

2000 Lifestyles

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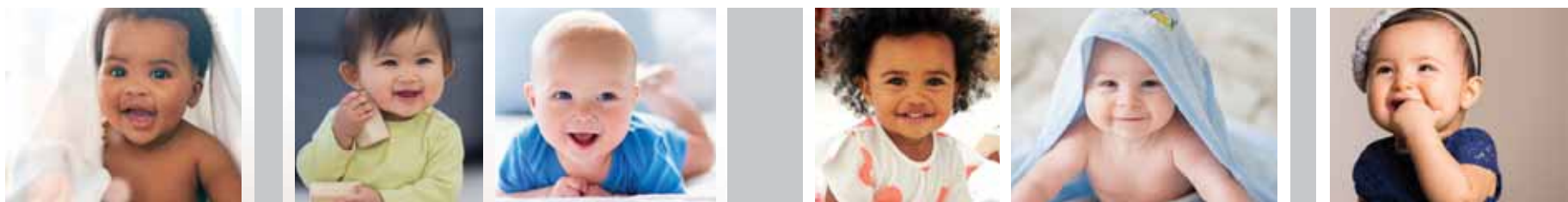
Vol. 19 Issue 11

November 2018

Happy Thanksgiving

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Lifestyles 2000

November 2018
Vol. 19 • Issue 11
www.lifestyles2000.net



NEWS & NOTES

November is National Hospice Month	8
Why I'm Voting "No" on Issue 1, Dr Paul Silcox.....	8
REACH, A Career Education Program	12
Community Christmas	15

ENTERTAINMENT:

Celebrate Fall with Free Family Fun	3
In Your Own Backyard	6
Out & About, Kelsey Nevius.....	12
On the Road Again: Italy, Joanne McDowell	13
Omarr's Astrological Forecast, Jeraldine Saunders	13
Out to Lunch: Bay Bell, Lynn Urban	15

HEALTHY LIVING:

"Blessed with Cancer"	9
Mayo Clinic: Kidney Disease	11

HOME & HEARTH:

Life's Upsets and Failure,, Bob Morton, M.Ed, Ed.S.....	4
Kiss-Me-Over-The Garden-Gate, Grace Sidell.....	5
My Mother's Recipes, Joanne McDowell	5
"Grate" Treats & Eats, Chris Timko-Grate	7
Camp Fire News & Notes.....	7
12 Acres in Ohio, Robin Arnold, Gena Husman	10
Shetler Tails, Joanne McDowell	1
Pet World, Cathy Rosenthal	14

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Fremont & Clyde, Denny's, Frisch's, The Garrison,
Kroger's and Clyde Drug Mart*

Celebrate fall with free family fun and paid ghost stories lantern walk event

Paint pumpkins, take a horse-drawn trolley ride and more during a family fun event on Friday, Nov. 2, which is All Souls Day, at Spiegel Grove, the grounds of the Hayes Presidential Library & Museums. During the family portion of the evening from 5:30 to 7 p.m., celebrate autumn with face painting, games for kids and s'mores by the campfire. Visitors are welcome to wear costumes but should also remember to dress for the weather.



Admission to events from 5:30 to 7 p.m. is free. Horse-drawn trolley rides by South Creek Clydesdales will be available for a cash fee of \$3 per rider ages 3 and older. Children 2 and younger ride for free. Then from 8 to 10 p.m., visitors with paid tickets will have a frightful night with a lantern walk through Spiegel Grove while local historian Mike Gilbert shares Ohio and regional ghost stories. They can come and face their fears as frightening tales will be told beneath the nighttime sky while walking through the wooded grounds. Tickets for this event are \$10. Refreshments, including popcorn and s'mores, are included. Horse-drawn hayrides by South Creek Clydesdales will be offered for an additional \$3 cash fee during the event. Horse-drawn trolley rides and a camp fire will be available from 8 to 10 p.m. Lantern tours with Gilbert will depart at 8 p.m., 8:30 and 9 p.m. and last about 25 minutes. Advance tickets are strongly recommended and can be purchased online at www.rbhayes.org/events or by calling Jacque Baker at 419-332-2081, ext. 238. Tickets will be sold on-site the night of the event subject to availability.

Instagram: [rbhayespres](https://www.instagram.com/rbhayespres)



For 46 years, the Memorial Hospital Auxiliary has sponsored the

Christmas Greetings Project

This year's fundraiser will support the Mary Miller Hayes Fund to help ensure we meet the healthcare needs of our community for another 100 years.



For donors who respond by November 22, 2018 an acknowledgment will appear in a December issue of the News-Messenger and the January issue of Lifestyles recognizing your generosity.

If you are interested in helping, please complete the form and send to the address below.

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. 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 100 retail locations in Sandusky and Ottawa 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:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Thanksgiving to each and everyone of you!



I am so happy to be able to work with Jack Rhodes this month to promote his book "Blessed with Cancer" on page 9. Jack is what the true meaning of Thanksgiving is all about. He has turned his battle with cancer into something that will inspire those of us who have never waged this battle, and a life line for those fighting the battle on a daily basis. It is my honor to know this wonderful man and his tireless wife Patti.

Enjoy our November issue, give thanks and be sure to honor our veterans on November 11th.

Joanne



Wow, that must have been a hard one, less than 100 people got it right last month. The correct answer was CHS, Dr. Helen O'Connell. We hopefully made it easier this month, probably didn't help that it was almost on the last page!

Find Pete Winners

Winners are: Julie Seitz, Patricia Manahan, Bellevue; Amanda Rutski, Clara Rinebold, Lynda Wilbert, Clyde; Dawn Peters, Elmore; Cindy Garcia, Cindy Scranton, Olga Moreno, Pat Oterman, Linda Gegorski, Jerry Lagrou, Deb Shearn, Fremont; Don Ferstler, Tiffin; Brooks Babione, Burgoon; Kathy Yoder, Vickery; Lynn Fox, Gibsonburg; Diane Stetler, Green Springs..

Find Pete Prizes

Prizes are from Fastraxx, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat 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, 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.

Life's Upsets and Failures, Invitations for Personal Growth

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



Robert Morton

Years ago, my wife and I took our daughter to visit Cleveland's Rock N' Roll Hall of Fame. I was impressed by how prize-winning musicians overcame their failures. The rejection letters received by Simon & Garfunkel were many! One read, "You can play at the Chautauqua Lake Summer Festival, but we won't pay for your bus ride. Find a patch of grass far away from the main events." I enjoyed the U-2's thumbs-down letter:

"We can't personally respond to the many letters we receive so this form letter is to let you know we cannot use you right now."

These celebrities could easily have become washouts, but they never quit despite the many rejections and failures. They kept pushing outside their comfort zones and kept taking risks... despite the disappointments. Maybe it's a good thing when we experience a few letdowns, so we're not like the sports coach who has no early losses and faces the pressure of trying to maintain an undefeated season. All of us have defeats in life and we must learn that it takes many years of effort, and failures, to become an overnight success.

The reality is that our self-esteem is strengthened by life's upsets. Living on spaceship earth is a series of upsets and stages of disequilibrium, a process whereby self-esteem emerges. When our comfortable security zone is sometimes cracked open, a wider and deeper existence emerges.

Genuine self-esteem blossoms when we refrain from overprotection, when we allow ourselves to experience the ups and downs of life. We should cautiously allow this process to unfold in our children as well. Through surmounting the uncomfortable, we validate our worthiness and enhance our self-esteem. So, set challenging long-range goals and aspirations for yourself. Get out of your comfort zone, but don't set your goals so high that you set yourself up for too much failure. It'll be a bumpy ride, but genuine self-esteem materializes out of the upsets and setbacks along the way.

It's paradoxical, but by taking calculated risks and venturing out of your comfort zone, you discover that life's upsets are mere invitations to inner personal growth, a richer awareness... and a stronger self-esteem.

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 two books: "Finding Happiness in America" and the spy thriller "Penumbra Database" - both can be found in Kindle or paperback at Amazon.com books.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

October in Ohio---a great place to be, it means deep blue skies, white billowy clouds, cool, crisp air and football playoff games. It also means the last of the summertime porch swing visits with family and treasured friends. I will miss the squeaking chains moving on the ceiling hooks about and the gentle summer breeze on our faces.

This October denotes the fourteenth year that we have invited 4th grade school classes to come to the Old Garden House for Pioneer Heritage Days. So far, students from Hayes, Croghan, Stamm and Atkinson have been registered into four days. (Approximately 195 students) The agenda and staff are in place and we are looking forward to their visits. These classes have approximately 50 students each. They will be divided into four groups which will move from station to station, to do all four activities. They will make butter in a glass churn around the dining room table with me, Ms. Grace; Wash clothes in a tub using a scrub board and homemade soap with Ms. Angie; Ms. Amanda will teach them how corn grows. Each student will be given an ear. They will in turn crank on a very old wooden corn Sheller and watch as the machine turns the cob around and around as it shells the kernels off and then kicks the cob out the side. They will also fry their fry-bread over an open fire with Ms. Clara. Each student will wash hands, then they will be given a ball of bread dough. They will flatten it and punch a finger size hole in the center. Ms. Clara will then fry it in a skillet while the student gets a piece of paper towel ready to receive the hot fry-bread. They can then put their home-made butter on it or

shake it in sugar or do both. A juice will be offered to drink as well.

We will ring the bell between sessions and the students with their adult leadership, move to the next station until everyone has done everything.

The activity instructors will be dressed in period clothing. Each year the students leave here with a new appreciation for today's easy life that allows them time for play---unlike days gone by when the pioneers worked from sun up to sun down. We thank them and also today's farmers who raise the crops that feed us. They too are pioneers as they search for new ways, new products and new machinery to plant and harvest these crops quicker and safer.

It was a beautiful day outside, surpassed only by the beauty of the day inside.

Last Sunday I had the pleasure of cooking dinner and sharing my home with the Ray Grob family. We celebrated a family member's birthday as Ray and Jane's 67th wedding anniversary. This family has come too celebrated with me here at The Old Garden House for quite a few years. The love and respect they show each other is beautiful. It made my heart sing and brought a smile to my lips. They spent time together sitting on the porch or wandering around the yard. The young ones especially enjoyed checking out the pond/water garden and the Elf villages in the Woodland Garden. They came back in and played games together in the Gathering Room. Ray told me every family member was here. When they left they said, "We'll see you again next year, Ms. Grace." I will definitely look forward to that visit.

What's on the calendar at my house, you ask? Well, Tea @ Two will be served on Tuesday November 27th. However, we cannot take anymore reservations as we have 37 guests and that is a "full house". This is our Christmas Tea. Our speaker/presenter will be Josef Wasserman - Bella Costa Florists. We will make a craft. (No teas in December, January or February)

Until next month, Remember to change your clocks on the 4th, vote on the 6th and smile at people you don't even know on the rest of the days and start a fire in the fireplace, watch the flame and ponder all the reasons why 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.

My Mother's Recipes

By Joanne McDowell

Every few years I share this recipe because everyone has to try it at least once! This was handed down to me by my mother who made it in the seventies. It is so delicious and easy to make that it is the perfect compliment to Thanksgiving dinner. Enjoy!

Cranberry Gelatin Salad

Preparation 15 minutes, ready in 8 hours.

1 large cherry flavored Jell-O® mix or sugar free, your choice
-2 cups boiling water
8 oz. sour cream
1 (16 ounce) can jellied cranberry sauce
1 (20 ounce) can crushed pineapple, drained
1 cup of chopped walnuts

Directions: Combine the gelatin and boiling water; stir until gelatin is dissolved. Mix in cranberry sauce, pineapple, sour cream and walnuts. .

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

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Price: \$40 in advance

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*Tickets available at HSSC shelter, 1315 N. River Road,
Fremont. For more info call 419-334-4517*



In Your Own Backyard

Sandusky County Remembers Veterans: 4th Annual Veteran's Breakfast, Sat., Nov. 10th from 9-11:30 am at the Fremont VFW. All veterans and a guest are invited to this free event. Guest speaker, door prizes and information available.

26th Annual Holiday Handicrafts Show: VFW Post 3343, W. Maple St. in Clyde, Sat., Nov. 17th from 9-3. Free admission, door prizes and lunch from 11-3.

Clyde Eagles Aux. 2291, Christmas Craft Show, Sat. December 1st, 10am - 3pm. 1120 S Main Street Clyde, 419-547-9950. Lunch served 11-2.

Fremont Area Women's Connection monthly luncheon at Anjulina's, 2270 W. Hayes Ave., Tues., Nov. 13, 11-1 pm. The program will include a fashion show from Fabulous Female Boutique. Kim Mazur, the owner, has two stores in Sandusky and Marblehead. The guest speaker is a retired nurse, Letitia Hicks from Circleville. Hicks states: Rule #1: Plan well. Rule #2: Have Back-up Plan. Rule #3: Be Flexible. For reservations and free child care, call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by Nov. 9. Any cancellations need to be reported to Donna or Carrol.

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, November 4th from 6-8 p.m. at Fremont Alliance Church, 936 N. Brush St., Fremont. Call for 419-332-4392 for more info.

"Three Artisans" Art Glass Open House & Sale: Friday, Nov. 9th from 3-7pm and Sat., Nov. 10th from 10-4 at First United Church of Christ, 1500 Tiffin Rd., Fremont. Each piece of artwork is original and one of a kind including vases, platters, table and wall display pieces. Free.

Hope for the Holidays: The Bellevue Hospital (TBH) will be the host site for a holiday coping program and honoring activity designed specifically for people who are grieving or going through a stressful time in their lives. "Hope for the Holidays" will take place at TBH on Wednesday, Nov. 7 in Conference Rooms A&B. There is no charge for the event but reservations are requested. Dinner will be served at 6 p.m. with the program to follow. The first part of the program will focus on a coping plan to get through the holiday season while going through a grieving period, including talk of creating rituals and how those rituals can tie together with our loved ones. The second part of the program will be the honoring activity where participants will honor the memory of their loved ones. For info or to register, call Stein Hospice at 419.625.5269.

Fremont Community Theatre's Upcoming Shows-Trumbo: Red, White, & Blacklisted: When legendary screenwriter Dalton Trumbo stood up to the House UnAmerican Activities Committee in 1947, he was thrown in prison and blacklisted as one of the "Hollywood Ten." Show contains some

adult content. Nov. 2 at 7:30pm, 3rd at 7:30, and 4th at 2:00

Joys of the Holidays Variety Show Extravaganza: Our holiday themed variety show will be amazing and will feature all different types of talent including: musical acts, comedians, magicians, dancers, and more. I hear that Santa is planning on visiting from the North Pole! This show is family friendly and appropriate for all ages! Dec. 7 at 7:30pm, 8th at 7:30pm, and 9th at 2:00pm
Reservations can be made: 419-332-0695

Trinity United Methodist Church, 204 N. Wayne St. Fremont will host an Annual Holiday Concert on Dec. 9 at 7 pm. A feature will be the sounds of the Fremont Ross High School Orchestra along with numerous other musical performances. Prior to the concert a dinner will be held at 5:45 pm in Fellowship Hall. The cost for the "Taste of the Holidays" dinner will be \$10 for adults. Call 419 332 8167 or 419 332 3095 for reservations.

Clyde St. Mary's Knights of Columbus are having a pie fund raiser. Types of pies: apple, cherry, pumpkin, and pecan. Pies are baked and ready to eat. Moneys from the Knights fundraisers are donated to local charities. Orders will be taken November 1-12. Pies can be picked up November 21 from 2:30-5:30 at St. Mary's parish hall 609 Vine Street in Clyde. For more information contact Matt at 419-202-3569 or mc86wasserman@gmail.com or Bruce at 419-680-3218 or dqcakes1401@yahoo.com

Birchard Library: Patriotism & Protest series, sponsored by Ohio Humanities and the R.B. Hayes Presidential Library

and Museums, continues with a movie presentation at the Birchard Public Library on Nov. 8, 1:30 p.m. The 2016 film focuses on a conscientious objector who served as a combat medic in WWII and was awarded a Medal of Honor. Discussion after the showing will be led by Dustin McLochlin, Curator at Hayes, and Kevin Lause of the Birchard Library.

Calling all book lovers! Kids in K-6th grades are invited to enjoy a fun-filled morning creating super cool books, such as the exploding mini-book, on Sat., Nov. 17, 10-11:30 a.m. Please call 419-334-7101, ext. 209 to register.

Come celebrate and honor our veterans and active military at our next concert "America The Beautiful" on Sunday, Nov. 11 at 4pm! This patriotic pops concert features Carl Topilow, conductor, our full orchestra which includes 60 musicians, 4 special guests from USO Show Troupe, and the Marines Forever Honor Color Guard! All veterans and active military can receive a free ticket to attend by calling our box office in advance of the concert at (419) 621-4800. Otherwise, tickets are \$38 for gold seating and \$35 for silver seating and can be purchased online at: <https://www.firelandssymphony.com/event/america-the-beautiful/>

Mitchell Dermatology will hold its First Fall Free Skin Cancer Screening on Sat., November 10th from 9:00 a.m. to 1:00 p.m. at the Dorothy L. Kern Cancer Center -2390 Enterprise Drive, Fremont. Screenings take only ten minutes and can save lives. This event is for everyone and all ages are welcome. Call 419.872.HOPE (4673) for more information.

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"Grate" Treats & Eats

By: Chris Timko-Grate

Fall has fully arrived and I am loving the tree leaves that are changing colors and the cooler temperatures. I don't mind the cooler temperatures; I just wear heavier clothes or layers of clothes! I also enjoy all the fall Flea Markets, and festivals. My last Flea market I went to I didn't find any cookbooks but I did find a mirror (8x11) with an etching of Clint Eastwood in one of his Spaghetti Westerns. It had a sign on it that said Chris buy me! So I did, put it on my bookcase.

The recipes this month come from the Toledo Hospital cookbook I got last month at a garage sale. They are both casseroles and sure to warm you up on a cool evening!

*Don't Peek Oven Stew

1 pound chuck, cubed
1 cup celery cut in chunks
6 carrots cut in chunks
1 large onion, diced
4 potatoes cut in halves
Two cups tomato juice
1 to 1 1/2 cups of water
3 tablespoons tapioca
1 tablespoon sugar
Salt and pepper

Place all ingredients in roaster, Cover with tight lid or seal with foil and "DON'T PEEK OR UNCOVER!"

Bake 3 1/2 to 4 hours (Serves 4) Yummy!!

*Applesauce Meatballs

2 pounds ground beef
1 cup applesauce
1 cup bread crumbs
2 eggs
Salt and pepper to taste
Flour
2 tablespoons fat
1 rib celery, thinly sliced
1 small onion, thinly sliced
1 green pepper, minced
1 carrot, thinly sliced
1 small onion, thinly sliced
2 cups tomato juice

Mix beef, applesauce and bread crumbs, add eggs, season with salt and pepper. Shape mixture into small balls, roll in flour and brown in hot fat. Place balls in casserole. To drippings in pan, add vegetables and tomato juice, season with salt and pepper.

Bring to a boil and pour over meatballs. Cover and bake at 350 degrees for 40 minutes. Serves 8. You pick a couple family side favorites to serve with these and you have a good Fall meal!

Any questions or comments or recipies you would like to share reach me at chris-timkograteroadrunner.com

Quote for the month: If you think your boss never laughs, ask him for a raise!

Author unknown

Camp Fire News and Notes

Thanksgiving brings a sense of appreciation not just to the true meaning of the Thanksgiving gathering, but also to all of those who have shared with Camp Fire this year! This Thanksgiving we at Camp Fire will be reflecting on the many people who support our mission, the youth who are impacted by our mission, and the sense of joy we bring to youth and families as we connect with them daily!



This Thanksgiving we would like you to join in the celebration of Camp Fire by remembering what Camp Fire brought to your family; be it the use of our grounds for a wedding celebration, your beads and patches in our clubs, Camp Yakita, Teens in Action or attending our summer programs! The impact Camp Fire Sandusky County had on you, still carries on with a new generation of youth today through our Fall Studio Art Camp supported by US Bank, Teens in Action who are focused on mental health awareness, clubs focused on engaging youth, Parents Night Out, Schools Out Camp is In, as well as our summer camps and Before and After School program supported by United Way.

These programs and memories, you give thanks to this Thanksgiving, cannot occur without the support of our community, and we would like to carry on those positive memories by asking you to consider Camp Fire Sandusky County on Giving Tuesday, November 27th. Your online Paypal Donation through facebook or our website will come with match dollars up to \$7500. You have the power to impact Camp Fire Sandusky County still to this day, and we Thank You for considering us November 27th!

For more information about please follow us on Facebook at [Facebook.com/campfiresc](https://www.facebook.com/campfiresc), visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

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November is National Hospice and Palliative Care Month

Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand all that hospice and palliative care offer.

In recent months, a number of notable Americans have died. They include Senator John McCain, the queen of soul Aretha Franklin, and former first lady Barbara Bush. In many media reports, they were described as having “given up” on curative care late in their lives. Ms. Franklin opted for hospice care; Mrs. Bush received what was described as “comfort care.”

It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying,” said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. “Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed. This is one reason that the national My Hospice Campaign was launched this year.

Every year, nearly 1.5 million Medicare beneficiaries receive care from hospices in this country, reports NHPCO. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their family caregivers when a cure is not possible.

With offices located in Clyde, Ohio, Sylvania, Ohio, Monroe, Michigan and Ebeid Residence, an inpatient unit in Sylvania, Ohio, ProMedica Hospice is able to serve 27 counties in northwest Ohio and southeast Michigan.

For more information about ProMedica Hospice, call 419-547-6419 or visit www.promedica.org.

Upcoming Events:

Getting through the Holiday's Grief Workshop

This workshop will help provide you with the tools needed to get through the holiday season after a loss. The workshop is on December 15, 2018 from 9:00 a.m. - 12:00 p.m. at ProMedica Hospice. 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 7, 2018. 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 at 419.547.6419 or christina.sloan@promedica.org.

Why I'm Voting "No" On Issue 1

By Dr. Paul Silcox

On November 6th, Ohio voters will head to the polls to cast their ballots on several issues. Issue 1, is a proposed Ohio Constitutional amendment that if passed, in the words of Maureen O'Connor, Chief Justice of the Supreme Court of Ohio, “will (not could) have catastrophic consequences for our state. If Issue 1 passes, Ohio may have some of the most lenient drug crime laws in the nation. We could easily become a magnet for substance abuse activity because there will be, in effect, very little consequence to engaging in such behavior.”

Justice O'Connor continued, “Who wouldn't want to set up their drug distribution business in Ohio knowing that possessing 19 grams of fentanyl or lethal amounts of other drugs would result in only a first-class misdemeanor without mandatory probation?”

It's interesting to note that Ohio Issue 1, is being promoted as “The Neighborhood Safety, Drug Treatment, and Rehabilitation Amendment”. I mean who wouldn't want those things for our state. And its promotion is being heavily funded by billionaires George Soros and Mark Zuckerberg. Neither are from Ohio. So they do not have to live with the consequence of the passage of Issue 1.

I am reminded of this scripture that says, “Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves.”

If Issue 1 passes, a person could be in possession of 19 grams of fentanyl and would only receive probation. What many people don't realize is that 19 grams of fentanyl has the lethal capacity to kill 9500 people.

Fentanyl is being brought into the country by drug dealers who have no regard for their customers lives or that of their families who are left to deal with the death and destruction of their product. That to me sounds like a “ferocious wolf”

In Dreamland – The True Tale of America's Opioid Epidemic, author Sam Quinones states on pg. 276 “Lets just say that firsthand exposure to opiate addiction can change a person's mind about a lot of things.”

My first, firsthand exposure took my son. It changed my mind and I am dedicated to help wake up our communities and parents to the travesty of drug addiction and the aftermath of its devastation. By Voting “No” on Issue 1, Ohioans are saying NO to making it easier for drug dealers to sell their junk in our cities.



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Blessed with Cancer



weeks or every few months, but this book describes the day-to-day struggles and the small victories that all patients face, along with their friends and family.

Jack's story truly begins in the operating room where he is brought face-to-face with the realization that his life was no longer under his control. His survival suddenly was now in the hands of a complete stranger, a surgeon that he could only hope did not fall asleep during colon removal class in medical school! Indeed this single moment reveals the awesome power and responsibility that we have as physicians, yet it also reveals the humbling vulnerability that all of our patients face.

A planned five day hospitalization becomes a two-month ordeal. Eventually recovering, Jack takes the reader through the celebration of the short-lived remission and then the devastating news that the cancer had recurred. Ultimately, Mr. Rhodes comes to the sobering realization that he will never again be cancer free.

With the acceptance of his diagnosis, Jack now understands that he has no control over whether or not he was going to die. However, he could have complete control over how he would live. He suddenly is able to take back his independence by being more involved in his care. He studies the different treatment regimens and helps with decisions, he eats right, and he drinks lots of water. Jack again starts to appreciate the glorious little things in life, such as watching squirrels in

his backyard and the beautiful views of Lake Erie.

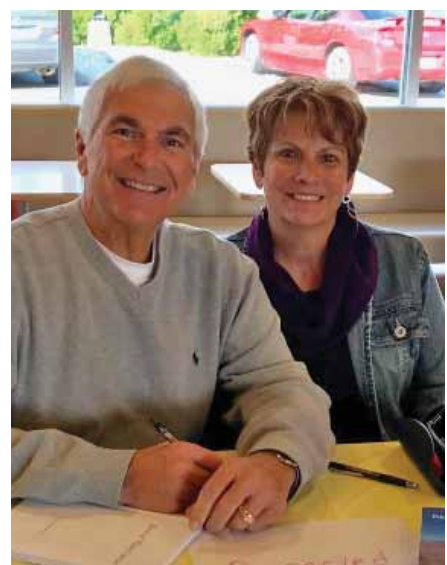
With the support of his friends and his family, Mr. Rhodes takes back his life. He spends time with those that he loves. He commiserates with friends. He gives advice to others. He has learned to live with the blessing of cancer. In an act of defiance to his disease, Mr. Rhodes now easily takes off his shirt and realizes that the scars are an integral part of who he ultimately is. His badge of courage. His declaration that cancer would not define him.

Early on, Jack's wise neighbor told him that he had to have a purpose, a reason to get up in the morning. This book is exactly that... the description of the long road to acceptance of his diagnosis, the thank you note to his friends and colleagues who touched his life, the declaration of his Christian beliefs, the comfort of knowing that his mother, who passed away long ago, was watching over him, and most importantly, this is a love letter to his family and especially to his wife Patti.

We, as readers, are all so fortunate to be a part of Jack's journey.

Dr. Steven Rosenblatt M.D.
Cleveland Clinic

I truly enjoyed the book, however, as I told Jack, it made me sad for all of those going through cancer treatment as it is such a long, difficult journey. Thank you Jack and Patti Rhodes for sharing your story with us.



Jack and I at Fremont McDonald's for a book signing. The book is available locally at Thingamajigs in downtown Fremont. It is also on Amazon and Barnes and Noble, be sure to check the author's name as there are two books with this title.

Four years ago, Jack Rhodes walked into my office for an evaluation of a large incisional hernia which developed after the first couple of the many operations he has undergone. Immediately the two of us hit it off. Jack was funny, kind, and had such a positive attitude after all that he had been through. Surprisingly, I remember that he was also uncomfortable taking his shirt off to show me his hernia. I did not realize it then, but to this patient, the scars across his abdomen served as a constant reminder of the cancer and the way it had already affected his life. Jack was just at the beginning of his journey to accept his diagnosis, and ultimately consider it a blessing. It also was the beginning of our friendship.

Mr. Rhodes was diagnosed with appendicitis, a very common and treatable disease. However, everything changed when ultimately it was determined that he actually had colon cancer and he would have to deal with the very significant ramifications. In this book, Jack so eloquently describes all that cancer has taken away but it also eventually reveals all that the experience has given to him. As surgeons, we tend to see things in black and white, when in reality our world is many shades of gray. We may see patients every few

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Three French Hens.../Willie the Protector



Robin Arnold



Gena Husman

Three French hens, two turtle doves... no, not really...just three French hens—Salmon Faverolles, to be exact. Hope you don't mind another chicken story...not much going on here right now.

Early in September, we decided to add a few more hens to our meager flock since we had only three hens and Willie, the

rooster. We didn't want to crowd the coop, but with just those four, we had plenty of room for a few more. We spent several days studying chicken books, "surfing" the internet, and pouring over hatchery catalogs.

Over a period of fourteen years we'd raised Barred Rocks, Rhode Island Reds, Wyandotte's, light Brahmas, Delawares, Blue Americaunas, Barnvelders, and two little rescued Leghorns. This would probably be the last time we'd raise chickens, so we looked for something a little different, but it still had to be a breed that would grow up to be docile and friendly—we raised most of our other hens from day-old chicks, and they'd always been pets. Some definitely were more affectionate, but all were friendly and trusted us. The new chicks also needed to be cold and heat hardy, and able to tolerate confinement in a fenced-in yard. That's when we discovered the Salmon Faverolles on the Meyer Hatchery website.

Salmon Faverolles: the description read: affectionate and gentle—great with children, cold hardy, confinement or free range, origin:France, and, great layers through the winter. The reviews were all enthusiastic and positive. We placed an order for three chicks and picked them up September 10th from Meyer Hatchery in Polk, Ohio.

Hannah, Elise, and Zoey spent their first two weeks in a medium-sized plastic storage bin on Robin's desk; they spent the next two weeks in our spare bathtub. And, in their fifth week, we moved them and their heat lamp into a stock tank in our "big girl coop" where they

will stay until they are big enough to be out on the floor with the other four chickens. Meanwhile, every nice day we take them outside to a caged area inside the chicken yard to play and let the other chickens get used to seeing them. They're growing fast!

A commotion in the chicken yard sent us running to the window one day to see what was going on. Willie and two hens ran out from under one of the arborvitae and into the coop—followed by a large Cooper's hawk that flew inside the screened-in porch and became confused. I saw it first and ran out the door, yelling and waving my arms; Robin was right on my heels, screaming at me not be an idiot and go in there with the crazed hawk. I had no idea what I was going to do when I came face-to-face with the hawk...fortunately, I was spared that decision because just as I got there, the hawk turned itself around and flew off. By the time I reached the coop door, Robin was already looking inside to make sure everyone was alright. We saw the three hens hiding at the back under the roost...but Willie wasn't with them. He'd charged in and jammed himself headfirst into one of the nest boxes—only his tail feathers were visible. While we didn't expect Willie to stand up to a hawk that was as big as he is and fight for his hens, we didn't expect to find him hiding in the nest box, either. He's supposed to at least give some semblance of being the hens' protector. However, Willie's strategy is every chicken for itself...he runs for cover and leaves the hens to fend for themselves. We laughed and breathed a sigh of relief—everyone was



safe. Willie's dignity was the only thing that suffered that day.

Have a safe and Happy Thanksgiving!

(We love to hear stories from other people and we welcome comments and

questions. We can be reached at: muskrat55@yahoo.com (Robin) or g_husman@yahoo.com (Gena))

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DEAR MAYO CLINIC: Are there typically early symptoms of chronic kidney disease? I was diagnosed with it last month but don't have any symptoms. What causes this disease? Can it be genetic?

ANSWER: In its early stages, chronic kidney disease rarely causes noticeable symptoms. Although genetics may play a role in its development, chronic kidney disease is most commonly the result of either diabetes or high blood pressure. When diagnosed early, there are often steps that can minimize the damage and slow the progress of chronic kidney disease.

Your kidneys are two bean-shaped organs - each about the size of a fist. They are located in the back of your abdomen on either side of your spine. Your kidneys' main job is filtering waste and excess fluid from blood to make urine. Kidneys also perform other tasks, such as adjusting the balance of minerals and acids in the blood and regulating blood pressure.

Kidney disease happens when the kidneys have been damaged and no longer work the way they should. As in your situation, it's common for kidney disease not to cause any obvious symptoms when it first develops. As the disease worsens, symptoms may appear. But they are often vague and can include fatigue; shortness of breath; poor appetite; nausea; and swollen ankles, legs or hands.

Persistently foamy urine is a tell-tale sign of chronic kidney disease that may be due to damage of the filtering apparatus in your kidneys. As your kidneys filter blood, they take out waste products, while keeping substances your body needs, such as proteins. When your kidneys are damaged, they may not be able to retain proteins properly, and high levels of protein pass into your urine. The extra protein causes urine

to become foamy. This typically happens in kidney disease states, such as glomerulonephritis (inflammation of the tiny filters in your kidneys), vasculitis (inflammation of the blood vessels in the body), or advanced diabetic kidney disease.

Chronic kidney disease does have a tendency to run in families, so some people are genetically more likely to develop the disease. Genetic disorders such as autosomal dominant polycystic kidney disease also can lead to serious kidney problems. Chronic kidney disease is more common in certain groups, including African-Americans, Native Hawaiians, Pacific Islanders, Native Americans and Asian-Americans.

A more significant risk factor for chronic kidney disease than genetics alone, however, is having a medical condition that could harm your kidneys. The two most common are high blood pressure and diabetes. If left untreated, over time, these diseases can weaken the tiny blood vessels within the kidneys that filter waste from the blood, making them unable to work properly.

Other conditions that can lead to chronic kidney disease include polycystic kidney disease, recurrent kidney infections, obstruction of the urinary tract, and disorders that cause inflammation within the kidneys, such as glomerulonephri-

tis and interstitial nephritis. Some medications can affect kidney function, too. Finally, chronic kidney disease becomes more common as people age.

If a medical condition that affects the kidneys goes untreated, chronic kidney disease generally will worsen over time. Once kidneys have been damaged, it may not be possible to restore the function that's been lost. But if an underlying medical condition is identified and successfully treated, that often will help slow the progression of kidney disease. With some conditions, such as glomerulonephritis, kidney disease can be cured with treatment. This is particularly true when kidney disease is identified in its early stages.

Medication and lifestyle changes, such as losing weight, quitting smoking, and eating less animal protein and salt, also may be necessary to keep kidney disease in check. A nephrologist - a health care provider who specializes in kidney care - can work with you to identify specific steps you can take to help control your chronic kidney disease.

LaTonya Hickson, M.D., Nephrology and Hypertension, Mayo Clinic, Rochester, Minn.

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As we near year's end I just want to thank all of you who have supported the local animal shelter this year.

If you are free on Saturday, November 10th, please come share a wonderful evening with us as we celebrate our 15th Annual Whiskers and Wine Gala at Fremont's Angulina's, doors open at 6pm. Tickets are \$40 per person and are available at the shelter.

This event is our premiere fundraiser and is so very much fun! We have a live auction that begins at 7pm and is the night's highlight.

So come, enjoy appetizers and wine and spend some money supporting an agency that rescues 200 dogs and cats a year. Everyone is invited!



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By Kelsey Nevius

Because of my current work in the tourism business, I know how important fall is to tourism and what there is to do both around Columbus and around Fremont. Though I enjoy the corn mazes and other fall festivities more back here because of the

wide-open space, there are also similar things to do in Columbus. Picking pumpkins, decorating with multi-colored gourds and corn, and going to orchards are some of my favorite things to do. But what do you do when it gets too cold and rainy to enjoy those marvelous fall things?

I then fall back to my go-to's: museums, libraries, or simply staying inside and reading a book. But there are other things that call to me in Columbus that you simply don't have back here. One of those things happens to be the famed cat cafes.

Firstly, let me explain what cat cafes are if you've never heard of them: they're bisected buildings, one half dedicated to a space for adoptable cats that you can go in and play with, pet, or just hang out, and the other half of the building sells regular café goods like cookies, coffee, and tea. Not only does this café draw in money for cats and animal shelters, but it helps to adopt out the cats you have the opportunity to play with, helping decrease the number of cats in shelters and increase the number of cats that go to good homes.

Obviously, this may sound a little crazy to some, but I've always enjoyed the idea of going to such a place. With two cats of my own (both strays that showed up on our doorstep that we eventually

fell in love with and adopted) and a love of all things baked good, once I found out that I had a cat café only about 20 minutes from me, I had to go.

Eat, Purr, Love Cat Café is in Columbus and is the only cat café in the city. Upon heading there (with my mom in tow, of course) we discovered that they sold delicious vegan baked goods and coffees alongside the cat playroom. I had



to make reservations because the café is so popular.

And it's no wonder why it is: we got to go in for an hour and hang out with cats. Since I'm away and don't get to see my own cats the majority of the time, it's a nice way to de-stress and get away to a comfortable place for a while. While that might not appeal to some, I think it's a great idea for two reasons: cats get a good home that they need, and I get to spend some time to relax, eat some baked goods, and hang out with some loveable furry creatures.

If you've never been to one, I highly recommend you go, if not just to take a break and experience something new, but to also spread the word so more cats can get adopted. If someone is looking to adopt, they can use the opportunity to get to know the cat and make sure it's a good fit. Not only that, but you'll leave happier than you left (and covered in fur)!

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

“Now Hiring”. “Help Wanted”. Signs like these abound in front of businesses throughout Sandusky County. As our economy grows at a record rate the need for qualified employees grows at a parallel pace. Addressing this situation a few years ago, the governor of Ohio made the observation that “We need in the early years, to teach kids about occupations.” The state of Ohio has subsequently decreed that career education programs must be included in public school curricula from grades K-12.

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 sixteenth year, has just been launched, with Classroom Consultants from 32 Business Partners bringing their job experiences to 1,025 students in 45 classrooms in 15 schools throughout Sandusky County. This includes Bellevue Elementary School and Margaretta Elementary School which have been added in 2018.

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.

The United Way of Sandusky County continues to lead the way as the primary REACH Financial Partner, while being joined by ten 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.”

Hopefully the training our Sandusky County students that have been through the REACH program will be better qualified to respond to those “Now Hiring” signs! Further information about the Education, Business and Financial Partners that support the REACH program can be found at the Chamber website, www.scchamber.org, or by contacting REACH Program Coordinator Jim Miranda at reach@scchamber.org

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On the Road Again: Italy is Off My Bucket List

Joanne McDowell

It started as a conversation on Facebook and ended up being an eleven day adventure across Italy with three friends, Kara Hetrick, Tina Baker and Maureen Gonya.

We booked Trafalgar Tours through AAA as we liked the itinerary of Rome, the Amalfi Coast, Florence and Venice. We also didn't feel we could conquer Italy on our own!

Rome is a city that could take months to truly see,, we had only two days, but believe we saw the most important sites; Coliseum, Vatican, St. Peter's and the gorgeous fountains. We also went to Tivoli to see the castle of a Cardinal who spent a fortune building gravity fed fountains. We missed the Roman Forum, and dozens of churches, but time was limited.

None of us were excited with the Roman cuisine. I thought salt and pepper were non-existent and the bread was never served with butter or oil. There also was a lack of vegetables. All of the heavy carbs got to us after a few days.

Onto the Amalfi coastline below Naples, which was amazingly beautiful. Here the food improved over Rome's cuisine, fresh fish and vegetables. We couldn't get to Capri as the sea was rough, but enjoyed dinner in a Norman fortress. Positano was a fabulous little port town we very much enjoyed, but not the narrow roads that covered the mountain sides, bus

riding was a bit perilous

The next stop was Tuscany and the beautiful city of Florence. I was looking forward to experiencing "The David", however it was Monday and all of the museums close that day for maintenance. So if "David" is a must see, be sure to go on another day. Again the architecture was indeed fabulous, as with all of the Italian cities, the history is overwhelming. I could just wander and stare at the magnificent buildings.

We had dinner in a castle built by a count over five hundred years ago; the family has kept it running as they do bed and breakfast and group dinners. It was farm to table and the food was delicious!

Two of my friends made Florence their city for shopping, and shop they did for beautiful Italian boots, shoes and gloves.

We spent an afternoon at Pompeii and learned that 20,000 people called that city home. There is still more to uncover but it is well worth a visit. So much is preserved due to the volcanic ash.

Our last two days were spent in Venice, probably my favorite city. Who doesn't want to travel to their hotel and airport in a boat? And the architecture is amazing, built on wood pilings that have petrified. Don't Miss Venice, but take a compass, I think I was lost most of the visit. I would love to go back and see more of the city.

I also found Venice, which is in northern Italy, to have food with more flavor. The sandwiches actually had more than one item! I must say the gelato was great in every city and cannot be missed.

If you have questions about Italy, you can email me and I will try to answer them. I definitely recommend that everyone must see this historical country at least once, it is a living history lesson.



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Don't let distractions develop into a debate. Focus your attention on your own important projects despite interruptions and attention-seeking companions. Enjoy being a team leader, not just a player.

TAURUS (April 20-May 20): Be as flexible as a pretzel but use a light hand with the salt. An idea that seems worthwhile may seem impractical. Take time to re-evaluate your situation and adapt long-term objectives as necessary.

GEMINI (May 21-June 20): You can never stand in the same river twice. The more you try to stop progress the more likely it will rush past you. Focus your efforts on reaching tangible, realistic goals rather than floating away on flights of fancy.

CANCER (June 21-July 22): A positive attitude uplifts relationships. While romantic moments may not be perfect, you'll be in far too good of a mood to notice the imperfections. Write down impressive ideas, lest they be lost forever.

LEO (July 23-Aug. 22): Test the waters one toe at a time. Experiment only if it is expedient. Find common ground with others as you share new and exciting experiences. Take good advice to heart as it may provide the answers you need.

VIRGO (Aug. 23-Sept. 22): You are in your comfort zone when you think outside the box and approach problems from an unorthodox perspective. There's no obstacle you can't conquer if you simply think the problem through or share your ideas with others.

LIBRA (Sept. 23-Oct. 22): A rolling stone gathers no moss. Keep the moss away by pursuing unique and creative activities. You may be able to turn an imaginative idea into a profitable enterprise if you can avoid being waylaid by interruptions.

SCORPIO (Oct. 23-Nov. 21): Putting out minimum effort will yield huge rewards. Take advantage of any inside information you hear about by acting on it right away. You can get ahead by simply keeping your eyes and ears open for valuable information.

SAGITTARIUS (Nov. 22-Dec. 21): Take advantage of times when life is good, and people are kind. Family members appreciate your wisdom and may come to you for advice. Your insights may encourage others to take the most appropriate steps.

CAPRICORN (Dec. 22-Jan. 19): Make sure everyone gets their fair share. Remain equitable when dividing the spoils and you'll keep everyone happy. A new study or interest can prompt you to change your long-term goals.

AQUARIUS (Jan. 20-Feb. 18): The month ahead may offer you many opportunities to mend fences and engage in heartfelt apologies. Rethink how you're dealing with personal or financial situation as that could offer a clue as how to set things right.

PISCES (Feb. 19-March 20): The more the merrier is your motto. A close friend or loved one may require your support to see their plans through. Offer your services to the well-deserving and tag along for the ride whenever possible.

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Animals associate pain with where they experience it

Dear Cathy,

We have two 9-year-old cats. Charlie and Stella have been together since kittens and are both fixed. They get along fine. In the last six months, Stella has been going outside the litter box. I took her to the vet, and she checked out fine, just a little constipated. She now eats a prescription diet with fiber and gets a Cat Laxative to help. Our veterinarian also said it could be behavioral, so prescribed Amitriptyline HCL 10 mg, which is next to impossible to give to her. She is still a loving gentle cat, but urine around the house is getting out of hand. She pees everywhere, like in laundry baskets, on shoes and suitcases, and even on the coffee table, which ruined our wedding album. Help! - John

Dear John,

Animals often associate pain and discomfort with where they experience it. When that happens, an animal avoids what they think is the trigger for their pain, which, in this case, is the litter box.

Your veterinarian has pointed you in the right direction, but I would also try a few other things to see if you can't get your cat motivated to go back to the box.

First, she needs a second option. Can you add another litter box in the house that is in a different location? Add different litter product since the scent of the old litter could be a negative trigger for her too.

Second, if your current box is covered, then get an open litter box and vice versa. We want to create an entirely new experience for her.

Finally, buy a litter box additive to sprinkle into all the litter boxes. You can find it at pet stores or at online stores. The products are designed to attract the cat back to the box.

Let me know how these things work.

Dear Cathy,

I recently adopted a 2-year-old dog rescue from China. She had been in a rescue center here for three weeks when I got her. She is a wonderful dog, but, probably because of her background, has no interest in any

toys, not even the ones that offer a reward. I take her for a walk each day, and she spends time in my backyard, but when she is home, there is nothing to entertain her. The only thing she likes is chewing on a bone, but I can't give her too many of those. I would love for her to entertain herself with something. Do you have any suggestions? She is not destructive. - Diana

Dear Diana,

Play is something people and animals do when they feel safe in their environment. Because you say it's a recent adoption, give her more time before deciding she won't play with all toys. I agree she probably has had an interesting journey, so it may take several weeks or months before she feels safe enough to play and explore her world.

Don't worry if she is not playing right now. Continue taking her for walks and

let her just enjoy outside time with an occasional bone. She is watching and smelling and learning about her world. As she adjusts, she will likely get more animated.

As she acclimates in your home, introduce her to a Kong toy filled with a few pieces of her food or treats along with a schmear of peanut butter inside and outside to entice her. Do not give her lots of bones to chew, but there are long-lasting chews that a dog can nosh on that might be appealing to her. Remember to supervise her when she is chewing on a bone and put it away when she is done. Smear a little peanut butter on the bone every other day to keep her interested in playing with it.

Now having said that, you should know some dogs, when not introduced to toys as puppies, may never fully enjoy toys. But that doesn't mean she might

not enjoy a game of hide and seek or that you can't train her to learn some commands or complete a small obstacle course in the backyard. Start training her to sit, stay, come, lay down, and heel on her leash to build trust between you. It will feel like play to her and keep her active.

As she relaxes in your home, her personality will continue to emerge, and you might be surprised at what she enjoys six months from now. Thank you for rescuing her.

(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. Please include your name, city, and state. You can follow her @cathymrosenthal.)

**We would like to take this opportunity to say
Thank-You to all of our clients. You and your pets are a
part of our family; we truly appreciate your trust &
support. Happy Thanksgiving from the Doctors & Staff
at Westview Veterinary Hospital, Inc.**



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COMMUNITY CHRISTMAS TO HELP FAMILIES IN NEED DURING THE HOLIDAYS

Community Christmas helps to connect organizations and individuals who wish to help others in need during the holiday season with those struggling to put food on their tables and provide gifts for their children. By acting collaboratively, we are able to avoid duplication of giving, and therefore, reach a greater number of families.

Applications for assistance are now available at the following locations: Birchard Public Libraries (Fremont, Green Springs, Clyde, Gibsonburg, Woodville), United Way of Sandusky County (Fremont), Department of Job and Family Services (Fremont), WSOS (Fremont), Share and Care (Fremont).

Families with children 12 and under are able to request clothing and toys for their children. Seniors, aged 65 and older, may apply for gifts - this generally includes clothing and household/personal care items. The households of qualifying children and/or seniors may also request a meal for the holiday.

****All applications must be completed in their entirety and include social security numbers for all persons listed on the application; otherwise, they will be disqualified. Only ONE application is allowed per address - multiple family homes should fill out ONE application.****

Completed applications must be returned no later than 4 pm on November 30th - they can be mailed to Community Christmas (1907 W State St, BOX 308, Fremont, OH, 43420) or they can drop them off at the following locations:

Fremont: United Way of Sandusky County (826 W State St), Department of Job and Family Services (2511 Countryside Dr)

Clyde: Clyde Nutrition Center (900 N Woodland Ave), WSOS Child Preschool (615 Vine St)

Gibsonburg: Gibsonburg Nutrition Center (100 Meadow Lane)

Woodville: Woodville Nutrition Center (321 E Main St)

Community Christmas is also seeking the help of those in the community who are willing to donate gifts and food to these families, or would like to volunteer their time this Christmas season. Please, contact our team today to see how you can help. Phone: 419-552-8791 or email: communitychristmas.sc@gmail.com



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FALL GIFT & CRAFT MARKET

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9AM - 3PM

the Y

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Out to Lunch

By Lynn Urban

Bay Bell Restaurant

Only In Bay View can you find the best breakfast on the bay, because that is their claim to fame at the Bay Bell Restaurant. It is a charming restaurant with a home town feel and has been around for years. It has a great view of the bay, especially when you're sitting on their outdoor patio, and their prices are very reasonable for delicious home cooked food.



Of course we had to try the best breakfast on the bay, which is served until 1:00pm. I had 2 eggs, a large piece of ham, home fries, and toast for \$6.25. Kim had 2 eggs and home fries, covered with a generous portion of sausage gravy. The gravy had big hunks of savory sausage for \$6.75.

After having a great breakfast, I decided I had to go back a few weeks later for another meal. I gathered up some friends and we went over for dinner. I chose the nightly special, which was homemade beef stew and bisquits for \$6.00. Another special they had going that night, was a burger and fries for \$4.00. You can't beat the prices. The big plate of stew was truly comfort food. My friend Cheryl had, believe it or not, the Waldo Bologna sandwich. It was thick cut fried bologna, just like the famous Waldo Oh sandwich. This one was served on texas toast with lettuce, tomato, and onion, for \$6.00. All sandwiches are served with fresh cut fries.

The guys had Shrimp dinners. They got a dozen butterflied and lighty breaded shrimp, fries, and hush puppies, for around \$11.00,. The shrimp were cooked just right, tender on the inside and crispy on the outside. I still want to go back and try the perch which is caught fresh locally, and then, they are hand breaded, and fried to order.

I noticed, also, while dining, that several people came in to pick up pizzas, that are made fresh to order which is nice for the residents of Bay View. With the great service and friendly staff here, it's definitely another gem worth checking out.

SATURDAY NIGHT BINGO!

Doors Open at 4pm Early Birds at 6:30pm

YMCA - 1000 North Street, Fremont 419-332-9622

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- Handicap Accessible
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Classifieds

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BUS TRIPS

Dec 7-10 Christmas in New York, holiday Markets, 911 memorial, Statue of Liberty, \$ 689.00 p.p. dbl; June 22-July 3 2019 Canadian Rockies, Glacier National Park, Mt Rushmore and more. Blue Lakes Charters and Tours, 419-874-4225, ext 1402, www.bluelakes.com

SERVICES

Dust Free Cleaning: Are you ready for the holidays? They are almost here! References, Insured, four hour minimum, \$18 per hour. Call 419-603-6667 to get started on a dust free home!

Donna's Sewing: Alterations, pants \$6, zippers, curtains, dresses, tailoring. Quick turn around! Call Donna at 419-332-1654, 922 Carbon St., Fremont.

OPEN HOUSE & SALE

"Three Artisans" Art Glass Open House & Sale: Friday, Nov. 9th from 3-7pm and Sat., Nov. 10th from 10-4 at First United Church of Christ, 1500 Tiffin Rd., Fremont. Each piece of artwork is original and one of a kind including vases, platters, table and wall display pieces. Free.



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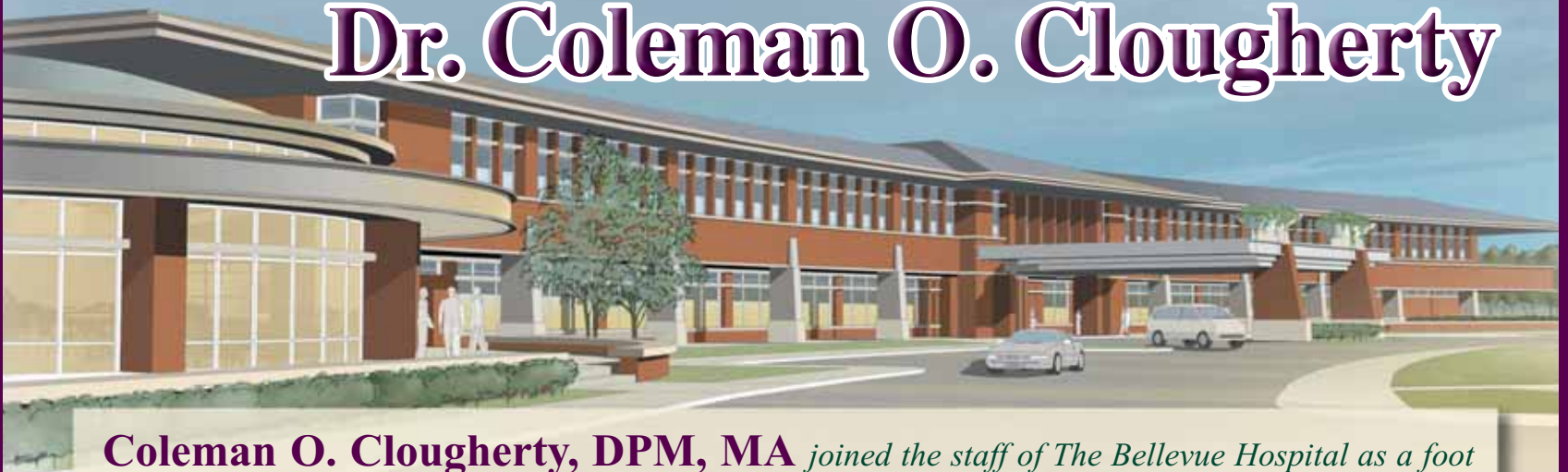
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The Bellevue Hospital Welcomes Dr. Coleman O. Clougherty



Coleman O. Clougherty, DPM, MA joined the staff of The Bellevue Hospital as a foot and ankle surgeon. Dr. Clougherty specializes in treating complex lower limb conditions such as post-traumatic deformities. He focuses on limb salvage of the lower extremities and has extensive experience in muscle flap procedures. Dr. Clougherty also serves as a physician at the Cleveland Lower Extremity Specialists. His hobbies include boating and fishing, and he is a Cleveland sports fan.

Education:

Bachelor of Science in Chemistry, John Carroll University, University Heights, OH

Master of Arts in Bioethics, Case Western Reserve University, Cleveland, OH

Doctor of Podiatric Medicine, Kent State University College of Podiatric Medicine, Independence, OH

Residency:

Chief Podiatric Surgery, Saint Vincent Charity Medical Center, Cleveland, OH

Professional Memberships:

American College of Foot and Ankle Surgeons

American Microsurgical Orthoplastic Society

Coleman Clougherty, DPM, MA

Foot & Ankle Surgeon

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

