friday, 3-7 p.m. and Saturday, 10-4 p.m. Cost: FREE.

**11– Second Saturdays R 4 Kids**, Rutherford B. Hayes Museums, Fremont.  
A monthly educational series for kids ages 1-12. This month, there will be a scavenger hunt available from noon to 5 p.m. in the museum. Participants can stop by any time during those hours to do the scavenger hunt and can also tour the museum. Kids get a prize for completing the hunt. Cost is \$1 for kids and \$7.50 for adults. This includes admission to the museum.

**13– Community Health Screenings**, Free BP and Fasting Glucose Checks, The Medicine Shoppe, 234 West Main St., Bellevue. 9:30 – 11:00 a.m. Call 419-483-4040, EXT. 6610.

**14– Community Health Screenings**, Free BP and Fasting Glucose Checks,

Bassett’s Market, 228 West Main St., Bellevue, 9 – 11 a.m.

**14– Diabetic Support Group**, Bellevue Hospital East Conference Room, 1400 West Main St., Bellevue, 12:30 – 1:30 p.m. Free and open to the public.

**15– Community Health Screenings**, Free BP and Fasting Glucose Checks, Miller’s SuperValu, 505 West Maple St., Clyde, 9– 11 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

**16– Community Health Screenings**, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, Bellevue, 8 – 10 a.m.

**16 – Community Health Screenings**, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main St., Clyde, 10:30- 11:30 a.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

**17-19– Winesburg Christmas Weekend** Clyde, Winesburg Christmas weekend is celebrating its 41st year with 3 days full of holiday events.

**21– Community Health Screenings**, Free BP and Fasting Glucose Checks, Hogue’s IGA, 855 Kilbourne St., Bellevue, 9 – 11 a.m. Community

Health Screenings, Free BP and Fasting Glucose Checks.

**24– Opening of the Hayes Train Special**, Rutherford B. Hayes Presidential Museum. . 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 Museum ticket price of \$7.50 for adults, \$6.50 for seniors and \$3 for children ages 6 – 12. (All facilities are closed Christmas Day and New Year’s Day.) The exhibit is on display through Jan. 7, 2018. Sponsored by the Gordon W. Knight Family and Croghan Colonial Bank. [www.rbhayes.org](http://www.rbhayes.org)

**25 – Shop Small Saturday**, Bellevue, 9 a.m. – close. Small Business Saturday is a day to celebrate and support small businesses and their contributions to our community. Special discounts and promotions will be happening all day long, not to mention the unique gifts and ideas you will find in small towns. [www.shopbellevueohio.com](http://www.shopbellevueohio.com).

**28 – Community Health Screenings**, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Bellevue, Noon – 1 p.m. Community Health Screenings, Free BP and Fasting Glucose Checks.

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## Grief During the Holidays: Some Tips

### 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 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. Others may choose to participate in holiday events at a local hospice, like Love

Lights. Stephanie Rutherford, a Love Lights attendee, said “In October 2014, my daughter Brittany age 31 died unexpectedly. Two months later we were supposed to celebrate the holidays, a time of joy, laughter, and family. That year the holidays was a time of remembering Brittany and getting through the holidays without her. One of things I did that first year, was attend Love Lights Memorial Service. The walkways were lined with luminary lights with name of loved ones, which symbolized that our love ones still continue to shine. The speaker, spoke from her heart, about her loss, and hope. It was very emotional, honoring so many loved ones no longer here. It has been three years since Brittany left us, and I will again be attending this year. My heart needs this especially this time of the year.”

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 in Clyde at 419.547.6419.

#### Upcoming Events:

Getting through the Holiday’s Grief Workshop

This workshop will provide you with the tools needed to get through the holiday season after a loss. This event is free and will be held on Saturday, November 18, 2017 from 9:00 a.m. - 11:30 a.m. at ProMedica Hospice, 430 S. Main St, Clyde. For more information on our upcoming events contact Melody Fryling, Bereavement Coordinator at 419-547-6419.

2017 Love Lights

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 1, 2017. 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.

## Raised Bed Gardening

By Viola Purdy,

Sandusky and Ottawa County Master Gardener Volunteer

Gardening in raised beds was a norm before colonial times. It was an asset when tillable areas weren’t available. Now with more populated areas and smaller lots it is again gaining popularity.

#### What are raised beds?

“Raised” means that the soil level in the bed is higher than the soil surrounding it. “Beds” refer to a size small enough to work the soil without stepping in it. A bed should be no wider than 4 feet. (3 feet, if against a fence) If it is wider, it can be divided by a plank or stepping stones to avoid walking on the soil. It can be any length desired and does not need to be enclosed. If it is open, power tillers can be used but if it is enclosed and properly maintained, hand tools are all that is needed.

#### Benefits of Raised Beds

##### Higher Yield:

Probably the most important reason for the revival of raised beds is more produc-

tion per square foot. A traditional home garden that has good management could yield 0.6 pounds of vegetables per square foot while a raised bed can yield an average of 1.24 pounds. This is largely because the raised beds do not require the usual spacing between rows to cultivate or harvest. The vegetables are spaced close enough to shade weeds and just far enough apart to allow development.

##### Improved Soil Conditions

When soil is compacted it can reduce crop production by half. Water, air and roots have difficulty moving through soil and picking up nutrients when the soil has been compacted by machinery and walking. This problem can be avoided by creating beds that can be worked from the sides. Organic matter can be added easily and worked with hand tools.

Beds with frames will help when there is a need to plant in low spots or where erosion is present. This will help to prevent the soil from becoming alkaline. (most vegetables do not like alkaline soil.)

*Raised Gardens, cont’d on 12*



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# "Grate" Treats & Eats

By: Chris Timko-Grate

As I start this column it is raining and I am thinking I much rather have rain than snow, but I know within the next couple of months we could be having snow so I will take the rain. I am spending my time at farm markets and fall festivals, there are a few flea markets going on also. We are enjoying all the fall vegetables and fruits, the most plentiful are apples and they are available year round so the recipes I am sharing can be used anytime. The first one is an appetizer and the second a salad, enjoy them both!

## Wonderful Cheese and Apples

1 cup (4 ounces) shredded Swiss cheese, softened

4 ounces Camembert cheese, softened

1 4oz package blue cheese, crumbled

3 (8oz) packages cream cheese, softened and divided

2 tablespoons milk

2 tablespoons sour cream

1-1/4 cups chopped pecans

Chopped fresh parsley

6 to 8 Granny Smith apples, cored and sliced

Combine first 3 ingredients and 2 (8oz) packages cream cheese in a large mixing bowl. Beat at medium speed of an electric mixer until smooth; set aside.

Line a 9-inch pie plate with aluminum foil. Combine remaining 8-ounce package cream cheese, milk, and sour cream; mix well. Spread sour cream mixture in prepared pie plate. Sprinkle with pecans, and lightly press pecans into sour cream mixture.

Spoon cheese mixture evenly over pecans. Cover and chill 2 to 3 days. To serve, unmold onto serving platter, and carefully remove foil. Sprinkle cheese with chopped parsley. Serve with apple slices. Yield 12 to 16 appetizer servings.

## Apple Salad with Honey-Yogurt Dressing

3 Granny Smith apples, unpeeled and diced

2 stalks celery, thinly sliced

1 large carrot, scraped and shredded

1/2 cup golden raisins

1/2 cup coarsely chopped pecans, toasted

Honey-Yogurt dressing

Lettuce leaves

Combine apple, celery, carrot, raisins and pecans in a large bowl. Pour Honey-Yogurt Dressing over apple mixture; toss gently to combine. Cover and chill 2 to 3 hours. Serve salad in a lettuce lined salad bowl. 6 to 8 servings

## Honey-Yogurt Dressing

1 cup plain yogurt

2 tablespoons vegetable oil

2 tablespoons honey

1 tablespoon white wine vinegar

1 1/2 teaspoons Dijon mustard

1/8 teaspoon salt

1/8 teaspoon pepper

Combine all ingredients in a small bowl, and stir well with a wire whisk.

Yield about 3/4 cup

\*Quote of the Month: A hint is something we often drop, but rarely pick up

Unknown author.

Any questions or your favorite recipes you would like to share contact me at: [christimkograte@roadrunner.com](mailto:christimkograte@roadrunner.com)

*Raised Gardens, cont'd from 11*

Gardeners find that they can plant earlier in the spring when conditions are muddy and later in the year with the help of a cold frame.

## Pest Control

Bottoms can be lined with chicken wire or hardware cloth to help deter rodents. Short fences can be used on framed beds to discourage hungry rabbits and ground-hogs.

The narrow width makes the use of netting and plastic mulches more economical to use.

## Water Conservation

Watering is easier. Conservation of water is possible with the use of soaker hoses or drip irrigation at the roots. These can be put on a timer.

Conventional watering with hoses can also be directed at roots. This will save water and foliage will remain dry thus decreasing the possibility of diseases.

## Construction Tips

Keep beds narrow and adjust the length according to the water availability.

A north/south orientation is best for low crops.

Beds that contain taller crops will do best with an east/west placement. Planting peas, pole beans and caged tomatoes on the north side and the shorter crops on the south side.

Soil should be 1/3 topsoil, 1/3 organic matter and 1/3 course sand. If beds are small there are bagged products available.

Beds elevated by 2 ft or more offer ease of planting and harvesting for those with physical limitations. (My first raised beds had boards on the side for sitting.)

Use of a cold frame can enable earlier planting and later harvesting.

Can reuse many different objects to make raised beds such as watering troughs, tires, cinder blocks, bricks etc. The imagination is the limit.

A few vegetables are not practicable for a raised garden among other vegetables due to their height and/or vining nature. They will shade the other vegetables, but if space allows they do well away from the others. These include squash, melons and corn.

## Winesburg Christmas Weekend

Nov. 17, 18, 19 in  
Downtown Clyde,  
Ohio



### Saturday, Nov. 18

Santa arrives at the end of the Northern Lights Parade at 6 p.m.

Fireworks follow at 7 p.m. Saturday after the parade.

### Other big events

Saturday craft shows, Doebl's Flowers Petting Zoo, children's parties, Santa Breakfast, and opening of the Santa House.

Visit the vendor square by the Santa House downtown before and during the parade.

Wrap up the weekend with a Community Holiday Service at First United Methodist Church.

Full schedule and details @ Winesburg Christmas Weekend on Facebook



## REACH –

### “A Career Education Program for Sandusky County’s Youth”

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

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

Starting off that first year with financial support from the United Way of Sandusky County and three other Financial Partners and three Business Partners, the REACH program has expanded, and now in its fifteenth year, has just been launched, with Classroom Consultants from 27 Business Partners bringing their job experiences to 825 students in 35 classrooms in 13 schools throughout Sandusky County. The United Way of Sandusky County continues to lead the way as the primary Financial Partner, while being joined by thirteen other financial supporters. The REACH program fits nicely into the United Way’s Education emphasis area which has as its’ priority: “To provide opportunities for youth that will enable them to be prepared and successful in both high school and post high school with a specific emphasis on career development.”

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

It has truly been a delight for me as Program Coordinator to see the development of the nearly 8,000 students who have had the REACH experience over the years. The creativity that is exhibited by so many of the students as they go through their activities designed to reinforce the concepts being presented each month serve as a constant source of encouragement that they are indeed comprehending what is being taught, and that they will embrace the work ethics they are learning, both now while they are in school and later when they enter the work force.

Further information about the Education, Business and Financial Partners that support the REACH program can be found at the Chamber website, [www.scchamber.org](http://www.scchamber.org), or by contacting REACH Program Coordinator Jim Miranda at [reach@scchamber.org](mailto:reach@scchamber.org)

## Change Your Thoughts, Change Your World

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



Robert Morton

You are where you are today because your past thoughts have brought you there and you will be tomorrow where your present thoughts take you.

Norman Vincent Peale said that if you change your thoughts, you will change your world.

It’s to true! Your thoughts become words and words become actions. After a while, these daily actions become habits and eventually shape your character. Yes, your current thoughts become your destiny.

If you diligently work on changing negative thoughts into positive ones, you will eventually become a more confident and constructive person. By thinking optimistically, you will carve out an encouraging and promising future for yourself. Researchers found that roughly 20,000 thoughts pass through our minds each day, so why not nurture yourself by focusing in on positive ones?

It’s no surprise that successful business owners forge positive, detailed business plans. They learned that the happiness and success in their ventures depend on the quality of their thoughts. Likewise, you can overcome present difficulties and better cope with unseen future snags and dilemmas as well. Start by writing down your personal thoughts on what you’d like to achieve and the person you’d like to become, your long-range goals and aspirations...paint a picture of your ideal life. Then, rephrase it, not as a wish list, but as if you’re already there, describing how it feels to have your dreams actualized. This is your first creation- existing only in your “mind’s eye.”

Congratulations! You have just enabled yourself to begin thinking positive thoughts and to make them take root in your personal, daily experiences.

Next, use your creative imagination and positive thinking to make your goals and dreams begin to

materialize in the real world (second creation). Set yourself up for success! Plan for frequent wins by breaking your long-range goals down into shorter, easily-reachable ones. These initial victories will become mental coup d’états against your negative thoughts that hold you back, a kind of cognitive rebellion...against yourself!

Get a grip on the 20,000 thoughts that pass through your mind each day and transform them into positive and constructive reflections, ideas and inspirations. Eventually, past mistakes will dissolve from your mind’s eye and you will find yourself creating new opportunities for yourself. Thoughts are free so get going...don’t have any second thoughts about it! Yes, we all become what we think about!

*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 authors the books “Finding Happiness in America” and the spy thriller “Penumbra Database,” both available at amazon.com - books.*

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# The Heart of a ProMedica Hospice Volunteer

Gary Click, Chaplain at ProMedica Hospice

With tears edging their way over his lower lashes, Joe Eberly describes what it was like to care for his wife during her final days, "That was my greatest gift of all." Polly was a three-time cancer survivor who had dedicated her life to serving others. However, her last diagnosis was terminal. There were no more treatments. There was no cure. And there was no debate in the Eberly household about what the next step would be. For 25 years they had dedicated themselves to helping others in need as volunteers through ProMedica Hospice in Clyde. They knew each nurse and every aide. Their fellow volunteers were their friends. They had no doubt in their hearts about the quality of care or the compassion that warmed the souls of those who were about to tend to their needs.

Joe first laid eyes on Polly at Serwin's Restaurant on the corner of Fifth and Walnut Streets in Fremont. Joe was mesmerized when she smiled and asked, "Would you take me for a ride in your jet?" That "jet" was a red MG that Joe bought in Germany and had shipped home. Although he didn't know who she was, she certainly knew about Joe. When she returned home from the service in 1952, she took a job at Heinz working with his brother. He told her in advance that his "kid brother" was coming home from the service in February and suggested that they should get together.

Joe took one look at her and didn't hesitate giving her a ride home. That was the beginning of 63 years of story-book love that carried them till death do us part on February 18, 2017.

Polly was adventurous and loved to try new things. She was always eager to help others. When their neighbor and close friend grew ill more than two and half decades ago, the Eberly's learned about hospice care. They saw the qualified nurses, aides, and volunteers make

each day comfortable with their expertise, medical skills, and compassionate care. They saw how each day was made better until that sacred moment when mortal life gives way to the eternal. When Joe and Polly saw how hospice helped those with a terminal diagnosis live out each remaining day to the fullest, they knew how they wanted to invest their retirement years.

That day came in July of 1992. Two weeks later the Eberly's began their training as hospice volunteers. He was nervous the first time he went out to sit with a patient. Sometimes they engaged in conversation. Other times, Joe learned it's good to just sit and be silent company. His first experience was with a gentleman who enjoyed puzzles and they would just sit and work them together. Over the years, Joe and Polly performed many services such as making deliveries, providing company, and pinning veterans. When asked what the most rewarding part was, Joe simply answered, "It's ALL rewarding."

Polly's cancer returned for the final time in 2015 and it was only natural to enlist the services of the team they had served with for 25 years. "Everything seemed to fall in place. All these people we knew, that we had seen over the years, are now coming here and doing it for me... for us."



Joe's heart is still soft and his soul tender. It has been nearly a year since he was an active volunteer. He has spent some of those months caring for that gorgeous, WAC veteran who sauntered up to him six decades ago. But that yearning to help others is still alive in his heart. He says that the staff at ProMedica Hospice can expect to see him back at it again soon.

November is National Hospice and Palliative Care Month, and we're reaching out to help people understand the importance of planning for the care they would want if they were facing a serious or life-limiting illness.

The hospice team provides expert medical care to keep patients comfortable and able to enjoy time with loved ones. The hospice team answers questions, offers advice on what to expect, and helps families with the duties of being a caregiver. The team also provides emotional and spiritual support for the entire family and volunteers like Joe and Polly.

If you or a loved one is facing a serious or life-limiting illness, the time to find out more about hospice care is right now. Call your local ProMedica Hospice in Clyde, at 419-547-6419. Additional offices are located in Sylvania, Ohio and Monroe, Michigan and an inpatient unit located in Sylvania, Ohio.



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## The Marsh/Book Recommendation/Scruffy's Back



Robin Arnold



Gena Husman

We didn't get a lot of the rain this summer that many of you did. And, as the dry summer progressed into a drier fall, we watched with dismay as the water in the marsh dwindled to a few inches of muddy water at one end. The ducks that were so numerous earlier abandoned the shrinking marsh in search of better conditions. Even the frogs

were scarce—what few remained provided food for occasional herons or white egrets; others, the smart ones, made a mass exodus over the dike into our pond which, while low, at least had more water in it.

While we were disappointed that the marsh was drying up, we also realized that this was our opportunity to get out in it and explore—something we hadn't been able to do since August of 2010 when it filled up with water. The floor of the marsh was parched and scored with deep cracks but we found a spot on a mud flat near the end of the marsh that still had water where we could set the photo blind up. In the soft mud near the receding water line we saw the tracks of deer, muskrats, and raccoons, and several abandoned snail shells. Apparently, water fowl and wading birds weren't the only ones using the marsh.

We got the blind set up and then we sat and waited...and waited. At first, we saw no signs of activity and thought the marsh was deserted, but that afternoon turned out to be very productive. Soon, we saw movement at the water's edge along the bank—a little green heron was weaving its way in and out of the grasses hunting for frogs. These birds are not very big, but in the course of 15 minutes he had caught and swallowed two large frogs. We were impressed. In the next hour he caught and ate two more frogs for a total of four. We don't know where he put them but he took a nap after that.

While we were busy watching the little green heron, we got to see the underside of a large blue heron that almost crashed into the photo blind as we were sitting in it. Apparently, it was looking for a place to land and wasn't paying attention. It pulled up at the last minute when it realized we weren't a pile of leaves and sticks. The blind really works!

In the meantime, a great white egret landed in a bare tree across from us and we watched as it spent the better part of an hour preening itself from one end to another. Just before it flew off it stuck one of its very long black legs out and scratched behind its head, just like a dog.

Not a bad show for a couple of hours.

Looking for a good book to curl up with? We both just finished reading



Red-Tails in Love: A Wildlife Drama in Central Park by Marie Winn—available at the Birchard Library. It is a true story set in Central Park in the heart of New York City, and spans about six years. The book follows "Pale Male," the name given to a light colored red-tailed hawk, the females in his life—First Love, Chocolate, Mom and Mom II—and the raising of their chicks in a nest on the high ledge of a building on Fifth Avenue—three floors above Mary Tyler Moore's apartment and across the street from Woody Allen's. It is also the story of "The Regulars" a small band of dedicated nature lovers and bird-watchers who kept track of Pale Male and all the other wildlife that lived in or passed through Central Park. We are introduced to the key members of the Regulars, although the story is told

through the eyes of Marie Winn, who spent time with them. Interestingly, Robin had just sold a watercolor card of a yellow-bellied sapsucker to a woman living in one of the buildings across from Central Park. Wonder if she is one of the "Regulars?"

Scruffy's back! After a short absence while he tended to his family, he waylaid Robin at the back of the marsh with two of his children in tow. Of course, he flew right to her hand and picked his seeds, but the kids weren't quite sure and accepted their seeds from the safety of a nearby branch. We're sure we'll see more of them this winter.

Hard to imagine it's November already. Hope you all have a safe and Happy Thanksgiving!

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# Helen Marketti's Music Corner

*Erin Dickins*



it was magic. It all happened before I really had a chance to think about what I wanted to do with my life. I was definitely driven for a 19-year-old."

"I stayed with The Manhattan Transfer for five years," said Erin. "I loved being part of the group but did not want to be an ensemble singer the rest of my life. I worked on some of my own projects with Columbia (Records). I toured with Leonard Cohen and Gregg Allman, which

was crazy! (laughs). I sang on other artists recordings such as Talking Heads, Yoko Ono and James Brown. I was able to have these other experiences which were wonderful although I did miss the giant success of The Manhattan Transfer."

Erin's latest project is a collection of jazz songs on her new CD. When asked about the choice of songs Erin said, "I wanted to do some of these songs for years. I knew that I could sing them well. I am not sure what exactly prompted me to do each song with one musician. I recorded all over the planet. There were recordings in Nashville, Texas, New York, Hawaii and London.

She continues, "I wanted to produce something myself. As soon as I started working on this project, I realized for

the first time in my life I didn't have a wonderful group of people who I trusted deeply telling me what I wasn't allowed to do. This is a great expression of who I am. The sound of the songs is from the collaboration with the musicians. It made me rise to the occasion."

Erin took a break from the music world to recharge and regroup before returning to her work with renewed energy. "I had my burn out point several years ago and moved to Hawaii. I escaped music for three years. Eventually, what you are meant to do will tap you on the shoulder and let you know that you are still being called. Music is my muse and lover. I have more discretion now and am able to record when I want to. This new CD is all-encompassing and knocked everything out of the box for a year. You're glad the project is complete but then you start thinking of what you can do next."

In addition to her work in the music industry, Erin has another passion she is pursuing which is her love of cooking. She owns a company called, Sizzle and Swing, which is a collection of spices. "As a creative person, I really do not know any musicians who aren't brilliant in the kitchen. It brings love and light unless you burn the toast," chuckles Erin. "Sizzle and Swing produces 10 different flavors of herbal seasonings that are natural, sugar free and gluten free. They are hand blended, high quality seasonings that make cooking easier for the home

chef. I am currently working on two more flavors. I have a wonderful team of workers. It is funny because when I am doing a cooking demonstration at trade shows, I end up singing!"

Erin takes a few moments to reflect on music and its purpose. "I think it's important for anyone involved in the arts to encourage the next generation. Programs are often being cut from the schools. People do not realize that these programs are game changers for kids! This next generation is going to be running our country and shaping the world. They need to have the benefit and joy of the performing arts in their souls so they can do it right."

Erin's new CD, Vignettes is available on her web site, CD Baby, iTunes, Amazon

[www.erindickins.com](http://www.erindickins.com)

[www.sizzleandswing.net](http://www.sizzleandswing.net)

Erin Dickins is an original and founding member of 80s band, The Manhattan Transfer. Her career experience has spanned over 40 years. Her latest jazz album titled, "Vignettes" was recently released in mid-October.

"I fell in love with music as a young kid. My dad was a very talented amateur musician who played jazz piano. He played guitar, banjo and Dixieland. He was my biggest influence because I could sing and play with him. He bought me a guitar which was such great fun," remembers Erin. "I also had my little stereo and my mom would buy records for me such as Broadway shows, Barbara Streisand and Tony Bennett. Those were my early influences. I would then go into my bedroom and listen to Dave Van Rock and Bob Dylan! I was greatly influenced by just about everything that was going on at the time. I had my parents influence, jazz, pop of the times and underground folk music."

When asked if she ever considered a career other than music, "It never occurred to me that I wouldn't be a singer. There was never anything formal. During school, I participated in singing groups. While I was in college, I went to New York and met a publisher through someone that my mother knew when I was a kid. Through that experience is how I met Tim Hauser and Marty Nelson of The Manhattan Transfer. They were looking for female singers. We sang together and

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**Dear Cathy,**

Our six-year-old housecat stopped pooping in the litter box, but she still urinates in it. We find poop all over the house, but never urine. She doesn't have a favorite place to evacuate; it's on rugs, hardwood floors - she isn't hiding it. We find it out in the open and it trails off. It seems like she continues to evacuate while she walks away. We've been to our vet and there is nothing physically wrong.

Nothing in the house has changed; no one new and no renovations. It's the same litter box, same room and same litter. Her litter box is in a room we spend a lot of time in and she often is in there with us. Her food is in another room. We do have another cat, her sister. We've had both since they were kittens and have never had any problems until recently. They get along great, playing and grooming each other.

So far, we have tried a new litter box, removed the top from the litter box and did blood work at the vet. Can you help us? - Steve N., Massapequa, NY

**Dear Steve,**

Cats don't generally poop while they're walking. I am not a veterinarian, but it sounds a little like fecal incontinence. Your veterinarian probably ruled that out, but if you are not sure if he or she did, please discuss this with your veterinarian.

Cats should not poop while they're walking.

If she's healthy and squatting to poop, then we need to dig a little deeper to figure out why she suddenly won't use the litter box. I know you went through a list of things that could cause that to happen, but let me offer a few more possibilities.

Cats are extremely sensitive to scents. Were any new scents sprayed into the air or a new air freshener located or plugged near the litter box? Did you use ammonia or citrus-smelling cleaners to clean the litter box? These scents are off putting to cats.

Sometimes, if a cat is startled near the litter box or experienced an especially difficult bowel movement (something you wouldn't know happened), he or she will associate the litter box with that experience and will poop someplace else. My suggestion is to

add a second litter box to your home, perhaps in a more private space. Use a fine grain, unscented litter product, and fill two to three inches high. Cats like to paw and scratch to cover up their waste and often prefer a little depth to their litter. If she starts to use this second box, then you know she might have had a bad experience at the other box.

**Dear Cathy,**

I have an 11-year-old Maltese. He'll be 12 in February. For the last two years, we've noticed that whenever people come over, he gets extremely anxious and whines throughout their entire visit. He humps his toys. He licks his privates. I've read that as dogs get older they become more anxious. I've tried an anxiety shirt. It doesn't work. - Monica K., Deer Park, NY

**Dear Monica,**

Some dogs do get more anxious as they get older, which is why there are so many "behavioral health products" on the market now. Some of these products are available as daily supplements through veterinarians; some are available in treat form over the counter and online.

Many of these products contain "theanine," an amino acid that has been shown to impact mood and reduce anxiety in dogs. Try an over the counter product, and if it doesn't reduce your dog's anxiety, talk to your veterinarian about one of the daily behavioral health products they carry.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @ [cathymrosenthal](https://twitter.com/cathymrosenthal).)

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# Déjà vu. Again. And Again. And Again?

by Dr. Paul Silcox

By now, I think most everyone in Sandusky County is at least aware of the fact that there is a drug problem going on in our community, our state and the nation. At times it seems like we're beating the proverbial "dead horse".

But there is a reason for the frequent reminders. IT AIN'T GOING AWAY!!!

I just ran across a 2010 National Prevention Strategy flyer that started out saying its goal was "Preventing drug abuse . . . increases people's chances of living long, healthy and productive lives" Again, that was 2010!!!

It is a theme we keep hearing over, and over and over again. In 2010, the Federal Government said that they will educate health care prescribers on proper Opioid prescribing, SBIRT (screening, brief intervention, referral to treatment) and effective use of drug monitoring programs.

But since 2012, we see the numbers of accidental overdose deaths rising to the degree that there were 59,000 in 2016 nationally, and 4,149 in Ohio. (that number in Ohio seems to vary depending on the source you quote, but the Centers for Disease Control seems to me to be a fairly credible source, so I'll stick with it)

So far this year, the numbers of accidental overdose deaths is down from 2016. A lot of that is due to the fact that Naloxone (aka Narcan) is much more available to first responders at the scene of an overdose, and it is being used a lot! With the increase in the incidence of Fentanyl being mixed into heroin fixes, it is often taking more doses of Narcan to revive an overdose victim.

As we can see by the numbers, the damage has been done. The generation prior to me was known as the Silent Generation. I am at the middle of the Baby Boomer Generation. Then there was Generation X. After that, come the Millennial's. With the numbers of people in the United States that have died being attributed to the Opioid Epidemic in the last 5 years, I think the appropriate title for the next generation would be "The Swiss Cheese Generation"

I know with the loss of my son Joe, it leaves a tremendous gap in the family tree that will never be filled.

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- 1) The Apple iMac.
- 2) Human
- 3) Bella
- 4) 115
- 5) Beer. (No, really, it's true.)

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## Education:

Bachelor of Science in Pharmacy, University of Toledo, Toledo, OH

Doctor of Pharmacy, University of Toledo, Toledo, OH

Doctor of Osteopathic Medicine, Ohio University, Athens, OH

## Residency:

Internal Medicine, Firelands Regional Medical Center, Sandusky, OH

## Fellowship:

Pulmonary/Critical Care, Botsford Hospital, Farmington Hills, MI

## Certifications:

American Osteopathic Board of Internal Medicine

## Professional Memberships:

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